

**New guide to health, or Botanic family physician : containing a complete system of practice, upon a plan entirely new : with a description of the vegetables made use of, and directions for preparing and administering them to cure disease ; to which is added a description of several cases of disease attended by the author, with the mode of treatment and cure / by Samuel Thomson.**

### **Contributors**

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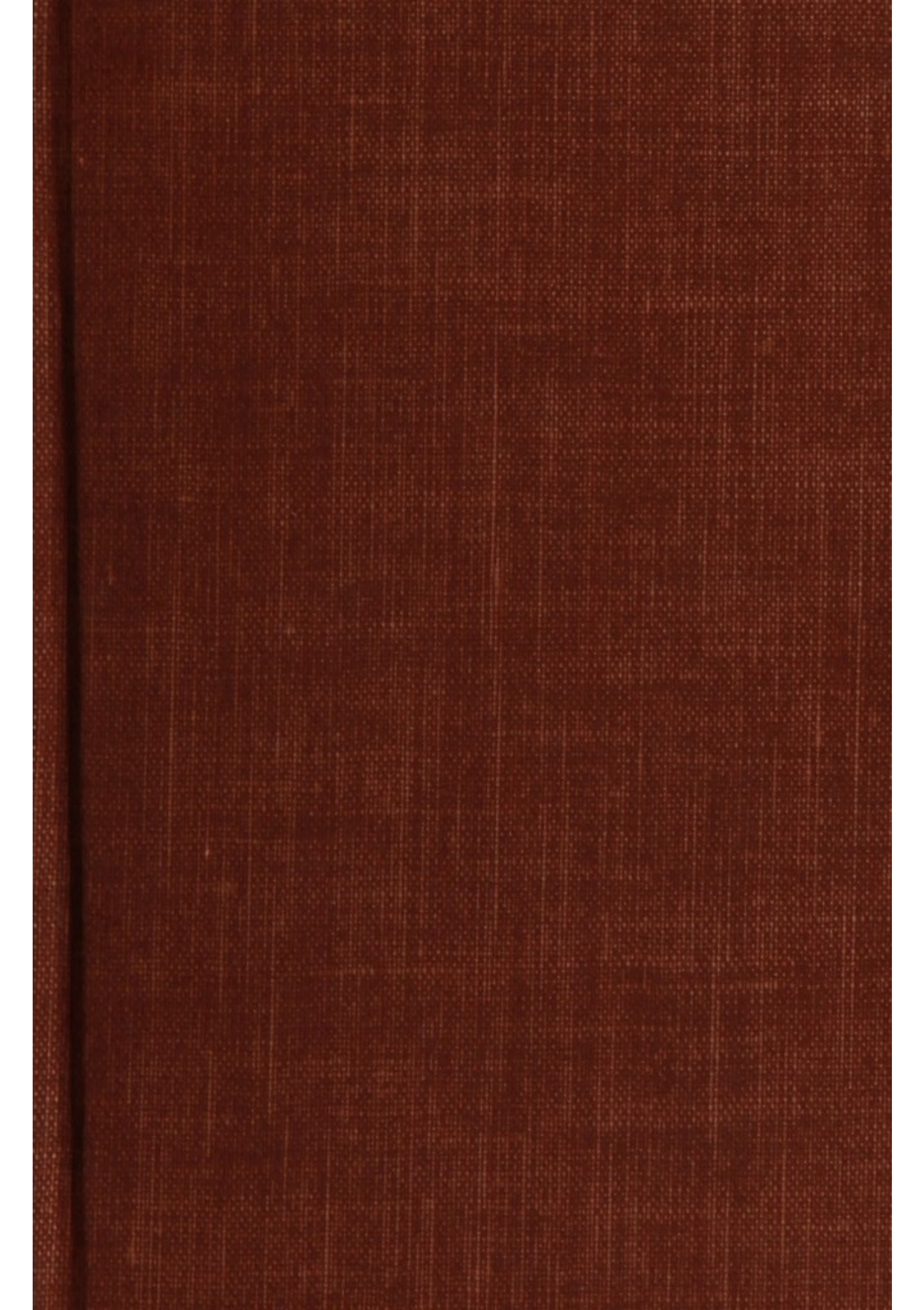
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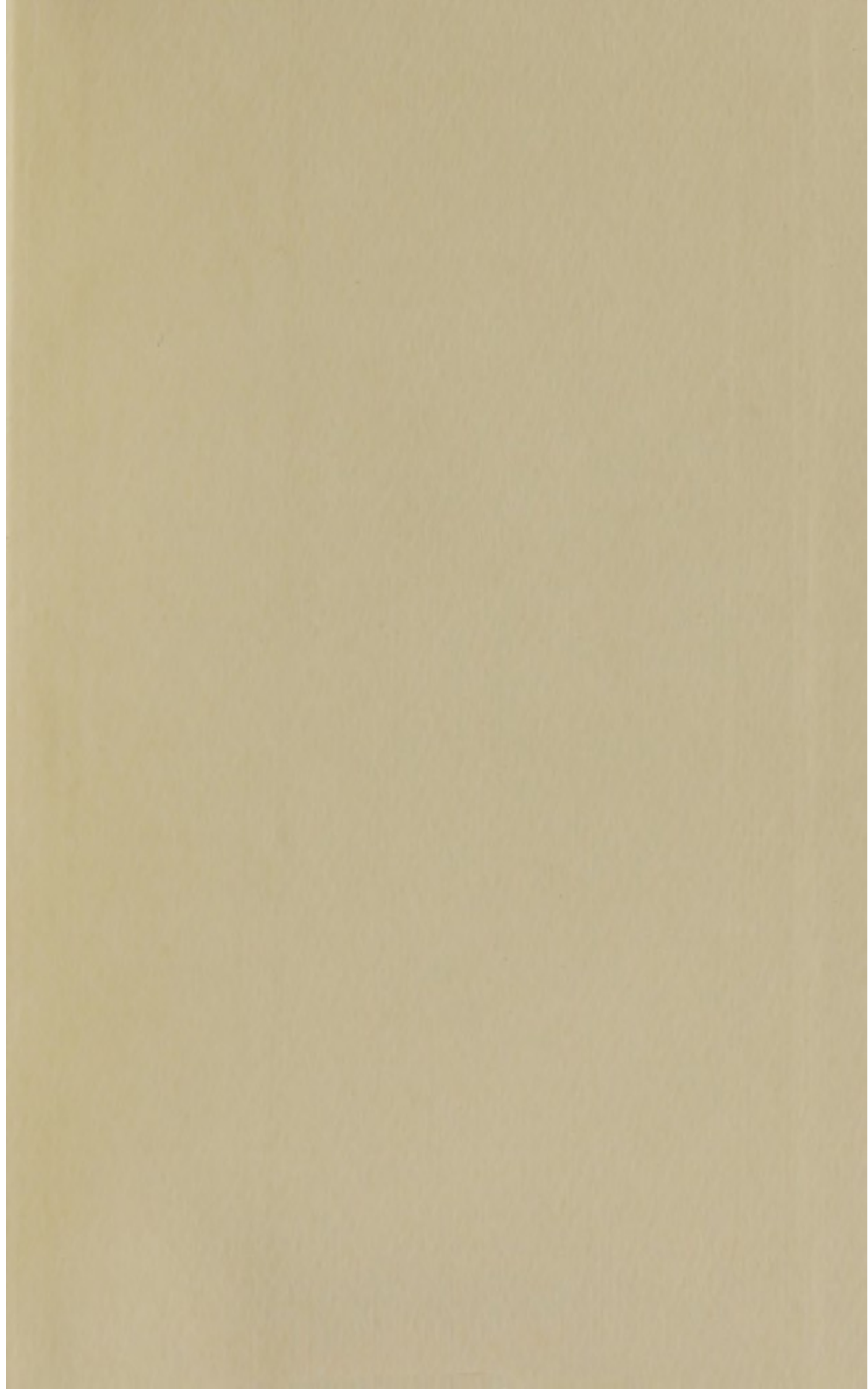


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NEW  
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TO WHICH IS ADDED

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✓  
BY SAMUEL THOMSON.

TENTH EDITION.

Published by JARVIS PIKE, & Co., General Agents.

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Annex .

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## TO THE PUBLIC.

THE preparing the following work for the press, has been a task of much difficulty and labor. To comprise in a short compass and to convey a correct understanding of the subject, from such a mass of materials, as I have been enabled to collect, by thirty years' practice, is a business of no small magnitude. The plan that has been adopted, I thought the best to give a correct knowledge of my system of practice; and am confident that the descriptions and directions are sufficiently explained, to be understood by all those who take an interest in this important subject. Much more might have been written; but the main object has been to confine it to the practice, and nothing more is stated of the theory, than what was necessary to give a general knowledge of the system. If any errors should be discovered, it is hoped that they will be viewed with candor; for in first publishing a work, such things are to be expected; but much care has been taken that there should be no error which would cause any mistake in the practice or preparing the medicine.

Many persons are practising by my system, who are in the habit of pretending that they have made great improvements, and in some instances, it is well known that poisonous drugs have been made use of under the name of my medicine, which has counteracted its operation, and thereby tended to destroy the confidence of the public in my system of practice; this has never been authorised by me.—The public are therefore cautioned against such conduct, and all those who are well disposed towards my system, are desired to lend their aid in exposing all such dishonest practices, in order that justice may be done. Those who possess this work, may, by examining it, be able to detect any improper deviations therefrom; and they are assured that any practice which is not conformable to the directions given, and does not agree with the principles herein laid down, is unauthorised by me.



## AN AGREEMENT.

THE subscriber, who is the original discoverer and proprietor of the new system of medical practice contained in this work, has endeavored in the present edition, to convey to his friends and patrons more extensive information, than can be found in any former edition, that they may attain to a more thorough understanding in the obtaining, preparing and using, such vegetable remedies as are prescribed in his New Guide. He has in a supplementary way, made some enlargement of his MATERIA MEDICA, not, however, by the deceitful additions of a supernumerary host of inefficient superfluous articles, or by dragging into his list vegetable poisons. He has endeavored to present such information only, as he has believed would be useful. Such communications he has thought due to all who purchase rights.

It is positively required of all such, that they do not foolishly utter all they know, that they do not dishonorably abuse the trust committed to them.

It is conceived that it will be for the mutual interest of the patentee and of all who may purchase of him to be invariably regulated by the laws of honor, justice and propriety.

The information contained in these pages is designed to be extensively useful. In effecting the great objects embraced in the author's views, the work cannot fail of being more especially useful to those who lawfully avail themselves of all information on this subject.—Such as lawfully obtain a competent knowledge of this system, are instructed not to trifle with it, but to treasure up in a good and honest mind the information given. They are admonished to be on their guard, and never to intrust such important instructions to the dishonest and designing, whereby the system may be abused.

It is therefore distinctly understood and agreed by the patentee and by the purchasers of rights, not only with a view to their mutual interest, but more especially to maintain the dignity, and evince more fully the efficacy and importance of his system, that they do hereby pledge their most sacred word of honor, that they will not, unnecessarily, or when it can be lawfully avoided, reveal or expose, any part of the strictly secret information contained in the New Guide to Health, but will maintain this agreement inviolate, agreeably to the mutual understanding of the parties respectively. Every person who purchases a right, and does not abuse the trust, is to be considered and acknowledged a member of the friendly Botanic Society of the United States. On producing his right, or any authentic voucher of the fact, he will be entitled to the free, full and confident intercourse of the members, and entitled to information, advice and friendly assistance in relation to Botanic Practice.

SAMUEL THOMSON.



## INTRODUCTION.

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

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

“It may be alleged, (said Dr. BUCHAN,) that laying medicine more open to mankind, would lessen their faith in it. This indeed would be the case with regard to some; but it would have quite



a contrary effect upon others. I know many people who have the utmost dread and horror of every thing prescribed by a physician, who will, nevertheless, very readily take a medicine which they know, and whose qualities they are in some measure acquainted with."

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

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

It is true, that much of what is at this day called medicine, is deadly poison; and, were people to know what is offered them of this kind; they would absolutely refuse ever to receive it as a medicine. This I have long seen and known to be true; and have labored hard for many years to convince them of the evils that attend such a mode of procedure with the sick; and have turned my attention to those medicines that grow in our own country, which the God of nature has prepared for the benefit of mankind. Long has a general medicine been sought for, and I am confident I have found such as are universally applicable in all cases of disease, and which may be used with safety and success, in the hands of the people.

After thirty years study, and repeated successful



trials of the medicinal vegetables of our own country, in all forms of disease incident to our climate; I can, with well grounded assurance, recommend my system of practice and medicine to the public, as salutary and efficacious.

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

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

Being born in a new country, at that time almost a howling wilderness, my advantages for an



education were very small; but possessing a natural gift for examining the things of Nature, my mind was left entirely free to follow that inclination, by inquiring after the meaning of the great variety of objects around me.

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

The stomach is the deposit from which the whole body is supported. The heat is maintained in the stomach by consuming the food; and all the body and limbs receive their proportion of nourishment and heat from that source; as the whole room is warmed by the fuel which is consumed in the fire place. The greater the quantity of wood consumed in the fire place, the greater the heat in the room. So in the body; the more food well



digested, the more heat and support through the whole man. By constantly receiving food into the stomach, which is sometimes not suitable for the best nourishment, the stomach becomes foul, so that the food is not well digested. This causes the body to lose its heat—then the appetite fails—the bones ache, and the man is sick in every part.

This situation of the body shows the need of medicine, and the kind needed; which is such as will clear the stomach and bowels, and restore the digestive powers. When this is done, the food will raise the heat again, and nourish the whole man. All the art required to do this, is, to know what medicine will do it, and how to administer it, as a person knows how to clear a stove and the pipe when clogged with soot, that the fire may burn free, and the whole room be warmed as before.

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

I have found by experience, that the learned doctors are wrong, in considering fever a disease or enemy; the fever is a friend, and cold the enemy. This I found by their practice in my family, until they had five times given them over to die. Exercising my own judgement, I followed after them, and relieved my family every time. After finding a general principle respecting fevers, and reducing



that to practice, I found it sure in all diseases, where there was any nature left to build on; and in three years constant practice, I never lost one patient.

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

This greatly disturbed the learned doctors, and some of them undertook to destroy me, by reporting that I used poison; though they made no mention of their using their instruments of death—mercury, opium, ratsbane, nitre, and the lancet.—I considered it my duty to withstand them, though I found my overthrow was what they aimed at.—A plan was once laid to take me in the night, but I escaped. Next I was indicted as though I had given poison, and a bill brought against me for wilful murder. I was bound in irons, and thrust into prison, to be kept there through the winter, without being allowed bail. I petitioned for, and obtained a special court to try the cause, and was honorably acquitted after forty days imprisonment. I maintained my integrity in the place where my persecution began. In five years, whilst vindicating this new and useful discovery, I lost five thousand dollars, besides all the persecutions, trouble, loss of health, and reproach, which has been in connexion with the losses.

It has been acknowledged, even by those who are unfriendly to me and my practice, that my me-



dicine may be good in some particular cases, but not in all. But this is an error. For there are but two great principles in the constitution of things, whether applied to the mind or body—the principle of life, and the principle of death. That which contains the principle of life, can never be tortured into an instrument of death. If then, a medicine is good in any case, it is because it is agreeable to nature, or this principle of life, the very opposite of disease. If it is agreeable in one case, it must be absolutely so in all. By the active operation of nature, the whole animal economy is carried on: and the father of the healing art, Hippocrates, tells us what is an obvious truth, that NATURE IS HEAT. The principle is the same in all, differing only in degree. When disease invades the frame, it resists the heat in proportion to its force, till overpowered into submission, and when extinguished, death follows, and it ceases to operate alike in all. If then, heat is life, and its extinction death, a diminution of this vital flame, in every instance, constitutes disease, and is an approximation to death. All then, that medicine can do in the expulsion of disease, is to kindle up the decaying spark, and restore its energy, till it glows in all its wonted vigor. If a direct administration can be made to produce this effect, (and it can) it is evidently immaterial what is the name or color of the disease, whether bilious, yellow, scarlet or spotted; whether it is simple or complicated, or whether nature has one enemy or more. Names are arbitrary things; the knowledge of a name is the *cummin* and *annis*; but in the knowledge of the origin of a malady, and its antidote, lies the weightier matters of this science. This knowledge makes the genuine physician; all without it is real quackery.



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

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



fact is well known to thousands who have used my medicine, and to which they are ready to attest, that it is perfectly harmless; and I defy the faculty to produce one instance, wherein it has had any bad effect.

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

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#### REMARKS ON FEVERS.

MUCH has been said and written upon fevers, by the professedly learned doctors of medicine, without throwing the least profitable light on the subject, or greatly benefiting mankind. They have been abundantly fruitful in inventing names for disease, and with great care and accuracy distinguished the different symptoms; but they appear



quite barren as to the knowledge of their origin and remedy. To the first, but little importance, comparatively speaking, can be attached; the latter is of the highest importance to all classes of people.

According to the writings of learned physicians, there are a great variety of fevers, some more, and some less dangerous. But to begin with a definition of the NAME. What is a fever? Heat, undoubtedly, though a disturbed operation of it.—But is there in the human frame more than one kind of heat? Yes, says the physician, (strange as it may appear,) there is the pleuretic heat, the slow nervous heat, the putrid heat, the hectic heat, the yellow heat, the spotted or cold heat, the typhus or ignorant heat, and many other heats; and sometimes, (calamitous to tell) one poor patient has the most, or the whole of these fevers, and dies at last for the want of heat!

Is fever or heat a disease? Hippocrates, the acknowledged father of physicians, maintained that nature is heat; and he was correct. Is nature a disease? Surely it is not. What is commonly called fever, is the effect, and not the cause of disease. It is the struggle of nature to throw off disease. The cold causes obstructions, and fever arises in consequence of those obstructions, to throw them off. This is universally the case.—Remove the cause—the effect will cease. No person ever yet died of a fever! for, as death approaches, the patient grows cold, until in death, the last spark of heat is extinguished. This, the learned doctors cannot deny; and, as this is true, they ought, in justice, to acknowledge that their whole train of depletive remedies, such as bleeding, blistering, physicking, starving, with all their refrigeratives, their opium, mercury, arsenic, an-



timony, nitre, &c., are so many deadly engines, combined with the disease, against the constitution and life of the patient. If cold, which is the commonly received opinion, (and which is true,) is the cause of fever, to repeatedly bleed the patient and administer mercury, opium, nitre, and other refrigerants, to restore him to health, is, as though a man should, to increase a fire in his room, throw a part of it out of the house, and to increase the remainder, put on water, snow and ice!

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

At the commencement of a fever, by direct and proper application of suitable medicine, it can be easily and speedily removed. Twenty-four or forty-eight hours, to the extent, are sufficient, and often short of that time, the fever may be removed, or that which is the cause of it. But where the patient is left unassisted, to struggle with the disease, until his strength is exhausted, and more especially, when the most unnatural and injurious administrations are made, if a recovery is possible, it must of necessity take a longer time.—These declarations are true, and have been often proved, and can be again, to the satisfaction of every candid person, at the hazard of any forfeiture the faculty may challenge.

Notwithstanding all these things, how true are the words of the intelligent Dr. HERVEY, who says, “By what unaccountable perversity in our frame does it appear, that we set ourselves so much against any thing that is new? Can any one behold without scorn, such drones of physicians, and after the space of so many hundred years expe-



rience and practice of their predecessors, not one single medicine has been detected, that has the least force directly to prevent, to oppose, and expel a continued fever. Should any, by a more sedulous observation, pretend to make the least step towards the discovery of such remedies, their hatred and envy would swell against him, as a legion of devils against virtue; the whole society will dart their malice at him, and torture him with all the calumnies imaginable, without sticking at any thing that should destroy him root and branch. For he who professes to be a reformer of the art of physic, must resolve to run the hazard of the martyrdom of his reputation, life and estate."

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

I will now take notice of the yellow fever. The cause of this fatal disease is similar to the spotted fever. The cause of death in the latter, is in consequence of its producing a balance by cold, outward and inward; and in the former there is a balance of heat, outward and inward; both produce the same thing, that is a total cessation of motion, which is death. The color of the skin has given name to both these forms of disease. The yellow is caused by the obstruction of the gall; instead of being discharged through its proper vessels, it is forced and diffused through the pores of the skin, the same ef-



fects that are produced by those two different forms of fever, may be observed in the motion of the sea; when the tide is done running up, there is what is called slack water, or a balance of power, and the same thing takes place when it is done running down; when the fountain is raised, the water runs from it: but when it is lowered, the water runs towards it. The same cause produces the same effects in fever, whether spotted or yellow; for when a balance of power between the outward and inward heat takes place, death follows.

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



we must consider whether fever is a friend or an enemy; if it is a friend, which I hold to be the fact, when the fever fit is on, increase the power of heat, in order to drive off the cold, and life will bear the rule; but, on the contrary, should cold be considered a friend, when the cold fit is on, by increasing its power, you drive off the heat; and death must ensue. Thus you may promote life or death, by tempering cold and heat.

Much has been said by the doctors concerning the turn of a fever, and how long a time it will run. When it is said that a fever will turn at such a time, I presume it must mean that it has been gone—this is true, for it is then gone on the outside, and is trying to turn again and go inside, where it belongs. Instead of following the dictates of nature, and aiding it to subdue the cold, the doctor uses all his skill to kill the fever.—How, I would ask, in the name of common sense, can any thing turn when killed? Support the fever and it will return inside; the cold will be driven out and health will be restored. In all cases called fever, the cause is the same in a greater or less degree, and may be relieved by one general remedy. The cold causes canker, and before the canker is seated the strife will take place between cold and heat, and while the hot flashes and cold chills remain, it is evidence that the canker is not settled, and the hot medicine alone, occasionally assisted by steam, will throw it off; but, as the contest ceases, the heat is steady on the outside: the canker assumes the power inside; this is called a settled fever. The truth is, the canker is fixed on the inside, and will ripen and come off in a short time if the fever is kept up, so as to overpower the cold. This idea is new, and never was known till my discovery. By raising the fever with Nos. 1 and



2, and taking off the canker with No. 3, and the same given by injections, we may turn a fever when we please; but if this is not understood, the canker will ripen and come off itself, when the fever will turn and go inside, and the cold will be driven out; therefore, they will do much better without a doctor than with. The higher the fever runs, the sooner the cold will be subdued; and if you contend against the heat, the longer will be the run of the fever, and when extinguished, death follows.

When a patient is bled, it lessens the heat, and gives double power to the cold; like taking out of one side of the scale, and putting into the other, which doubles the weight and turns the scale in favor of the disease. Giving opium deadens the sense of feeling. Small doses of nitre, calomel, and opium, have a tendency to destroy what heat remains, and plant new crops of canker, which will stand in different stages in the body, the same as corn planted in the field every week, will keep some in all stages; so is the different degrees in canker. This is the reason why there are so many different fevers as are named; when one fever turns, another sets in, and so continues, one after another, until the harvest is all ripe, if the season is long enough; if not, the cold and frost takes them off—then it is said they died of a fever. It might, with as much propriety, be said that the corn killed with frost, died with the heat. The question, whether the heat or the cold killed the patient, is easily decided—for that power which bears rule in the body after death, is what killed the patient—which is cold, as much as that which bears rule when he is alive, is heat. When a person is taken sick, it is common to say, I have got a cold, and am afraid I am going to have a fever;



but no fears are expressed of the cold he has taken; neither is it mentioned when the cold left him. The fashionable practice is to fight the remains of heat till the patient dies, by giving cold the victory; in which case is it not a fact that the doctor assists the cold to kill the patient? Would it not have been more reasonable, or likely to have cured them, when the fever arose, to throw off the cold, to have helped the fever, and given nature the victory over its enemy, when the health would have been restored, the same as before they took the cold.

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

This strange circumstance, of being cold on a hot day, and which has never been accounted for in a satisfactory manner to the public, I shall endeavor to explain in as comprehensive and plain language as I am capable. The component parts of animal bodies, are earth and water; and life and motion are caused by fire and air. The inward heat, is the fountain of life; and as much as that has the power above the outward heat, so much we have life and strength; and when we lose this power of heat, our strength and faculties decay in proportion; and it is immaterial,



whether we lose this power, by losing the inward heat, or raising the outward heat above it, as the effect is the same. If you raise the stream level with the fountain, it stops the current, and all motion will cease, and the same effects will follow by lowering the fountain to a level with the stream. When the outward heat becomes equal with the inward, either by one being raised, or the other lowered, cold assumes the power, and death takes place.

The cause of the fatal effects produced by drinking cold water, is, the spring of life is overwhelmed at the fountain, the inward heat being lowered, by throwing into the stomach so large a quantity of cold water as to give the outward heat the power of balancing the inward, and in proportion as the one approaches to an equality with the other, so the strength is diminished; and when equal, they die.

I shall now make some further remarks on this and other subjects, with a hope that it may be beneficial to mankind. The reason why these extraordinary cases appear so wonderful to the people, is, because they are unacquainted with the cause.—Why should we wonder at a person being cold on a hot day, when we are not; any more than we should wonder at another being hungry, when we have just been eating; or that others can be in pain, when we are enjoying good health? The one is as plain and simple as the other, when understood. The want of inward heat is the cause of their being cold, just as much as the want of food is the cause of hunger, or the want of health is the cause of pain. One person may have lost the natural power of heat by an effect which others in similar situations may not have experienced, and will suffer the consequences of cold in propor-



tion to the loss of inward heat; this is manifest in the different degrees of sickness. If the inward vital heat be suddenly diminished, so as to derange and destroy the natural proportion or degree of the power and influence thereof in the system, so that the inward and outward heat come to an equilibrium, or balance, life is extinct—This is the case in spotted fever, and in drowned persons. When the inward and outward cold is balanced, life ceases, and the blood being stopped in its motion, settles in spots, which appearance has given name to what is called spotted fever.—The same appearances take place in drowned persons, and from the same causes.

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

There is no practice used by the physicians that I consider more inconsistent with common sense, and at the same time more inhuman, than blistering to remove disease; particularly insane per-



sons, and in what the doctors call dropsy in the brain; in which cases they shave the head and draw a blister on it. Very few patients ever survive this application. What would be thought if a scald should be caused by boiling water, to remove disease? Yet what is the great difference between this and a blister made of flies? I have witnessed many instances where great distress and very bad effects have been caused by the use of blisters; and believe I can truly say that I never knew any benefit derived from their use. It very frequently causes strangury; when the attempted remedy becomes much worse than the disease.

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

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



render the fever inflammatory and all its symptoms worse.

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

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#### ON STEAMING.

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

In all cases where the heat of the body is so far exhausted as not to be rekindled by using the medicine, and being shielded from the surrounding air by a blanket, or being in bed, and chills or stupor attend the patient, then heat applied by steaming becomes indispensably necessary; and heat caused by steam, in the manner I use it, is



more natural in producing perspiration, than any dry heat that can be applied to the body in any other manner, which will only serve to dry the air and prevent perspiration in many cases of disease, where a steam by water or vinegar would promote it, and add a natural warmth to the body, and thereby increase the life and motion which has lain silent in consequence of the cold.

Dr. JENNINGS has contrived a plan to apply heat to the body by dry vapor, caused by burning spirit, which he calls a vapor bath; the idea of which was, I have no doubt, taken from hearing of my steaming to raise the heat of the body. It may answer in some cases and stages of the disease; but in a settled fever, and other cases where there is dry inflammation on the surface of the body, it will not answer any good purpose, and I think would be dangerous, without the use of my medicine to first raise a free perspiration; for when the surface of the body is dry, the patient cannot bear it, as it will crowd the head and cause distress, the same as is produced by burning charcoal, or from hot stoves in a tight room, and will bring on a difficulty in breathing, which is not the case in steaming in my way. This machine can only be used in bed, where the vapor cannot be applied to the body equally at the same time; therefore, it is not better than a hot dry stone, put on each side and to the feet of the patient, for he can turn himself and get heat from them as well as to have all the trouble of burning spirit and turning to the vapor of it, to get warm by this dry heat. When the patient stands over a steam raised by putting a hot stone in water, which gives a more equal heat all over the body than can be done in any other manner, it can be raised higher, and may be tempered at pleasure, by wetting the face and stomach with cold water, as occasion requires.



The method adopted by me, and which has always answered the desired object, is as follows:—Take several stones of different sizes, and put them in the fire till red hot, then take the smallest first, and put it into a pan or kettle of hot water, with the stone about half immersed—the patient must be undressed, and a blanket put around him so as to shield his whole body from the air, and then place him over the steam. Change the stones as often as they grow cool, so as to keep up a lively steam, and keep him over it; if he is faint, throw a little cold water on the face and stomach, which will let down the outward heat and restore the strength: after he has been over the steam long enough—which will generally be about fifteen or twenty minutes—he must be washed all over with cold water, and be put into bed, or may be dressed, as the circumstances of the case shall permit.—Before he is placed over the steam, give a dose of Nos. 2 and 3, or composition, to raise the inward heat. When the patient is too weak to stand over the steam, it may be done in bed, by heating three stones and putting them in water till done hissing, then wrap them in a number of thicknesses of cloth, wet with water, and put one on each side and one at the feet, occasionally wetting the face and stomach with cold water, when faint.

Many other plans may be contrived in steaming, which would make less trouble, and be more agreeable to the patient, especially where they are unable to stand over the steam. An open worked chair may be made, in which they might sit and be steamed very conveniently; or a settee might be made in the same manner, in which they might be laid and covered with blankets, so as to shield them from the surrounding air. Such contrivances as these would be very convenient, in cases where



the patient would have to be carried through a course of medicine and steamed a number of times, as is frequently necessary, particularly in complaints that have been long standing.

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

The use of steaming, is good in preventing sickness as well as curing it. When a person has been exposed to the cold, and is threatened with disease, it may be prevented, and long sickness and expense saved by a very little trouble, by standing over a steam and following the directions before given, till the cold is thoroughly thrown off and a lively perspiration takes place; then go to bed, taking the stone from the kettle and wrap it in wet cloths and put it to the feet. This may be



done without the medicine, when it cannot be had; but it is much better to take something to raise the inward heat at the same time. A tea made of may-weed, or summer-savory, or ginger and hot watersweetened, may be given, or any thing that is warming. This advice is for the poor, and those who have not a knowledge of the medicine; and will many times save them much trouble and long sickness.

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

In many cases of spotted fever, steaming is as necessary as in drowned persons; such as when they fall apparently dead; then the same treat-



ment is necessary, to lighten the surrounding air till you can raise the inward heat so as to get the determining powers to the surface. Begin with a small stone, and, as life gains, increase the steam as the patient can bear it; if the distress is great, give more hot medicine inside, and as soon as an equilibrium takes place, the pain will cease. In all cases of this kind, the difficulty cannot be removed without applying heat to the body, and it is more natural by steam than by any other means that can be made use of. In cases of long standing, where the patient has been run down with mercury, and left in a cold and obstructed state, liable to rheumatism, and other similar complaints, they cannot be cured with medicine without heat applied by steam, as nothing will remove mercury but heat.

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

To steam small children, the best way is to let them sit in the lap of a person, covering both with



a blanket, and sit over the steam, pouring a little vinegar on the stone; or it may be done in bed, with a hot stone wrapped in cloths, wet with water, putting on a little vinegar, and covering them with the bed clothes laid loosely over them—but in this way you cannot exercise so good judgment in tempering the steam, as when you are steamed with them. If they appear languid and faint, the outward heat is high enough; put a little cold water on the face or breast, which will restore the strength; then rub them with a cloth wet with vinegar, spirit, or cold water, put on clean clothes and put them in bed, or let them sit up, as their strength will permit. This is safe in all cases of cold and obstructed perspiration. It ought always to be borne strongly in mind to give a child drink often, when under the operation of medicine, or while steaming; if this is not done, they will suffer much, as they cannot ask for it.

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

The use of steaming, is to apply heat to the body where it is deficient, and clear of the obstructions caused by cold, which the operation of the medicine will not raise heat enough to do:—for as the natural heat of the body becomes thereby lower than the natural state of health, it must by art



be raised as much above it as it has been below; and this must be repeated until the digestive powers are restored sufficient to hold the heat by digesting the food; then the health of the patient will be restored by eating and drinking such things as the appetite shall require. In this way the medicine removes disease, and food, by being properly digested, supports nature and continues that heat on which life depends.

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

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#### ON GIVING POISON AS A MEDICINE.

The practice of giving poison as a medicine, which is so common among the medical faculty at the present day, is of the utmost importance to the public; and it is a subject that I wish to bring home to the serious consideration of the whole body of the people of this country, and enforce in the strongest manner on their minds the pernicious consequences that have happened, and are daily taking place, by reason of giving mercury, arsenic, nitre, opium, and other deadly poisons, to cure disease. It is admitted by those who make use of these things, that the introducing them into the system is very dangerous, and that they often prove fatal. During thirty years' practice, I have



had opportunity to gain much experience on this subject, and am ready to declare, that I am perfectly and decidedly convinced, beyond all doubt, that there can be no possible good derived from using, in any manner or form whatever, those poisons; but on the other hand, there is a great deal of hurt done. More than nine-tenths of the chronic cases that have come under my care, have been such as had been run down with some one, or the whole of the above named medical poisons; and the greatest difficulty I have had to encounter in removing the complaints which my patients labored under, has been to clear the system of the effects of mercury, nitre or opium, and bring them back to the same state they were in before taking them. It is a very easy thing to get them into the system, but very bad to get them out again.

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

If there should be doubts in the mind of any one, of the truth of what I have said concerning the articles I have named being poisonous and destructive to the constitution and health of man, I will refer them to the works published by those who recommended their use; where they will find evidence enough to satisfy the most credulous of



the dangerous consequences and fatal effects, of giving them as a medicine. To remove all doubts of their being poison, I will make a few extracts from standard medical works, as the best testimony that can be given in the case.

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

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



pearance; at length, with the mortification of the bowels, the pain subsides, and death terminates the suffering of the patient.”—“When the quantity is so very small as not to prove fatal, tremors, paralysis, and lingering hectics succeed.”

Notwithstanding this terrible description of the fatal effects of this article, the author says:

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



I shall leave it to the reader to reconcile, if he can, the inconsistencies and absurdities of the above statements of the effects of ratsbane; and ask himself the question, whether it can be possible for an article, the use of which is attended with such consequences, to be in any shape or form, proper to be used as medicine; yet it is a well known fact that this poison is in constant use among the faculty, and forms the principal ingredient in most of those nostrums sold throughout the country, under the names of drops, powders, washes, balsams, &c., and there can be no doubt that thousands either die, or become miserable invalids in consequence.

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

“*Nitre*—Salt Petre. This salt, consisting of nitric acid and potash, is found ready formed on the surface of the soil in warm climates.” “Purified nitre



is prescribed with advantage in numerous disorders. Its virtues are those of a refrigerant and diuretic. It is usually given in doses from two or three grains to a scruple, being a very cooling and resolvent medicine, which by relaxing the spasmodic rigidity of the vessels, promotes not only the secretion of urine, but at the same time insensible perspiration, in febrile disorders; while it allays thirst and abates heat; though in malignant cases in which the pulse is low, and the patient's strength exhausted, it produces contrary effects." "This powerful salt, when inadvertently taken in too large quantities, is one of the most fatal poisons." For some interesting observations relative to the deleterious properties of salt petre, the reader is referred to Dr. MITCHELL's letter to Dr. PRIESTLY. I have found, from a series of practical experiments for many years, that salt petre has the most certain and deadly effects upon the human system, of any drug that is used as medicine. Although the effects produced by it are not so immediately fatal as many others, yet its whole tendency is to counteract the principles of life, and destroy the operation of nature. Experience has taught me that it is the most powerful enemy to health, and that it is the most difficult opponent to encounter with any degree of success, that I have ever met with.—Being in its nature *cold*, there cannot be any other effects produced by it, than to increase the power of that enemy of heat, and augment its influence.

"*Opium*, when taken into the stomach, to such an extent as to have any sensible effect, gives rise to a pleasant serenity of the mind, in general proceeding to a certain degree of languor and drowsiness. It excites thirst, and renders the mouth dry and parched. Taken into the stomach in a larger dose, it gives rise to confusion of the head



and vertigo. The powers of all stimulating causes of making impressions on the body, are diminished; and even at times, and in situations when a person would naturally be awake, sleep is irresistibly induced. In still larger doses, it acts in the same manner as the narcotic poisons, giving rise to vertigo, headache, tremors, delirium and convulsions; and these terminating in a state of stupor, from which the person cannot be roused. This stupor is accompanied with slowness of the pulse, and with stertor in breathing, and the scene is terminated in death, attended with the same appearances as take place in an apoplexy. In intermittents it is said to have been used with good effect. It is often of very great service in fever of the typhoid type. In small pox, when the convulsions before eruption are frequent and considerable, opium is liberally used. In cholera and pyrosis, it is almost the only thing trusted to. The administration of opium to the unaccustomed, is sometimes very difficult. The requisite quantity of opium is wonderfully different in different persons, and in different states of the same person. A quarter of a grain will, in one adult, produce effects which ten times the quantity will not do in another. The lowest fatal dose, to the unaccustomed, as mentioned by authors, seems to be four grains; but a dangerous dose is so apt to puke, that it has seldom time to occasion death."

From the above extracts it will readily be seen that the use of opium as medicine, is very dangerous, at least, if not destructive to health; its advocates, it will be observed, do not pretend that it will cure any disorder, but is used as a palliative for the purpose of easing pain; by destroying sensibility. Pain is caused by disease, and there can be no other way relieve it, but by removing the



cause. Sleep produced by opium is unnatural and affords no relief to the patient, being nothing more than a suspension of his senses; and it might with as much propriety be said, that a state of delirium is beneficial, for a person in that situation is not sensible of pain. The fact is, opium is a poison, and when taken into the system, produces no other effect than to strengthen the power of the enemy to health, by deadening the sensible organs of the stomach and intestines, and preventing them from performing their natural functions, so important to the maintaining of health and life. In all the cases that have come within my knowledge, where the patient has long been in the habit of taking opium, I have found it almost impossible, after removing the disease, to restore the digestive powers of the stomach.

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

In support of what has been before said on the use of mercury, I will here give a short extract from Dr. MANN's Medical Sketches, which is but a trifle in comparison with the many cases which he has given of the fatal effects of that poison:

“Calomel should never be administered, unless



the patient is so situated that the skin may be preserved in its natural warmth. If this is not attended to during its administration, either the bowels or glands of the mouth suffer. To one of these parts it frequently directs all its stimulating powers, and induces on one or the other high degrees of inflammation, which terminates in mortification of the intestines, or destruction of not only the muscles, but the bones of the face.

“Four cases under these formidable effects of mercurial ptyalism, were admitted into the general hospital at Lewistown; three of whom died with their jaws and faces dreadfully mutilated. The fourth recovered with the loss of the inferior maxilla on one side, and the teeth on the other. He lived a most wretched life, deformed in his features, (when I last saw the patient,) incapable of taking food except through a small aperture, in place of his mouth.”

There are several vegetables that grow common in this country which are poisonous; and in order that the public may be on their guard against using them as medicine, I will here give a list of some of those within my knowledge, which are most dangerous, viz: Garden Hemlock—Night Shade—Apple Peru—Poppy—Henbane—Poke Root—Mandrake Root—Garget Root—Wild Parsnip—Indigo Weed—Ivy—Dogwood—Tobacco and Laurel. In case either of these articles, or any other poison should be taken through accident or otherwise, a strong preparation of No. 1, with a small quantity of No. 2, will be found to be a sovereign remedy.

Cases frequently occur in the country of persons being poisoned externally by some of the above vegetable poisons, in which they swell very much. When this happens, by taking No. 2, or composition, and washing with the tincture or the third



preparation of No. 1, relief may be speedily obtained. It is a common thing with the doctors to make use of many of the above mentioned vegetable poisons as medicine; but I would caution the public against the use of them in any way whatever, as they will have no other effect than to increase the difficulty, and injure the constitution of the patient; being deadly poisons, it is impossible that they can do any good. No dumb beast will ever touch them, and they are correct judges of what is good for food or medicine.

Great use is made in many parts of the country of garden hemlock, (*Cicuta*,) and is recommended by the doctors for many complaints, to be taken or applied externally. I have been credibly informed that large quantities of this article are collected and boiled down to a thick substance, by the people in the country, and sold by them to the doctors and apothecaries. It is well known to be the greatest poison of any vegetable, and was used in ancient times to put criminals to death; but this was before it was ever suspected that the same article would cause the death of a criminal, and save the life of a sick man.

Many persons that pretend to make use of my system of practice, are in the habit of using some of the vegetables that I have mentioned as poisonous. I wish the public to understand that it is entirely unauthorized by me, as there is nothing in my practice or writings but what is directly opposed to every thing of a poisonous nature being used as medicine; for it has always been my aim to ascertain and avoid the use of every thing except such articles as I knew by actual experience to be agreeable to nature, and also free from danger or risk in using them to cure disease. I therefore caution



the public against putting any confidence in such as make use of either vegetable or mineral poison.

There have been several cases of death published by the doctors, which they say were caused by those who practise by my system; and from the description they have given of the treatment, I have good reason to suppose, if there is any truth at all in them, were attended by such as I have before mentioned—pretending to practise by my system without having a correct knowledge of it, and who are tampering with every kind of medicine they can find ;—for there has no such treatment of disease, as they describe, ever been recommended by me; neither can such be found in my writing or practice. It is convenient for them, and has become common to say, when they happen to be successful, it is their own great improvements; but when the patient dies, it is then laid to the Thomsonian system of practice. This is unjust, and ought to be exposed; and I ask all those who have a wish to promote the practice, to adopt some means to ascertain the truth, and make it public.

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#### THE DOCTORS WITHOUT A SYSTEM.

That the doctors have no system, is a fact pretty generally acknowledged by themselves; or at least they have none that has been fixed upon as a general rule for their practice. Almost every great man among them, has had a system of his own, which has been followed by adherents till some other one is brought forward, more fashionable. This is undoubtedly a great evil, for it makes every thing uncertain; where it is constantly changing there can be no dependence on any thing, and the practice must always be experimental; no useful knowledge can be obtained by the young



practitioners, as they will be constantly seeking after new theories. What should we say of a carpenter who should undertake to repair a building without having any rule to work by, and should, for want of one, destroy the half of all he undertook to repair. The employers would soon lose all confidence in him, and dismiss him as an ignorant blockhead. And is it not of infinitely more importance for those who undertake to repair the human body, to have some correct rule to work by? Their practice is founded on visionary theories, which are so uncertain and contradictory that it is impossible to form any correct general rule as a guide to be depended upon. In order to show the opinions of others, as well as my own, I shall make a few extracts from late writers on the subject.—Speaking of the revolutions of medicines, one says:

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

“Theories are but the butterflies of the day—they buz for a while and then expire. We can trace for many centuries past, one theory overturning another, yet each, in its succession, promising itself immortality.”

“The application of the rules which the practitioner lays down to himself, is direct, and in their choice, no one can err with impunity. The least erroneous view leads to some consequence. We



must remember the lives of our fellow creatures are at stake. For, how many cruel and premature deaths, how many impaired and debilitated constitutions have paid for the folly of theories? Follies which have proved almost always fascinating. The study of a system is more easy than an investigation of nature; and, in practice, it seems to smooth every difficulty."

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

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

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

The following just remarks are copied from the writings of the Rev. JOHN WESLEY:

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



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

“Those who understood only how to restore the sick to health, they branded with the name of *Empirics*. They introduced into practice abundance of compound medicines, consisting of so many ingredients, that it was scarce possible for common people to know which it was that wrought the cure. Abundance of exotics, neither the nature nor names of which, their own countrymen understood.”

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

NOTE.—For further illustration of the foregoing principles, see “Cholera Chapter,” and “Chapter on Life,” in the supplement to this edition.



**NEW GUIDE TO HEALTH,**  
**OR**  
**BOTANIC FAMILY PHYSICIAN.**

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*Description of the Vegetable Medicines used in  
my System of Practice.*

IN describing those vegetables which I make use of in removing disease, and restoring health to the sick, agreeably to my system of practice, I shall mention those only which I have found most useful by a long series of practical knowledge; and in the use of which I have been successful in effecting the desired object. A great number of articles in the vegetable kingdom, that are useful as medicine, might be described and their medical virtues pointed out, if I thought it would be beneficial; in fact, I am confident there are very few vegetable productions of our own country, that I have not a tolerable good knowledge of—it having been my principal study for above thirty years; but to undertake to describe them all, would be useless and unprofitable to my readers, and could lead to no good result. The plan that I have adopted, in describing such articles as I have thought necessary to mention, and giving directions how to prepare and administer them, is to class them under the numbers which form my system of practice. This was thought to be the best way to give a correct and full understanding of the whole subject. Each number is calculated to effect a certain object, which is stated in the heading to it, when in-



troduced; every article, therefore, that is useful in promoting such object, will be described as applicable to the number under which it is classed. The three first are used to remove disease, and the others as restoratives. There are a number of preparations and compounds that I have made use of, and found good in curing various complaints; the directions for making which, and a description of applying them, will be hereafter more particularly stated, when I come to give an account of the manner of treating some of the most important cases of disease which have come under my care.

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## NUMBER ONE.

*To cleanse the stomach, overpower the cold, and promote a free perspiration.*

## EMETIC HERB.

Lobelia Inflata of Linnæus:

In giving a description of this valuable herb, I shall be more particular, because it is the most important article made use of in my system of practice; without which it would be incomplete, and the medicinal virtues of which, and the administering it in curing disease, I claim as my own discovery. The first knowledge I ever had of it, was obtained by accident, more than forty years ago; and I never had any information whatever concerning it, except what I have gained by my own experience. A great deal has been said, of late, about this plant, both in favor and against its utility as a medicine; but all that the faculty have



said or published concerning it, only shows their ignorance on the subject; for there is very little truth in what they have stated concerning its medicinal properties, except wherein they have admitted it to be a certain cure for the asthma—one of the most distressing complaints that human nature is subject to. It is a truth which cannot be disputed by any one, that all they have known about the article, and the experiments that have been made, to ascertain its value, originated in my making use of it in my practice.

In the course of my practice, a number of the doctors discovered that the medicine I made use of, produced effects which astonished them, and which they could not account for. This induced them to conclude that, because it was so powerful in removing disease, it must be poison. This, I think, can be satisfactorily accounted for; they have no knowledge of any thing in all their medical science, which is capable of producing a powerful effect upon the human system, except what is poisonous, and, therefore, they naturally form their opinions agreeably to this erroneous theory. There is a power to produce life, and a power to produce death; which are, of course, directly opposed to each other; and, whatever tends to promote life, cannot cause death, let its power be ever so great. In this consists all the difference between my system of practice, and that of the learned doctors. In consequence of their thus forming an erroneous opinion of this herb, which they had no knowledge of, they undertook to represent it as a deadly poison; and, in order to destroy my practice, they raised a hue and cry about my killing my patients by administering it to them. Some of the faculty even made oath that it *was* poison, and, when taken into the stomach, if it did not



cause immediate vomiting, it was certain death. It is unnecessary for me now to point out the falsity of this, for the fact is pretty well known, that there is no death in it; but, on the contrary, that there is no vegetable which the earth produces, more harmless in its effects on the human system, and none more powerful in removing disease and promoting health.

There is no mention made of this herb, by any author that I have been able to find, previous to my discovering it, excepting LINNÆUS, who has given a correct description of it under the name of *lobelia inflata*; but there is nothing said of its medicinal properties; it is therefore reasonable to conclude that they were not known till I discovered them, and proved them to be useful. When the faculty first made the discovery that I used the emetic herb in my practice, they declared it to be a deadly poison; and, while persecuting me by every means in their power, and representing to the world that I killed my patients with it, they were very ready to call it my medicine, and allow it to be my own discovery; but since their ignorance of it has been exposed, and they find it is going to become an article of great value, an attempt seems to be making to rob me of all the credit for causing its value to be known, and the profits which belong to me for the discovery. In this cry, some who have been instructed by me, are ready to join, for the purpose of promoting their own interest at my expense.

Dr. THATCHER, in his Dispensatory, has undertaken to give an account of this herb; but he is very erroneous, except in the description of it, which is nearly correct. It appears that all the knowledge he has on the subject, as to its virtues, is borrowed from others, and is probably derived from the ridiculous ideas entertained of its power,



by those doctors who know nothing about it, except what they gained by making use of it, as has been before stated. As to its being dangerous to administer it, and that, if it does not puke, it frequently destroys the patient; and sometimes in five or six hours; and that even horses and cattle have been supposed to be killed by eating it accidentally, is as absurd as it is untrue, and proves his ignorance of the article. He tells a melancholy story about the *lobelia inflata* being administered by the adventurous hand of a noted empiric, who, he says, frequently administered it in a dose of a tea-spoonful of the powdered leaves, and often repeated; which, he says, furnished alarming examples of its deleterious qualities and fatal effects. This, there is no doubt, alludes to me, and took its rise from the false statements circulated about me, at the time of my trial, to prejudice the public against my practice. It is true, the dose that I usually prescribed was a tea-spoonful of the powder; but that it ever produced any fatal effect, is altogether incorrect, and is well known to be so by all who have any correct knowledge on the subject.

What is quoted in the Dispensatory, from the Rev. Dr. M. Cutler, concerning this herb, is in general, correct, particularly as it regards its being a specific for the asthma; though he labored under many mistaken notions about its effects when taken into the stomach. He says—"if the quantity be a little increased, it operates as an emetic, and then as a cathartic, its effects being much the same as those of the common emetics and cathartics." In this he is mistaken, for it is entirely different from any other emetic known; and, as to its operating as a cathartic, I never knew it to have such an effect in all my practice, and I certainly ought



to know something about it, after using it for above twenty years; having administered it in every form and manner that it can be given, and for every disease that has come within my knowledge. It appears that all the knowledge he and other doctors have of this herb being useful in curing disease, particularly in the asthma, was obtained from me, for when I was prosecuted, I was obliged to expose my discoveries to show the falsity of the indictment. Dr. Cutler was brought forward as a witness at my trial, to prove the virtues of this plant, and testified that he cured himself of the asthma with it. He says the first information he had of its being good for that complaint was from Dr. Drury, of Marblehead. In the fall of the year 1807, I introduced the use of the emetic herb, tinctured in spirit, for the asthma, and other complaints of the lungs and cured several of the consumption. In 1808, I cured a woman at Newington, of the asthma, who had lain in her bed for six months. I gathered some of the young plants, not larger than a dollar, bruised them, and tinctured them in spirit, gave her the tincture, and she lay in bed the first night. I showed her what it was, and how to prepare and use it, and by taking this and other things, according to my direction, she has enjoyed a comfortable state of health for twelve years, and has never been obliged to sit up one night since. The same fall I used it in Beverly and Salem; and there can be no doubt but all the information concerning the value of this article was obtained from my practice.

Since Dr. Cutler gave his testimony of the virtues of this herb, and since the doctors have become convinced of its value, they come forward and say it is good medicine in skilful hands.—Who, I would ask, is more skilful than he who discovered it, and taught them how to prepare and



use it, in curing one of the most distressing complaints known? If it is good medicine, it is mine, and I am entitled to the credit of introducing it into use, and have paid dear for it; if it is poison, the doctors do not need it, as they have enough of that now. Dr. THACHER undertakes to make it appear that the fatal effects he tells about its producing, was owing to the quantity given, and says I administered a tea-spoonful of the powder; and, when he comes to give directions for using it, says, that from ten to twenty grains may be given with safety. It appears strange that different terms should produce such different effects in the operation of medicine. If a tea-spoonful is given by an empiric, its effects are fatal; but if the same quantity is administered by a learned doctor, and called grains, it is an useful medicine!

This herb is described in THATCHER'S Dispensatory under the names of *lobelia inflata*, *lobelia emetica*, *emetic weed*, and *Indian tobacco*; and several other names have been given it—some by way of ridicule, and others for the purpose of creating prejudice against it—all of which has so confounded it with other articles, that there is a difficulty in ascertaining what they meant to describe. I have been informed that a poisonous root grows in the southern states, called lobelia, which has been used as medicine. The calling this herb by that name has probably been one reason of its being thought to be poison. Why it has had the name of Indian tobacco given it, I know not; as there is a plant called by that name, which grows in this country, but it is entirely different from this herb, both in appearance and medicinal virtues. In the United States' Pharmacopeia, there are directions given for preparing the tincture of Indian tobacco.—Whether they mean this herb, or the plant that has



been always called by that name, does not appear; but it is probable they mean the emetic herb, and that all the knowledge they have of it, is from Dr. CUTLER's description. It is said by THATCHER, that it was employed by the aborigines, and by those who deal in Indian remedies; and others who are attempting to rob me of my discovery, affect to believe the same thing; but this is founded altogether upon conjecture, for they cannot produce a single instance of its having been employed as medicine, till I made use of it. The fact is, it was a new article, wholly unknown to the medical faculty, till I introduced it into use; and the best evidence of this is, that they are now ignorant of its powers, and all the knowledge they have of it has been obtained from my practice. It would be folly for me to undertake to say but that it may have been used by the natives of this country; but one thing I am certain of, I never had any knowledge of their using it, nor ever received any information concerning it from them or any one else.

The emetic herb may be found in the first stages of its growth, at all times through the summer, from the size of a six cent piece to that of a dollar, and larger, lying flat on the ground, in a round form, like a rose pressed flat, in order to bear the weight of snow which lays on it during the winter, and it is subject to be winter-killed, like wheat. In the spring it looks yellow and pale like other things suffering from wet and cold; but when the returning summer spreads forth enlivening rays upon it, it lifts up its leaves and shoots forth a stalk to the height of from twelve to fifteen inches, with a number of branches; carrying up its leaves with its growth. In July it puts forth small pointed pale blue blossoms, which are followed by small pods about the size of a white bean, containing



numerous very small seeds. This pod is the exact resemblance of the human stomach, having an inlet and outlet higher than the middle; from the inlet it receives nourishment, and by the outlet discharges the seeds. It comes to maturity about the first of September, when the leaves and pods turn a little yellow; this is the best time to gather it. It is what is called by botanists, a biennial plant; or of only two years existence.

The plant is common in all parts of this country, wherever the land is fertile enough to yield support for its inhabitants. It is found on every variety of soil which is fit for cultivation, from the highest mountains to the lowest valleys. In hot and wet seasons it is most plenty on dry and warm lands; in hot and dry seasons, on clayey and heavy lands. When the season is cold, either wet or dry, it rarely makes its appearance; and if the summer and fall are very dry, the seeds do not come up, and of course, there will be very little to be found the next season. I have been in search, of this herb from Boston to Canada, and was not able to collect more than two pounds; and in some seasons I have not been able to collect any. I mention this to show the uncertainty of its growth, and to warn people to be careful and lay up a good stock of it when plenty. In the year 1807, if I had offered a reward of a thousand dollars for a pound of this herb, I should not have been able to have obtained it. I have seen the time that I would have given two dollars for an ounce of the powder, but there was none to be had, and this necessity taught me to lay up all I could obtain when it was plenty.

In seasons when this herb is plenty, it may be found growing in highways and pastures; by the sides of old turnpikes, and in stubble land; parti-



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

This plant is different in one very important particular, from all others that I have a knowledge of; that is, the same quantity will produce the same effect in all stages of its growth, from its first appearance till it comes to maturity; but the best time for gathering it, as before mentioned, is when the leaves and pods begin to turn yellow, for then the seeds are ripe, and you have all there can be of it. It should then be cut and kept clean, and spread in a chamber or loft to dry, where it can be open to the air in the day time, and shut from the damp air during the night. When perfectly dry, shake out the seeds and sift them through a common meal seive, and preserve them by themselves; then beat off the leaves and pods from the stalks, and preserve them clean.

This herb may be prepared for use in three different ways, viz:



1st, the powdered leaves and pods.

2d, a tincture made from the green herb with spirit.

3d, the seeds reduced to a fine powder and compounded with Nos. 2 and 6.

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

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



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

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



Much has been said of the power of the emetic herb, and some have expressed fears of it on that account; but I can assure the public that there is not the least danger in using it. I have given it to children of one day old, and persons of eighty years. It is most powerful in removing disease, but perfectly innocent in its effects. Its operation on different persons, is according to their different tempers, moving with the natural current of the animal spirits. There are two cases where this medicine will not operate, viz: when the patient is dying, and where there is no disease. There can be no war where there is no enemy. When there is no cold in the body, there is nothing to contend against; and when there is no heat in the body there is nothing to kindle; in either case, therefore, this medicine is silent and harmless. It is calculated to remove the cause, and no more; as food removes hunger, and drink thirst. It clears all obstructions to the extremities, without regard to the names of disease, until it produces an equilibrium throughout the system, and, will be felt in the fingers and toes, producing a prickling feeling like that caused by a knock on the elbow. This symptom is alarming to those unacquainted with its operation, but is always favorable, being a certain indication of the turn of the disorder, and patients generally gain from that time.

In regard to the quantity to be given as a dose, it is a matter of less consequence than is generally imagined. The most important thing is to give enough to produce the desired effect. If too little is given, it will worry the patient and do little good; if more is given than is necessary, the surplus will be thrown off, and is only a waste of medicine. I have given directions, what I consider as a proper dose in common cases, of the differ-



ent preparations, but still it must be left to the judgment of those who use it, how much to give. The best way will be to give the smallest prescribed dose first, then repeat it till it produces the wished operation. In all cases where the stomach is cold and very foul, its operation will be slow and uncertain; in which case, give No. 2, which will assist in doing its work.

When this medicine is given to patients that are in a decline, or are laboring under a disease of long standing, the symptoms indicating a crisis will not take place till they have been carried through from three to eight courses of the medicine; and the lower they have been, the more alarming will be the symptoms to those unacquainted with its effects. I have seen some lie and sob like a child that has been punished, for two hours, not able to speak or to raise their hands to their head; and the next day be about and soon get well. In cases where they have taken considerable opium, and this medicine is administered, it will, in its operation, produce the same appearances and symptoms that are produced by opium when first given; which, having lain dormant, is roused into action by the enlivening qualities of this medicine, and the patient will often be thrown into a senseless state; the whole system will be one complete mass of confusion, tumbling in every direction, and it will take two or three to hold them on the bed. Sometimes they grow cold as though dying; remaining in this way from two to eight hours, and then awake, like one from sleep, after a good night's rest; being entirely calm and sensible, as though nothing had ailed them. It is seldom they ever have more than one of these turns; as it is the last struggle of the disease, and they generally



begin to recover from that time. I have been more particular in describing these effects of the medicine, as they are very alarming to those unacquainted with them, and in order to show that there is no danger to be apprehended. They are certain evidences of a favorable turn of the disease.

The emetic herb is of great value in preventing sickness, as well as curing it. By taking a dose when first attacked by any complaint, it will throw it off, and frequently prevent long sickness. It not only acts as an emetic, and throws off from the stomach every thing that nature does not require to support the system, but extends its effects to every part of the body. It is searching, enlivening, quickening, and has great power in removing obstructions; but it soon exhausts itself, and, if not followed by some other medicine to hold the vital heat till nature is able to support itself by digesting the food, it will not be sufficient to remove a disease that has become seated. To effect this important object, put me to much trouble; and, after trying many experiments to get something that would answer the purpose, I found that which is described under No. 2, was the best and only medicine I have any knowledge of, that would hold the heat in the stomach, and not evaporate; and by giving No. 3, to remove the canker, which is the great cause of disease; and then following with Nos. 4 and 5, to correct the bile, restore the digestion, and strengthen the system, I have had little trouble in effecting a cure. Directions for preparing these will be hereafter given.



## NUMBER TWO.

*To retain the internal vital heat of the system, and cause a free perspiration.*

## CAYENNE....CAPSICUM.

As this article is so well known, it will be unnecessary to be very particular in describing it. It has been a long time used for culinary purposes, and comes to us prepared for use by being ground to powder, and a proportion of salt mixed with it; this destroys, in some degree, its stimulating effects, making it less pungent; and is not so good for medicine as in the pure state. It is said to be a native of South America, and is cultivated in many of the West India Islands. That which comes to this country, is brought from Demarara and Jamaica. It also grows in other parts of the world. I once bought one hundred pounds of it in the pod, which was brought from the coast of Guinea; had it ground at Portsmouth, and it was as good as any I ever used. There are several species that are described under the name of capsicum; all of which are about the same, as to the stimulating qualities. The pods only are used; they are long and pointed, are of a green color till ripe, when they turn to a bright orange red.—When the pods are green, they are gathered and preserved in salt and water, and brought to this country in bottles, then vinegar is put to them, and sold under the name of pepper-sauce. The ripe pods, ground to a powder, is what is used for medicine and cooking; but the pepper-sauce is very good to be taken as medicine, and applied externally. The green pods hold their attracting power till ripe, and, therefore, keep their strength much longer when put in vinegar, as the bottle may be filled a number of times, and the strength seems



to be the same ; but when the ripe pods are put in vinegar, the first time will take nearly all the strength.

I shall not undertake to dispute but that cayenne has been used for medical purposes long before I had any knowledge of it ; and that it is one of the safest and best articles ever discovered to remove disease, I know to be a fact, from long experience ; but it is equally true that the medical faculty never considered it of much value, and the people had no knowledge of it as a medicine, till I introduced it, by making use of it in my practice.— Mention is made of cayenne in the Edinburg Dispensatory, as chiefly employed for culinary purposes, but that of late it has also been employed in the practice of medicine. The author says, that “ there can be little doubt that it furnishes one of the purest and strongest stimulants that can be introduced into the stomach ; while, at the same time, it has nothing of the narcotic effect of ardent spirits. It is said to have been used with success in curing some cases of disease, that had resisted all other remedies.” All this I am satisfied is true ; for, given as a medicine, it will always be found useful ; but all the knowledge they had of it, seems to have been derived from a few experiments that had been made, without fixing upon any particular manner of preparing or administering it, or in what disease, as is the case with all other articles that are introduced into general practice. In Thatcher’s Dispensatory, the same account is given of cayenne, as in the Edinburg, and in almost the same words.

I never had any knowledge of cayenne being useful as a medicine, or that it ever had been used as such, till I discovered it by accident, as has been the case with most other articles used by me.



After I had fixed upon a system for my government in practice, I found much difficulty in getting something that would not only produce a strong heat in the body, but would retain it till the canker could be removed, and the digestive powers restored, so that the food, by being properly digested, would maintain the natural heat. I tried a great number of articles that were of a hot nature, but could find nothing that would hold the heat any length of time. I made use of ginger, mustard, horse-radish, peppermint, butternut bark, and many other hot things; but they were all more or less volatile, and would not have the desired effect. With these, however, and the emetic herb, together with the aid of steam, I was enabled to practise with general success. In the fall of the year, 1805, I was out in search of umbil, on a mountain in Walpole, New Hampshire. I went into a house at the foot of the mountain, to enquire for some rattlesnake oil; and, while in the house, I saw a large string of red peppers hanging in the room, and the thought struck me that this might be the article I had so long sought, for the purpose of raising and retaining internal heat. I knew them to be very hot, but did not know of what nature. I obtained these peppers, carried them home, reduced them to powder, and took some of the powder myself, and found it to answer the purpose better than any thing else I had made use of. I put it in spirit, with the emetic herb, and gave the tincture, mixed in a tea of witch-hazle leaves, and found that it would retain the heat in the stomach after puking, and preserve the strength of the patient in proportion. I made use of it in different ways, for two years, and always with good success.

In the fall of 1807, I was in Newburyport, and



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



demand for. I was not able to purchase but a small part of what was brought, and it was bought up by others on speculation, and sent to Boston: the consequence was, that the price was so much reduced, that it would not bring the first cost, which put a stop to its being imported, and it has since been very scarce.

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

The only preparation necessary, is to have it



ground or pounded to a fine powder. For a dose, from a half to a tea-spoonful may be taken in hot water, sweetened, or the same quantity may be mixed with either of the other numbers when taken. It will produce a free perspiration, which should be kept up by repeating the dose, until the disease is removed. A spoonful, with an equal quantity of common salt, put into a gill of vinegar, makes a very good sauce, to be eaten on meat, and will assist the appetite, and strengthen the digestion. One spoonful of this preparation may be taken to good advantage, and will remove faint, sinking feelings, which some are subject to, especially in the spring of the year. Pepper-sauce is good for the same purpose. A tea-spoonful of cayenne may be taken in a tumbler of cider, and is much better than ardent spirit. There is scarce any preparation of medicine that I make use of, in which I do not put some of this article. It will cure the ague in the face, by taking a dose, and tying a small quantity in fine cloth, and putting it between the cheek and teeth, on the side that is affected; at the same time sitting by the fire covered with a blanket. It is good to put on old sores.

#### RED PEPPERS.

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



## GINGER.

This is a root which is brought from foreign countries, and is too well known to need any description. It is a very good article, having a warming and agreeable effect on the stomach. It is a powerful stimulant, and is not volatile like many other hot articles; and is the next best thing to raise the inward heat and promote perspiration; and may be used with success for that purpose, as a substitute for cayenne, when that or the red pepper cannot be had. It is sold in the shops ground, but is sometimes mixed with other articles to increase the quantity, and is not so strong. The best way is to get the roots and grind or pound them to fine powder. The dose must be regulated according to circumstances: if given to raise the internal heat and cause perspiration, it must be repeated till it has the desired effect. It makes an excellent poultice, mixed with pounded cracker, or slippery elm bark, for which purpose I make much use of it. To keep a piece of root in the mouth and chew it like tobacco, swallowing the juice, is very good for a cough, and for those of a consumptive habit; and this should be also done by all who are exposed to any contagion, or are attending on the sick, as it will guard the stomach against taking the disease. It may be taken in hot water, sweetened, or in a tea of No. 3.

## BLACK PEPPER.

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



## NUMBER THREE.

*To scour the stomach and bowels, and remove the canker.*

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

## BAYBERRY, OR CANDLEBERRY.

This is a species of the myrtle from which wax is obtained from the berries, and grows common in many parts of this country. It is a shrub growing from two to four feet high, and is easily known by the berries which it produces annually, containing wax in abundance; these grow close to the branch-



es, similar to the juniper; the leaves are of a deep green. The bark of the roots is what is used for medicine, and should be collected in the spring before it puts forth its leaves, or in the fall after it is done growing; then the sap is in the roots. This should be attended to in gathering all kinds of medical roots; but those things that the tops are used, should be collected in the summer when nearly full grown; then the sap is in the top. The roots should be dug and cleaned from the dirt, and pounded with a mallet or club, when the bark is easily separated from the wood, and may be obtained with little trouble. It should be dried in a chamber or loft, where it is not exposed to the weather; and, when perfectly dry, should be ground or pounded to a fine powder. It is an excellent medicine, either taken by itself, or compounded with other articles; and is the best thing for canker of any article I have found. It is highly stimulating and very pungent, prickling the glands and causing the saliva and other juices to flow freely. It is good used as tooth powder, cleanses the teeth and gums, and removes the scurvy; taken as snuff, it clears the head and relieves the headache. It may be given to advantage in a relax, and all disorders of the bowels. When the stomach is very foul, it will frequently operate as an emetic. For a dose, take a tea-spoonful, in hot water, sweetened.

#### WHITE POND LILY....THE ROOT.

This is well known from the beautiful flower which it bears, opening only to the sun and closing again at night. It grows in fresh water ponds, and is common in all parts of this country where I have been. The best time to gather it is the fall of the year, when dry, and the water in the ponds is low, then it may be obtained with little diffi-



culty. It has large roots, which should be dug, washed clean, split into strips and dried, as has been directed for the bayberry root bark.—When perfectly dry, it should be pulverized, and preserved for use. This article is a very good medicine for canker, and all complaints of the bowels, given in a tea alone, or mixed with other articles.

#### HEMLOCK....THE INNER BARK.

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



## MARSH ROSEMARY....THE ROOT.

This article is very well known in all parts of this country, and has been made use of for canker and sore mouth. I have made use of it with bayberry bark, for No. 3, in my practice, for many years, with good success ; but, after finding that the lily root and hemlock bark were better, I have mostly laid it aside. It is so binding in its nature, that it is not safe to use, without a large proportion of the bayberry bark.

## SUMACH....BARK, LEAVES, AND BERRIES.

This appears to be a new article in medicine, entirely unknown to the medical faculty, as no mention is made of it by any author. The first of my knowing it to be good for canker, was when at Onion river, in 1807, attending the dysentery. Being in want of something to clear the stomach and bowels in that complaint, I found that the bark, leaves, or berries, answered the purpose extremely well, and have made much use of it ever since. It is well known, and is found in all parts of the country ; some of it grows from eight to twelve feet high, has large spreading branches ; the berries grow in large bunches, when ripe, are of a deep red color, of a pleasant sour taste, and are used by the country people to dye with. The leaves and young sprouts are made use of in tanning Morocco leather. For medicine, the bark should be peeled when full of sap, the leaves when full grown, and the berries when ripe ; they should be carefully dried ; and, when used as part of No. 3, should be pounded, and may be used altogether, or separately. A tea, made of either of these articles, is very good, may be given with safety in almost all complaints, and put into the injections. It will scour the stomach and bowels ; is good for



strangury ; it promotes urine and relieves difficulties in the kidneys, by removing obstructions and strengthening those parts. I have been in the habit, of late years, of making use of this article with bayberry bark and lily root, of equal parts, for No. 3, or coffee, and it has always answered a good purpose.

#### WITCH-HAZLE....THE LEAVES.

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

#### RED RASPBERRY....THE LEAVES.

This is an excellent article, and I believe was never made use of as medicine, till discovered by



me. When at Eastport, I had no article with me that was good for canker, and I resolved to try my old practice of tasting. By this rule, I found that these leaves were good for that complaint, and a strong tea made of them answered every purpose wished. I immediately gathered a large quantity of the leaves and dried them, and have ever since been in the constant use of them ; having found them a good article both for canker and in many other complaints, particularly the relax and the usual bowel complaint in children. This tea, when administered as such, or as a component part of injections, never fails to give immediate relief.

It is the best thing for women in travail, of any article I know of. Give a strong tea of it, with a little No. 2, sweetened, and it will regulate every thing as nature requires. If the pains are untimely, it will make all quiet ; if timely and lingering, give more No. 2 and umbil in the tea. When the child is born, give it some of the tea with sugar and milk in it ; this prevents sore mouth, and the tea is good to wash sore nipples with. A poultice made with this tea and cracker, or slippery elm bark, is very good for burns or scalds ; if the skin is off, by applying this poultice or washing with the tea, it will harden and stop smarting. It may be used in No. 3, as a substitute for other articles, or alone, to good effect.

SQUAW-WEED....INDIAN NAME, COCASH.

This is known in the country by the name of frost weed, or meadow scabbish ; it is a wild weed, and grows in wet land by the side of brooks ; it has a stalk that grows four or five feet high, which is rough or woolly, with a narrow leaf, and bears a blue blossom late in the fall, which remains till the frost kills it. The root lives through the winter,



and in the spring puts forth a new stalk; the leaves at the bottom remaining green during the winter. The roots and top are used for medicine; it has a fragrant taste, and smells like lovage. It is the first thing I ever knew used for canker, and was given to me when I had the canker-rash, being considered then the best article known for canker. I have frequently used it for that complaint, and found it very good. Take the green roots and leaves, bruise them, pour on hot water, and give this tea sweetened. It may be kept by adding a little spirit, and is good for rheumatism, or for nervous affection. It is perfectly harmless, and may be used freely. It makes a very good bitter if tinctured with hot water and spirit; and, when thus prepared, is good for dizziness, cold hands and feet.

#### NUMBER FOUR.

*Bitters to correct the bile, and restore digestion.*

##### BITTER HERB, OR BALMONY.

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

##### POPLAR BARK.

There are several species of the poplar tree that grow common in this country. One kind is called the white poplar, and another stinking poplar; the



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

#### BARBERRY....THE BARK.

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



## BITTER ROOT, OR WANDERING MILK WEED.

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

## GOLDEN SEAL, OR OHIO KERCUMA....THE ROOT.

This article grows only in the western country. I am not well enough acquainted with the herb to give a description of it; but of the medical virtues of the root, I have had a sufficient experience to recommend it as a very pleasant bitter; and in



cases where the food in the stomach of weak patients causes distress, a tea-spoonful of the powder given in hot water sweetened, will give immediate relief. It is an excellent corrective of the bile, and may be used for that purpose alone, or with the bitter root, or may be compounded with either or all of the articles described under this number, to restore the digestive powers.

The purpose for which the articles described under this head are used, is to regulate the stomach, so that the food taken into it may be properly digested; and I have mentioned enough to enable those who make use of the practice, to effect the object, if properly attended to. This is a very important part of the system of practice, for unless the food is digested, it is impossible to keep up that heat on which life depends.

#### NUMBER FIVE.

*Syrup for the dysentery, to strengthen the stomach and bowels, and restore weak patients.*

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

#### PEACH MEATS.

The meats that are in peach stones have long been used as medicine, and need little to be said about them, except that they are of great value to strengthen the stomach and bowels and restore the digestion; for which purpose I have made use of them, and always to good advantage. Made into cordial, with other articles, in the manner as hereafter directed, they form one of the best remedies I know of, to recover the natural tone of the sto-



mach after long sickness; and to restore weak patients, particularly in dysentery. A tea made of the leaves of the peach tree, is very good for complaints in children and young people, and will remove cholic.

#### CHERRY STONES.

The meats of the wild cherry stones are very good, and may be used instead of the peach meats. Get these stones as clean as possible; when well dried pound them in a mortar, and separate the meats from the stones, which is done with little trouble; take the same quantity as is directed of the peach meats, and it will answer equally as well. A tea made with the cherries pounded with the stones, and steeped in hot water, sweetened with loaf sugar, to which, add a little brandy, is good to restore the digestive powers, and create an appetite.

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

#### NUMBER SIX.

*Rheumatic drops, to remove pain, prevent mortification, and promote a natural heat.*

The principal articles used in this preparation, are high wines or fourth proof brandy, gum myrrh and cayenne; for external application, spirits of turpentine is added, and sometimes gum camphor.

#### GUM MYRRH.

This is a gum obtained from a tree which grows in the East Indies, and is brought to this country and sold by the apothecaries for medical use.—There is nothing sold by them that possesses more



useful medicinal properties than this article; though the doctors seem to have but little knowledge of its virtues. All those whom I have heard express an opinion upon it, consider it of very little value. When I obtained my patent, Dr. Thornton, the clerk of the Patent Office, said it was good for nothing. All this, however, does not lessen its value. The first knowledge I had of it was when I was laid up with my lame ankle at Onion river, as has been before related in my narrative. An old man from Canada, passing that way, and hearing of my case, called to see me, and observing the putrid state my wound was in, told my father that gum myrrh would be good for me, as it was an excellent article to prevent mortification. He immediately obtained some of the tincture, and not having a syringe, he took some in his mouth and squirted it through a quill into the wound; the smarting was severe for a short time. By tasting it himself, and finding it a pleasant bitter, he gave me some to take; by using it, there was a favorable alteration, both in my bodily health and in the state of my wound. After this I had great faith in this article, and was seldom without it.—When I came to have a family, I made use of myrrh; it was one of the principal articles used in restoring my wife, when given over by the midwife, as related in my narrative. In several cases of bad wounds and old sores, it afforded great relief; and in what the doctors call worm complaints in children; by giving the tincture when such symptoms appeared, it removed them. I used it at that time by making a tincture with spirit; but after having a knowledge of cayenne, I put some of this with it, which made it much better. I found out by accident, that boiling it would prevent the fumes of the spirit from rising to the head, which would



otherwise, in some cases, produce bad effects, particularly in such as were subject to hysterical affection. This was the origin of my rheumatic drops, a preparation which has proved more generally useful than any other compound I make use of. In selecting myrrh for use, take that of a light brown color, somewhat transparent, and of a bitter taste, a little pungent. It should be reduced to a fine powder, by being pounded in a mortar before used.

#### SPIRIT OF TURPENTINE.

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

#### GUM CAMPHOR.

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



## NERVE POWDER.

American Valerian, or Ladies' Slipper—Sometimes called Umbil, or male and female Nervine.

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

This powder is the best nervine known; I have made use of it, and have always found it to produce the most beneficial effects, in all cases of nervous affection, and in hysterical symptoms; in fact it would be difficult to get along with my



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

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I have thus far given a description of all the important vegetables made use of in my system of practice; with the manner of preparing and using them. I shall now proceed to describe a number of articles of less importance, all of which I have used and found good in various complaints. Some of them form a part of my medical preparations, and many others may be used as substitutes for some that have been mentioned. They are all of a warming nature, and may be used to advantage in throwing off disease in its first stages.

**SPEARMINT.**—This is a well known herb, and makes a very pleasant tea, which may be freely used in sickness. The most valuable property it possesses, is to stop vomiting. If the emetic herb,



or any other cause, should produce violent vomiting, by giving a strong tea, made of this herb, it will stop it and sit pleasantly on the stomach.

**PEPPERMINT.**—This article is very hot in its nature, and may be used to advantage to promote perspiration and overpower the cold. I have frequently used it for that purpose with success; but it is volatile and will not retain the heat long in the stomach. In colds and slight attacks of disease, to drink freely of tea, made of this herb, on going to bed, will throw it off. The essence put in water, is good to give children, and will relieve pain in the stomach and bowels. A few drops of the oil given in warm water, or on loaf sugar, is good for the same purpose.

**PENNEROYAL.**—This herb grows common in all parts of the country, and is too well known to need any description. It is an article of great value in medicine, and a tea of it may be freely used in all cases of sickness. It is good for the stomach, being warming and cleansing; if drank freely, it will produce perspiration and remove obstructions. In colds and slight attacks of disease, it will be likely to throw it off, and prevent sickness. It is very good for children, and will remove wind and pain in the bowels. In going through a course of medicine, a tea of this herb may be given for drink, and will cause the medicine to have a pleasant operation.

**SUMMER-SAVORY.**—This herb grows in gardens, and is made use of to season meat in cooking; it is of a very pleasant flavor, and of a hot nature.—A tea of it is good for colds, and may be used freely in cases of sickness. There is an oil made from this herb which will cure the tooth-ache, by putting a little on cotton wool and applying it to the affected tooth.



**HOARHOUND.**—This plant grows common in this country, and is made much account of in removing a cough. An infusion made of the leaves, sweetened with honey, is good for the asthma, and all complaints of the lungs. The syrup of this plant will loosen tough phlegm and remove hoarseness caused by a cold. The hoarhound candy is very useful for such as are troubled with a cough, particularly old people, and those that are short winded.

**ELECAMPANE.**—A syrup made of the root of this plant is good for a cough, and I have made use of it for that purpose to advantage in many cases, and can recommend it as a safe and useful remedy in complaints of that kind.

**MAY-WEED.**—A tea made of this herb, to be drank hot when going to bed, is very good for a cold; and, in slight attacks of fever, if used freely and a hot stone put to the feet, it will, in most cases, effect a cure. It grows common in old fields, and by the road-side.

**WORMWOOD.**—This herb is a very wholesome bitter, and may be taken to advantage in different ways. It is of a hot nature, and is good for the stomach, to create an appetite, and assist the digestion. It may be taken in tea, or the green herb may be pounded and tinctured in spirit, which is good to apply to a bruise or sprain.

**TANZY.**—This is a hot bitter herb. It grows common in highways, and is cultivated in gardens. A tea made of this herb is good for hysterics and other female complaints; it will strengthen those who have weak reins and kidneys, and is good for the strangury, or stoppage of the urine. The green leaves pounded are good to put on bruises and sprains, and will allay the swelling.

**CAMOMILE.**—This is a well known herb—the flowers are sold by the apothecaries and are made



much use of in tea for many complaints; it is good given in a tea for bowel complaints, and, externally applied, will relieve sprains, bruises and swellings, and remove callouses, corns, &c., and restore sunken kidneys.

**BITTER-SWEET.**—This herb has long been esteemed as a medicine of considerable value for many complaints. It grows common in this country in hedges where the ground is moist, and the top runs along the ground or climbs on bushes.—Its taste, when chewed, is first bitter and then sweet, which has given it its name. It is said to be good medicine for internal injuries and to remove obstructions, which I have no doubt is correct; but the only way I make use of it, is for external applications; the bark of the root, with camomile and wormwood, makes an ointment of great value, and which is an excellent thing for a bruise, sprain, callous swelling, or for corns.

**MULLEN.**—The leaves of this plant are very good to bring down swelling and restore contracted sinews, by pounding them and applying them warm to the part affected. For external use, they are an excellent article in many complaints. This herb is too well known to need any description. It is an important article in my strengthening plaster.

**BURDOCK.**—The leaves of this plant, wilted by the fire and applied to an external injury, will allay the inflammation and ease pain; and they are good pounded and put on a bruise or a sprain, as it will give immediate relief. It is made use of in the strengthening plaster. The leaves are good applied to the feet in case of fever, to keep them moist and promote perspiration.

**SKUNK-CABBAGE.**—This vegetable grows common in all parts of New England; it has large leaves something resembling cabbage, from which, and its disagreeable smell, it takes its name; it



may be found in meadows and wet land. The root only is used for medicine, which should be dug and split into strips and carefully dried; when dry, it should be pounded or ground to a powder. This powder may be taken in tea, sweetened or made into a syrup, or a tea-spoonful may be mixed with honey and taken in the morning, or at night when going to bed. It is good for asthma, cough, difficulty of breathing, and all disorders of the lungs, and, with other articles, makes one of the best preparations for those complaints I have ever found.

**WAKE-ROBIN.**—This plant grows wild in this country. It has three triangular leaves; from between them it puts forth a naked stalk, on the top of which is a singular stem or pistil enclosed in a sheath, resembling a flower, which is followed by a bunch of redish berries. The root is used for medicine, and resembles a small turnip. This root is extremely pungent and stimulating, and is often given for colic and pain in the bowels, and to expel wind. I have mostly made use of it for coughs and disorders of the lungs, for which I have found it a very useful article, and it forms part of my composition for coughs. The root should be dried and reduced to powder, and may be mixed with honey or in syrup.

**THOROUGHWORT.**—This herb is well known in the country, and is made use of by the people in tea for many complaints. It is of a warming nature, and is good for coughs and other complaints of the lungs. It is used in my compound prepared for coughs.

**FEATHERFEW.**—This herb is stimulating, and is good for hysteric complaints, and many other disorders common to females. It promotes the passage of the urine and removes obstructions in those parts. It should be taken in tea alone, or may be



mixed with camomile, and used to advantage in all cases of obstruction.

**CLIVERS.**—This is a sort of joint grass and grows in mowing land, where the ground is wet; it has small leaves at each joint; the stalk is four square and the edges are rough like a sickle. A strong tea made of this herb and drank freely, is very good for the stoppage of urine, and may be made use of for all obstructions in those parts to advantage.

**BLACK BIRCH BARK.**—A tea made of this bark is useful in curing all complaints of the bowels and to remove obstructions. I have made use of it in the dysentery. This tea, with peach meats or cherry stone meats, made into a syrup, is an excellent article to restore patients after having been reduced by that disease, and to promote the digestion. It is good for canker, and all complaints of the bowels.

**EVAN ROOT.**—This is called by some people chocolate root, on account of its resembling that article in taste, and is made use of by some as a common drink instead of tea or coffee. It is good for canker, and may be used in No. 3, as a substitute for other articles. It grows common in this country and is too well known to need describing.

**SLIPPERY ELM BARK.**—The inner bark of this tree is an article of much value, and may be used to advantage in many different ways. There are several species of elm that grow common in this country; and there are two kinds of the slippery elm; one, the bark is rather hard and tough, and the other is very brittle; the latter is the best for medical use. The bark should be peeled, the ross shaved off, then dried, and ground, or pounded to a fine powder. If used internally, put a tea-spoonful of this powder into a tea-cup with as much sugar, mix them well together, then add a little cold



water to it and stir it till it forms a jelly thick enough to be eaten with a spoon. A tea-spoonful may be taken at a time, and is an excellent medicine to heal soreness in the throat, stomach, and bowels, caused by canker; or more hot water may be put to it and made into a drink, and freely taken for the same purpose. I have made much use of this bark for poultices, and have, in all cases found it a most excellent article for that purpose. Mixed with a pounded cracker and ginger, it makes the best poultice I have ever found; for burns, scalds, felons, old sores, &c., it is the best thing I have met with, to allay the inflammation, ease the pain, and heal them in a short time.

**BALSAM FIR.**—This balsam is obtained from a tree well known in many parts of this country; it is taken from small blisters which form in the bark. It is of a very healing nature, and is good to remove internal soreness. It forms an important article in my healing salve. When taken, it may be dropped on loaf sugar.

**GINSENG.**—This root grows wild in this country, and is found plentifully in Vermont. It was formerly collected for exportation, and large quantities of it were sent to China, where it brought a great price. It is said the people of that country considered it of great value; but for what purpose they use it, is, I believe, known only to themselves. It is a nervine, and may be used to advantage in all cases of nervous affection, either alone or mixed with other articles. The root should be dug in the fall, dried and reduced to a fine powder; from a half to a tea-spoonful may be given for a dose, in hot water sweetened.

**SNAKE ROOT.**—This is a well known article, grows wild, and may be found in most parts of this country. It is of a hot nature, and is made much use



of in measles and other eruptions, to keep the disorder out, for which it is considered very good; this is owing to its warming qualities, which keep the determining powers to the surface. The same effect may be produced by almost any strong stimulant; but No. 2, or the composition powders, is much the best for that purpose. A tea made of this root may be given to advantage in many cases of disease; it has a tendency to promote perspiration, and is good to remove pain in the stomach and bowels, and expel wind. The roots, reduced to powder, may be mixed with ginseng or umbil, for all nervous complaints.

**MUSTARD.**—The seed of this herb is principally made use of for culinary purposes, being eaten on meat, for which it is ground to a fine powder and mixed with warm water. It is very pungent and of a hot nature, but is volatile and will not hold the heat long enough to create an appetite and assist the digestion; and given in hot water sweetened, will remove pain in the bowels and stomach. It is frequently used for rheumatism, both internally and externally; but No. 2 and 6 are much better for that purpose.

**HORSE-RADISH.**—The root of this plant is mostly used for culinary purposes, and it has some medical properties. It is of a hot nature, but very volatile; its warming properties will mostly evaporate before it gets into the stomach. The roots may be given to promote the appetite and assist the digestion. The leaves are sometimes applied to remove external pain, but are apt to blister.

**BALM OF GILEAD.**—This tree is a species of the poplar and possesses some medicinal virtues. It resembles the kind of poplar that has been described, having similar tags; but the buds and leaves are larger. The buds bruised and tinctured



in spirit, produce an effect something like the tincture of myrrh; and are good, taken inwardly, as a restorative, and for bathing sores. The bark scraped from the twigs and steeped in hot water, is a good corrective of the bile, and will operate both as an emetic and cathartic; it is more harsh than the other kind of poplar, but may be used to advantage in many cases of disease.

**BUTTERNUT.**—This tree grows common in this country, and is well known from the nut which it bears, of an oblong shape, and nearly as large as an egg, in which is a meat containing much oil, and very good to eat. The bark of this tree is used by the country people to color with. The bark taken from the body of the tree or roots, and boiled down till thick, may be made into pills, and operate as a powerful emetic and cathartic; a syrup may be made by boiling the bark and adding one-third molasses and a little spirit, which is good to give children for worm complaints. The buds and twigs may also be used for the same purpose, and are more mild. White ash bark and balm of Gilead may be mixed, equal parts, and made into syrup or pills. Those who are fond of drastic purges, may have their ends sufficiently answered by these preparations, and they are the most safe of any that I know of; and those who wish to be tortured with blisters, can have them cheap by bruising the green shell of the nut, or the bark, and applying it where the blister is wanted, keeping the bandage wet, and in three hours they will be completely drawn, and the skin as black as that of an African. This is much quicker and safer than if done with flies, and will not cause strangury.—The bark of the butternut is the principal ingredient in Dr. Hawkes' rheumatic and cancer pills; and also of Chamberlain's bilious cordial; which



have been so celebrated for many complaints.—It is called by some people, oil nut, and lemon walnut.

**BLUE AND WHITE VERVINE.**—This is a well known herb, growing very common; it ranks next to the emetic herb, for a puke; and may be used for that purpose, either alone, or combined with thoroughwort. It is good to prevent a fever in its first stages. This herb has been used with considerable success in consumption, having cured several cases where the doctors had given them over. It may be used in a tea made of the dry herb, or prepared in powder like the emetic herb.

**PIPSISSAWAY, OR RHEUMATIC WEED.**—This herb grows on mountainous land, and on pine plains, where the boxberry or checkerberry is found plenty. It is an evergreen, and grows from three to six inches high, has a number of dark green leaves, about half an inch wide, and from one to two inches long, with a scalloped edge; bears several brown seeds, resembling allspice. The tops and roots are used for medicine. The roots, when chewed, are very pungent, which will be felt for several hours, on the tongue, as though burnt. A strong tea made of this plant, is good for cancers and all scrofulous humors, by drinking the tea and bathing the parts affected with it.

Another evergreen plant, called wild lettuce, grows on the same kind of land, which possesses much the same medicinal properties as the above. It has round leaves, from the size of a cent to that of a dollar, resembling the common lettuce. The roots of this plant and of the pipsissaway, dried and powdered together in equal parts, are good to cure all bad humors. Take a tea-spoonful of the powder in a glass of hot water, and bathe the parts affected with the same, it is also good to restore weak nerves.



**GOLDENROD.**—This herb may be found common on pine plains and in hedges; it grows about two or three feet high, has a long narrow leaf, very smooth and glossy, and a large cluster of yellow blossoms; it has a sweet, spicy taste and smell, resembling fennel or annise. There is an oil obtained from this herb, which is good for medicine; and prepared in essence, it is also good for pain in the head; to be taken, or the outside bathed with it. The oil is good to scent the bayberry and bitter root snuff, which is very good to be taken and snuffed up the nose. There are several herbs that resemble this in appearance, but are very different in smell and taste.

**MEADOW FERN.**—This is a shrub, and grows in meadows and by the side of stagnant water; it is found in thick bunches, and grows from two to three feet high. When the leaves are off, it has a large bud, which is larger on some bushes than others; some of them bear a small bur or cluster of seeds, which, when rubbed against the fingers, leaves an oily or balsamy substance, having a fragrant smell, something like spirits of turpentine. These burs pounded fine and simmered in cream, hogs' lard, or fresh butter, are almost a sovereign remedy for itch or external poison, and all bad humor sores. When the burs cannot be had, take the bush and buds and make a strong decoction; drink of this and wash with the same. This liquor may be prepared in syrup, and, by boiling it down, may be made into an ointment, as has been described for the burs; the syrup should be taken and the ointment put on the affected parts. This ointment or the wash, is good for salt rheum, or canker sores, and may be used freely.

**YELLOW DOCK.**—The root of this plant is well known, as being made into ointment for the itch.



The roots should be bruised fine in a mortar and put in a pewter basin, add cream enough to make an ointment ; keep it warm for twelve hours and be careful not to scald it. Rub it on at night when going to bed. Three times using it will generally effect a cure. The foregoing described ointments, together with No. 3, and the rheumatic drops, prepared with the spirits of turpentine, will be sufficient to cure any case of this complaint.

**PRICKLY ASH.**—This is a shrub or bush that grows in the western country, and is well known by the people there. It grows from eight to twelve feet high, and bears a berry that grows close to the limbs; it has leaves like the white ash. The bark and berries are used for medical purposes. The berries are very pungent, and are a powerful stimulant, as also the bark of the top and roots, though not so strong. It should be pounded to a powder and steeped in hot water, then put into wine or spirit, and it makes a very hot bitter. Take half a glass two or three times a day; it is good for fever and ague, for which it is much used; and for lethargy or sleepiness, and for cold feet and hands, and other complaints caused by cold.

**BITTER THISTLE.**—This herb is a species of the thistle, and is cultivated in gardens. It is of one year's growth, the seeds being sown in the spring, and it comes to maturity in the fall. The stalk has a number of branches, and a great quantity of leaves. The leaf is some larger than the Canada thistle, with prickles like it; and it bears seeds about the size of the barley corn, with a beard on the end nearly as long as the seed. The leaves are used for medicine, which may be steeped in hot water and drank like other herb tea, or they may be reduced to a powder and taken in molasses or warm water, or in wine or spirit. It is an excel-



lent corrective of the bile, and may be safely used for that purpose. The *cardus benedictus*, or beloved thistle, is cultivated in the same manner and may be used for the same purpose.

ARCHANGEL.—This herb grows wild in wet land, and may be found among the grass, and at the edges of ploughed fields. It grows from four to twelve inches high; the leaves are rather smaller than mint leaves; it bears a kind of bur, containing seed, which grows round the stalk at each joint. There are two kinds growing near each other; they look very much alike, but are very different in taste. One is very bitter, and the other has no bitter taste, but is very rough and of a balsamic taste. They may be used together in a tea or syrup, and answer two important purposes; the rough removes the canker, and the bitter is a corrective of the bile. By adding No. 2, the compound contains the three great principles of the healing art, viz: *hot, rough, and bitter.*

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*Directions for preparing and using Vegetable  
Medicine.*

NUMBER ONE....EMETIC HERB.

The preparation of this herb has been sufficiently described, for which see page 46. It is prepared and used in three different ways, viz:

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

2. A tincture made from the green herb in spirit.



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

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

For children, the dose must be regulated according to their age. If very young, steep a dose of the powder in half a tea-cupful of water, or tea of raspberry leaves, and give a tea-spoonful at a time of the tea, strained through a fine cloth and sweetened, repeating the dose every ten minutes, till it operates ; and give penneroyal, or some other herb tea to drink.

#### NUMBER TWO....CAYENNE.

This is a medicine of great value in the practice, and may be safely used in all cases of disease, to raise and retain the vital heat of the system, cause a free perspiration, and keep the determining powers to the surface. The only preparation is to have it reduced to a fine powder. For a dose, take from a half to a tea-spoonful, in hot water, or a tea of No. 3, sweetened ; or the same quantity may be mixed with a dose of either of the other numbers



when taken. The dose should be repeated every ten or fifteen minutes, till the desired object is effected, and continued occasionally until health is restored. When this number is given, the patient should be kept warm, by sitting near the fire, covered with a blanket, or in a warm bed.

NUMBER THREE....FOR CANKER.

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

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

When the violence of the disease requires a course of medicine, steep one ounce of the above-mentioned powder, No. 3, in a pint of boiling water, strain off a wine-glass full while hot, and add a tea-spoonful of No. 2, and the same quantity of sugar; when cool enough to take, add a tea-spoonful of No. 1, and half that quantity of nerve powder. Let this dose be given three times, at intervals of fifteen minutes; and let the same compound be given by injection; and, if the case requires it, again repeat it. If mortification is apprehended, a tea-spoonful of No. 6 may be added to each dose and to the injections.

After the patients have recovered sufficiently from the operation of the medicine, which is usually in two or three hours, place them over the steam as is directed in page 26.



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

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

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

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

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

The foregoing directions are calculated for the more violent attacks of disease, and such as have become settled ; but those of a less violent nature must be treated according to circumstances. In



the first stage of a disease, it may be most generally thrown off by a dose of the emetic herb, with No. 2, to raise a free perspiration, followed by a tea of No. 3, to remove the canker, and the bitters, or a tea of poplar bark, to regulate the digestion. For a sudden cold, take a dose of the composition powder on going to bed, and put a hot stone, wrapped in wet cloths, at the feet, which will, in most cases remove the complaint; but if these applications do not answer the purpose, the patient should be carried through a regular course as soon as possible. Steaming is safe, and will always do good, and the injections must not be neglected, particularly where the bowels are disordered. In consumption and old lingering complaints, give the composition powder for two or three days before going through a regular course.

#### NUMBER FOUR....BITTERS.

Take the bitter herb, or balmony, barberry and poplar bark, equal parts, pulverized, one ounce of the powder to a pint of hot water, and half a pint of spirit. For a dose take a half a wine glass full. For hot bitters, add a tea-spoonful of No. 2.

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

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

#### NUMBER FIVE.... SYRUP.

Take poplar bark and bark of the root of bayberry, one pound each, and boil them in two gallons of water, strain off and add seven pounds of



good sugar; then scald and skim it, and add half a pound of peach meats; or the same quantity of cherry stone meats pounded fine. When cool, add a gallon of good brandy; and keep it in bottles for use. Take half a wine glass full two or three times a day.

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

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

#### NUMBER SIX....RHEUMATIC DROPS.

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

These drops are to remove pain, and prevent mortification; to be taken, or applied externally, or to be put into the injections. One or two teaspoonsfull of these drops may be given alone, or the same quantity may be put into a dose of either of the medicines before mentioned; and may also be used to bathe with, in all cases of external swellings or pains. It is an excellent remedy for rheumatism, by taking a dose and bathing the part affected with it. In the head ache, by taking a



swallow, bathing the head, and snuffing a little up the nose, it will remove the pain. It is good for bruises, sprains, swelled joints and old sores; as it will allay the inflammation, bring down the swelling, ease pain, and produce a tendency to heal; in fact there is hardly a complaint in which this useful medicine cannot be used to advantage. It is the best preventive against mortification, of any thing I have ever found.

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

#### NERVE POWDER.

This is the American valerian, or umbil, and the preparation has been sufficiently described, (see page 80.) This powder is a valuable and safe medicine, and may be used in all cases without danger; and when there are nervous symptoms, it must never be dispensed with. For a dose, take half a tea-spoonful in hot water, sweetened; or the same quantity should be put into a dose of either of the other medicines, and also into the injections in all nervous cases.

#### COMPOSITION OR VEGETABLE POWDER.

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



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

#### COUGH POWDERS.

Take four tea-spoonsful of skunk cabbage, two of hoarhound, one of wake robin, one of No. 1, one of No. 2, one of bayberry bark, one of bitter root, and one of nerve powder, all made fine and well mixed together. When taken to be mixed with molasses. Take half a tea-spoonful of the powder on going to bed; keep warm and continue taking it till relief is obtained, particularly on going to bed.

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

#### CANCER PLASTER.

Take the heads of red clover and fill a brass ket-



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

#### SALVE.

Take one pound of beeswax, one do. of salt butter, one and a half do. of turpentine, twelve ounces of balsam fir; melt and simmer them together; then strain it off into a basin, and keep it for use. It may be used to heal fresh wounds, burns, scalds, and all bad sores, after the inflammation is allayed, and wound cleansed.

#### STRENGTHENING PLASTER.

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

#### VOLATILE SALTS.

Take crude sal amoniac one ounce, pearlash two



ounces, and pound each by itself, mix them well together, and keep them well stopped in a bottle for use. Dampening it with spirit or essence will increase the strength. This applied to the nose is good for faintness and to remove pain in the head; and is much better than what is generally sold by the apothecaries.

#### NERVE OINTMENT.

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

#### POULTICE.

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

#### INJECTIONS, OR CLYSTERS.

This manner of administering medicine, is of the greatest importance to the sick; it will frequently give relief when all other applications fail. It is supposed that the use of them is of great antiqui-



ty; but whether this be true or not, the using them to relieve the sick, was certainly a very valuable discovery; and no doubt thousands of lives have been saved by it. The doctors have long been in the practice of directing injections to be given to their patients, but they seem to have no other object in administering them, than to cause a movement in the bowels; therefore it was immaterial what they were made of.

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



any chance for it to do good. In many complaints peculiar to females, they are of the greatest importance in giving relief, when properly attended to; for which purpose it is only necessary to repeat what has been before stated; let the remedy be applied with judgment and discretion, to that part where the disease is seated.

The common preparation for an injection or clyster, is to take a tea-cupful of strong tea made of No. 3, strain it off when hot, add half a tea-spoonful of No. 2, and a tea-spoonful of No. 6; when cool enough to give, add a tea-spoonful of No. 1, and the same quantity of nerve powder. Let it be given with a large syringe made for that purpose, or when this cannot be had, a bladder and pipe may be used. They must be repeated as occasion may require till relief is obtained.

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

#### STOCK OF MEDICINE FOR A FAMILY.

1 oz. of the emetic herb,

2 ozs. of cayenne,

$\frac{1}{2}$  lb. bayberry root bark, in powder,

1 lb. of poplar bark,

1 pint of the rheumatic drops.

This stock will be sufficient for a family for one



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

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*General Directions, in curing or preventing disease.*

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

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

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

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

5. All disorders are caused by obstructed perspiration, which may be produced by a variety of



means; that medicine, therefore, must be administered, that is best calculated to remove obstructions, and promote perspiration.

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

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

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

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

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

11. If No. 1 should sicken and not puke, there may be two causes for it, viz: the coldness or the acidity of the stomach. For the, first give No. 2 more freely, and for the latter, dissolve a piece of pearlash about the size of a large pea, in a wine glass of water, and let them take it, which will



counteract the acidity, If this fails, make use of the steam; which will open the pores, extract the cold, and set the medicine into operation.

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

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

14. The piles is canker below the reach of medicine given in the usual way, and must be cured by using a wash of No. 3, made strong, and by giving injections of the same, with No. 2. What is called bearing down pains in women, is from the same cause; and must be relieved by injections made of witch hazle, or red raspberry tea, steeped strong, with No. 2, strained. If this does not give relief, go through a regular course of medicine.

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

16. In all cases of a burn, scald, or being fro-



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

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

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

19. For a fresh wound, cut or bruise; wash immediately with cold water, and bind it up with cloths wet with the same; keep a hot stone at the feet, and take medicine to raise a gentle perspiration; continue this till the inflammation is allayed, and the wound perfectly cleansed, then apply the poultice or salve till healed. The air must be kept from all wounds or sores, as it will cause pain and prevent them from healing.

20. In sudden and deadly attacks, such as spotted or yellow fever, fits, drowned persons, croup,



&c., the heat and activity of the patient is so much diminished, that the common administration will not give relief. The determining power to the surface being so small, through the loss of internal heat, that it will not give the medicine operation, as its effects are resisted and counterbalanced by the pressure of the external air. To counteract this pressure, keep the room, by aid of a good fire, about as warm as summer heat ; and, more fully to rarify and lighten the air, and aid the operation of the medicine, make a free use of the steam bath ; and keep the patient shielded by a blanket ; at the same time give occasionally Nos. 1 and 2. This course should be unremittingly persevered in till the patient is relieved. Keep always in mind to give the patient fresh air when steaming, and while going through a course of medicine, by making a quick fire of shavings, or very light wood, and opening a door or window at the same time ; as this will immediately change the foul air in the room, by driving it out, and supplying its place with fresh air from the surrounding atmosphere. This mode is essential in all disorders, both in hot and cold weather. Steaming is not essential in hot weather, except when going through a course of medicine ; after which a shower bath is good in the morning, as it lets down the outward heat, and gives power to the inward.

21. If the glands are dry, so that there is no moisture in the mouth, or if the patient is much pressed for breath, give a strong tea of No. 2 sweetened, and repeat it till the mouth becomes moist. No. 3 should not be used while the mouth is dry, without adding a large portion of No. 2.

22. Be careful not to have the outward heat too high, by too many cloths or too much fire ; for, if this is the case, it will cause a balance of the out-



ward and inward heat, and will prevent the medicine from operating, by stopping the circulation ; and the patient will be very much distressed.— When this happens, throw cold water on the face and stomach, and give more hot medicine, which will let down the outward heat and raise the inward.

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

24. Never make use of physic in cases where there is canker inside, for it will draw the determining powers inward, and increase the disease. I have seen so many bad effects from giving physic, that I have disapproved of the use of it altogether; but, if any is given, after the operation, be careful to keep up the inward heat, so as to cause a free perspiration.

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

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

27. Be careful not to make use of salt petre in any way whatever ; it is the greatest cold of any thing that can be taken into the stomach, and was never intended for any other purpose than to de-



stroy life. It is a very bad practice to put it on meat, for it destroys all the juices, which is the nourishing part, and leaves the flesh hard and difficult to digest.

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

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

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

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

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



## TO MAKE MILK PORRIDGE.

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

## TO MAKE CHICKEN BROTH.

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

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

*Description of several cases, with directions how they may be cured.*

## FELONS.

This sore always comes on a joint, and is often caused by some strain or bruse, which makes a leak in the joint or muscle, and the sooner it has



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

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

#### FREEZES AND BURNS.

These two disorders are one and the same thing, and require the same treatment. Take a cloth wet in cold water, and wrap several thicknesses round or lay on the part, to be wet as often as the pain increâses. Give warm medicine inside. If the scald is dangerous, carry them through a regular course of medicine as though they had a fever, or any other acute disorder; keep the cloth or



poultice on to secure it from the air, from 12 to 14 hours, till the soreness or pain is entirely gone.—If the skin is off, a poultice of wheat bread wet with any of the articles composing No. 3, keeping it wet with the tea till the sore discharges, then wash with soap suds; when dressed wash with the tea of No. 3; and continue the poultice or salve until a cure is effected.

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

#### CURE OF MY BROTHER'S SON OF A SCALD.

He was about 14 years of age, and was taking from over the fire a kettle of boiling cider, one leg of the kettle caught, which tipped it forward, and poured the cider boiling hot into a large bed of live embers, which covered his feet with this hot mass; he was obliged to hold on till the kettle was set on the floor, and then jumped into a pail of cold water, and stood there until his father procured some cloths, which he immediately wrapped his feet in; his father attended to pouring on water to keep the cloths filled. This keeps the air from the surface and eases the pain; for, as the water wastes and lets the air to the burn, the pain will increase.—By pursuing this course for about two hours, the boy fell asleep. Water was poured on the cloths but two or three times during the rest of the night,



and in the morning preparation was made to dress the wound, when to the surprise of all present, no blister had risen, nor a particle of skin broken. He put on his stockings and shoes as usual, and went about his work perfectly well.

#### CASE OF A BOY WHO WAS BADLY SCALDED.

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

#### GENERAL REMARKS ON BURNS.

Burns are the most easily cured, if rightly managed, of any wounds I ever attended; and are the most difficult and dangerous, when not understood, and wrongly treated. How often have we seen these sores continue all winter, and could not be healed? as also, burns by blisters made with



Spanish flies which amount to the same thing.— By not being treated in a proper manner in season, the canker gets in and eats out the flesh, after which, what is called proud flesh fills up the sore. The doctor applies his sugar of lead, vitriol, and red precipitate, to eat out the dead flesh; this affects the cords and draws them out of shape, and many times makes a sore that they cannot cure, which terminates in a mortifying canker sore.— My friends, if you wish to avoid all this trouble, attend to what belongs to your peace and comfort, before it is hidden from your eyes; that is, attend to the canker, which always awaits such cases, and where the skin is off, in cases of burns or blisters, apply a poultice of cracker, or elm bark wet with a tea of No. 3, until the canker is gone.— Sometimes add ginger; if the inflammation is high, add a little of No. 2, with the ginger, keeping the poultice wet with cold water; when the sore discharges apply salve till a cure is effected.

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



as much by the blister, as it would have been by a scald. The child died before morning. I had declined doing anything for it, as I was satisfied I could do no good; and if I had made the attempt, it would have been said that I killed it.

I have seen many cases where I was perfectly satisfied that the patient died in consequence of blisters, not only on the stomach, but on the head. In many that I have witnessed, where a blister was drawn on the head, as it began to draw, their senses were gone, and they died raving or stupified. More than half the cases where the head was shaved and blistered, that have come within my knowledge, have proved fatal. I can see no reason why a scald on the head or the body done on purpose, should have a tendency to effect a cure, when persons are sick, and the same thing happening to them by accident, when well, should destroy their health or cause their death. If a person should have his head or stomach so badly scalded as to take off the skin, we should consider him in the most dangerous condition; but nothing is said about it when done on purpose. I shall leave it to the reader to reconcile, if he can, this inconsistency. I have known most dangerous stranguries caused by blisters; and those who applied them did not know the cause, and many have applied to me for relief.

#### MORTIFICATION OF THE LIMBS.

I was called on to go on board a vessel at Eastport, to see a young man, who had a block fall from mast head on his foot, weighing  $13\frac{1}{2}$  lbs. which bruised all his toes to peices, except the little one. The accident happened on Friday, and I did not see him till the Tuesday following; during which time he had neither eat nor slept. His nerves



were much affected; and he had spasms and convulsions through the whole system. I took off the dressing from the foot and found it black, and the smell very offensive. The captain of the vessel appeared to be very anxious about him, and asked me if I could help his foot—I told him I must first try to save his life, for his whole body was as much disordered as his foot. He requested me to do what I thought best. I put a poultice of meal on his foot, and wet the cloths with cold water to allay the heat; then gave him medicine the same as though he had been attacked with a nervous fever. The captain attended him through the night, and I went to see him the next morning and found him much better. The captain said he was astonished at the operation of the medicine, for his vomiting and sweating had carried off all the pain in his body and foot, and had also reconciled the nerves.

I unbound his foot and found that the black and yellow streaks up the leg had disappeared, and on the foot all the flesh that was alive seemed to receive fresh support from the body; and the living and dead flesh appeared as though two colors were painted by the side of each other. I then made a ley of pearlash and warm water, and soaked his foot in it, which caused a slimy glaze over his foot, this took away all the offensive smell; I then washed it with vinegar to kill the alkali, and keep it from irritating the skin. The acid cleared off all the slimy matter, so that it wiped clean. I then cut off the great toe at the middle joint, and the two next at the upper joint, and set the next, which was broken. I cut out the dead flesh, to stop in part the putrefaction. I then put on another poultice, and ordered it to be kept wet with cold water, and a warm stone wrapped in a wet cloth, to be put to his feet to keep a steam, giving him



warm medicine inside to keep up the inward heat; and by wetting the foot with cold water, it kept the determining power to the surface; thus raising the fountain and lowering the stream. By this treatment it is as impossible for mortification to go from the limbs to the body, as it would be for a log that floats over the dam to go back again into the pond, when the fountain is kept full. The next day I dressed his foot and found that the dead flesh had digested very much; I again soaked it in the ley, and then washed in vinegar as before, which was of great service in allaying the bad smell. I then caused him to be carried through a regular course of medicine, which completely restored his bodily health; his appetite was good, and all pain and soreness abated, so that he took food regularly and lost no sleep afterwards, till he got entirely well, which was about four weeks. The captain was a very good nurse, and was faithful in attendance on the young man till he got well; and expressed the highest gratitude for my attention and success; and, as a proof of his confidence, he purchased a right, for which he paid me twenty dollars, observing at the same time that he never paid any thing with more satisfaction.

#### OLD CANKER SORES ON THE LEGS.

When I was a young man, I was much troubled through the winter, for many years, with sores on my legs. At the commencement of cold weather, if I broke the grain on the skin, it would become a bad sore, and continue through the winter; the canker would get into it and eat into the bone, and sometimes spread under the grain like a burn, and feel the same, being extremely sore with, stings and twinges like a cancer. These sores were so troublesome, that it led me to invent a



cure. Finding the cause to be canker, I took some of the articles composing No. 3, steeped strong, and washed the parts affected with it; if there was a bad smell, I first washed the sore with strong soap suds, taking off all the loose skin, which was blistered with canker humor, and then washed with a tea of No. 3, to destroy the canker and harden the sore; sometimes wetting it with the drops. My present mode of treatment is as follows: If the inflammation runs high, and the sore spreads fast, I put into it a pinch of fine No. 2, then put on a poultice of white bread and ginger, wet with the above tea, wrapping it up with several thicknesses of cloth, and wetting it with cold water as often as it becomes so dry as to be painful, being careful to exclude the air for twenty-four hours. In this time it generally discharges ripe matter, and the inflammation and canker abate. When next dressed, the sore should be first washed with soap suds as before, then with the tea. If the soreness is gone, you may apply the healing salve with the wet cloth. On going to bed, be careful to exclude the cold air, by occasionally putting a hot stone, wrapped in wet cloths, to the feet so as to keep up the steam. If the sore is painful, wet it with cold water. Give the medicine to keep up the inward heat, such as composition or hot bitters, and when these do not answer the purpose, go through a course of medicine, and repeat as occasion may require. This method if persevered in, I seldom knew to fail of success.

I was called to attend a case of this kind not long since, where the inflammation and pain was very great, and fast spreading under the grain of the skin. There had been applied an elm and ginger poultice, made with a tea of No. 2. I took



off the dressing, and applied a pinch of No. 2, to the sore; after which I laid on the same poultice, putting on a cloth, which I kept wet with cold water till next morning; when, on dressing it, I found the inflammation abated, the sore discharged ripe matter, and by two dressings more of the same, the cure was completed.

CASE FROM THE BITE OF A RAT SUPPOSED TO BE MAD.

Not long since I was sent for to attend a man who had been bitten on one of his elbows by a rat supposed to be mad. The wound healed in a few days, then turned purple round it, as though the blood had settled, and turned black, until he was blind. He was sick at the stomach and had a high fever. I carried him through a course of medicine but with little advantage. The swelling and dark color progressed till he was about the color of a blackberry pie. These appearances led me to suspect that the madness of the rat was caused by eating ratsbane, and this poison was communicated to the man, by the bite, as he appeared the same as a person I had once seen who had been killed by taking that poison. I then washed his face with a strong tea of Nos. 1 and 2, and gave the same inwardly with No. 3, carried him through another course of medicine, keeping a cloth on his face wet with the tea as before, to keep out the air when under the operation of the medicine, to sweat his face and throw the poison out. I kept him in a sweat several days, occasionally with his face secured from the air, which method had the desired effect, by bringing the poison out. By continually keeping up the perspiration, the swelling abated; but whenever this was not attended to, so as to keep the determining powers to the surface, the spasms would increase to such a degree



that his life was frequently despaired of. He was carefully attended in this manner about one month, before I could determine in my own mind, whether the disease or nature would gain the victory; after which he began gradually to regain his health, and in about six months he appeared to be clear of poison. The man was sixty years of age; and the accident happened in the fall of the year, which rendered it much more difficult to conquer this cold and deadly poison, than it would have been in warm weather. This case convinced me that the cause of mad rats and mad cats, is owing to the rats having been poisoned by ratsbane, the cats eat them and become affected by the poison, which makes them mad, and, by biting the people, communicate the poison, from which many fatal consequences have happened.

#### BAD WOUND IN THE EYE CURED.

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



blood was in the wet cloth, which had been drawn from the eye. They continued to wet the cloth, and gave him warm medicine inside, keeping him in a gentle perspiration for the next twenty-four hours, which cleared the eye of all the blood, restored the sight, and amended his health; so that he was well in about a week, to the astonishment of all who saw him.

#### CANCER SORES.

A concise and general treatise on this violent and often fatal disease, may convey some useful ideas on the subject. The cause of this sore is very little understood. In all sores of an eating nature there is more or less canker according to their violence. A cancer is the highest degree of canker, being the most powerful effect of cold, and consequently the greatest degree of inflammation, therefore the remedies ought to be those of a warming nature, as the greatest preventive against canker. Whenever a violent inflammation is discovered, it is supposed that heat causes the difficulty; but the fact is, it is only evidence of a war between heat and cold; for there is no inflammation where there is perfect health, because heat then bears complete rule; and no disease can take place until the cold makes an attack on the body; which causes an unnatural heat to oppose an unnatural cold. Wherever the cold takes possession, the inflammation shows itself, by stopping the circulation; the effect is swelling, inflamed callous, arising from some leak, caused by the natural course being stopped. If it suppurates and discharges, it is called ulcer, bile, and the like, and the canker goes off with the putrefaction. If the leak is so slow as to callous as fast as it discharges, it becomes a hard dead lump of flesh, and not having



circulation enough to support it, begins to rot; here the canker shows its eating nature; being seated in the dead flesh and eating on the live flesh, which is intermixed with it, causes pain and distress, in proportion as the body is filled with coldness and canker; if this is sufficient to keep the power above the natural circulation, the patient will continue in this distressed situation, being eaten alive, until, worn out with the pain, death comes as a friend to relieve him. This is the natural termination of this dreadful malady; which is far better than to combine with it the common form of practice in using arsenic, which only helps to eat up and distress the patient.

In order to give a more correct idea of the dangerous effect of making use of arsenic in cancers I shall make a short extract from Thatcher's Dispensatory, on the subject:—"Arsenic has long been known to be the basis of the celebrated cancer powder. It has been sprinkled in substance on the ulcer; but this mode of using it is excessively painful and extremely dangerous, fatal effects having been produced from its absorption." This fact I have known in several instances, where Davidson's agents, and others, have undertaken to draw out cancers, when the patients would absorb enough of this poison, which seating on the lungs, caused them to die with the consumption in the course of one year. My wish, in exposing this nostrum, is to benefit those who may be ignorant of the imposition; for it may be relied on as truth, that there is more or less poison in all those burning plasters used to cure cancers. I would advise all to beware of them. It will be much safer to risk the cancer than the cancer quack.

The principal object aimed at is to take out the bunch, and in doing that by the above method, a



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

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

Three cancers on the breast have come under my care, that I could not cure. One of them was as large as a half peck measure, and grew fast to the breast bone. I carried the woman through a course of medicine several times, and applied a poultice of butternut shucks to dissolve the dead flesh, and continued this course for some months, until the bunch had more than half dissolved, and had grown off the bone, so that it was quite loose, and I was



in hopes to have effected a cure; but she was taken with a fever, in my absence, and died. The other two I could relieve, and keep them free from pain, making them comfortable as long as they lived; but nature was too far exhausted to complete a cure. I have had under my care other cases of cancer on the breast and other parts of the body, which I had no difficulty in curing in the manner before stated.

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

#### PILES....HOW CURED.

I was called to attend an elderly man in South Reading, who had been confined to the house, and much of the time to his bed, for seven weeks, with the piles. Seven doctors attended him before I was sent for, and he continued to grow worse. The doctors had operated on one side, and said they must on the other; it was their opinion as well as his, that he was in a decline. The side that they had operated upon was much worse to cure than the other. I carried him through a regular course of medicine twice in three days, when he was able to go out of doors. The injection composed of No. 3 steeped, and a small quantity of No. 2, was used; warm tallow was applied several times in a



day, sometimes washing externally with the same tea. He had been dieted very low; I restored his digestive powers, and he recovered his appetite; his sores healed, his general health mended to such a degree, that he was no more confined with that complaint. A little tallow used when going to bed, prevents piles and chafes in young and old. Remember this.

#### SORE HEADS IN CHILDREN... SCALT HEADS.

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

#### SORE BREASTS.

Some women suffer very much from this complaint, which is caused by cold, occasioning obstructions in the glands of the breast. When they are swelled, bathe with the rheumatic drops, or



pepper vinegar; if this does not remove the swelling, and it should be necessary to bring it to a head, apply a poultice of lily root made thick with ginger, or slippery elm bark; at the same time give the composition powder or No. 2, to keep up the inward heat. If the woman is sick, carry her through a regular course of medicine, which will remove the complaint and restore health in a short time. I have cured many who were very bad, by pursuing the above plan, and never met with difficulty.—I attended a woman in Portsmouth who had both breasts badly swelled. She was sitting by the window with it up, and could hardly get her breath; she could not bare to have any fire in the room, complaining that it made her faint. I told her that if I could not make her bear heat, I could do her no good. I gave her some No. 2, to raise the inward heat, and caused a good fire to be made in the room. The inward heat gained as fast as the outward, and in one hour she could bear as warm a fire as I could. I carried her through three regular courses of medicine in five days, and at the same time applied the lily poultice, which brought them to a head without pain; and she was soon well.

#### TO STOP BLEEDING.

Internal bleeding is from the stomach and lungs, and is caused by canker, or soreness of the stomach; it often takes place very suddenly, and creates much alarm. The patient sometimes trembles with fright, and often has fits of the ague, which is caused by the cold increasing in proportion to the loss of blood. In the first place shield them from the air with a blanket by the fire, and give the hottest medicine you have; if nothing better can be had, give hot water or any kind of tea; and



get a perspiration as soon as possible ; then apply the steam-bath ; giving ginger tea, or No. 2, if you have it ; if not, black pepper. As soon as there is an equilibrium in the circulation, there will be no more pressure of the blood to the stomach or lungs, than to the extremities, and the bleeding will cease. It has been my practice, in cases of this kind, to give some of the rheumatic drops, shield them from the air with a blanket, placed by the fire ; then give a dose of composition powders, and No. 2 ; and, if this does not answer the purpose, give a dose of No. 1, which, with the steam, I never knew to fail of stopping the blood ; and, by giving medicine to remove the canker and to restore the digestive powers, I have always been able to effect a cure. The same application will answer for other weakening and alarming complaints in women.

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



## RUPTURE.

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

A Mr. Woodbury of Durham, was troubled with a rupture; his bowels came down, swelled and were very painful; a doctor was sent for from Portsmouth, who applied a bag of snow, which drove the pain to the stomach, and caused puking. The swelling increased, and became very hard. The case now becoming desperate, and the family being alarmed, I was sent for, and, on hearing the circumstances, sent some medicine, and gave directions to sweat him as soon as possible. My directions were faithfully attended to, and, as soon as he became warm, the nerves slacked, the swelling abated, and all the appearance of mortification disappeared, the bowels went back, and, in twelve hours he was restored from a dangerous situation to almost his usual state of health. In this case may be seen the difference between the artificial doctor and nature's physician; which is the same as between fire and snow.

## AGUE IN THE FACE.

This is caused by cold in the glands of the mouth, which keeps back the saliva till it causes swelling



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

TO RELAX THE MUSCLES IN SETTING A BONE.

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



water as hot as it can be borne, and pour on warm water, for a short time, when the muscles will become relaxed, so that the bones may be put in their place with little trouble.

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

In case a shoulder is out of joint, I relax the muscles in the same manner, and put the arm over my shoulder and lift it up, which has always put the joint in its place, without any danger, and very little pain to the patient; and then, by applying cold water, the muscles will become braced, so that there will be no danger of its getting out again. I knew of a case where a man had his hip turned out, and several doctors had exhausted their skill



in vain to set it ; when one of my agents being present, undertook it by my plain treatment, and, after he had relaxed the muscles sufficiently, put his knee against the hip joint, turned the leg out, and crowded the joint into its place, without any difficulty.

#### POISON BY IVY OR DOGWOOD.

Many people are troubled with this difficulty every season; and I have been much afflicted with it myself in my younger days, often being poisoned in such a manner as to swell and break out very badly, and knew no remedy but to let it have its course, which was almost as bad as the small pox. One of my sons was often afflicted in this way, and one season was poisoned three times, so as to be blind for several days. I long sought a remedy without success, till I found it in the emetic herb. Washing with a tincture of the emetic herb, on the first appearance of the disease, is a certain remedy. If the complaint has been for any length of time, and has become bad, it will be necessary to take a dose of the powdered emetic, (first preparation,) to clear the system of the poison, at the same time washing with the tincture. A tea made of the powdered leaves and pods, will do to wash with, when the tincture or green plant cannot be had. The powdered seeds, with Nos. 2 and 6, (third preparation,) may also be used for the same purpose.

#### MEASLES.

This disease is very common, especially among children, and is often attended with bad consequences, when not properly treated. It is a high state of canker and putrefaction ; and, if the determining powers are kept to the surface, it will make



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

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



preparation of No. 1, which caused such a violent struggle that I had to hold her in bed; but it was soon over, for in about ten minutes she vomited, and a perspiration took place, which was followed by the measles coming out, so that she was completely covered with the eruption. She was soon well and about her work.

#### SMALL POX.

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



## COUGH.

The general opinion is, that cough is an enemy to health, and ought to be treated as such ; but this idea I hold to be altogether an error, for it is the effect, and not the cause of disease. When the lungs are diseased, there will be a collection of matter, which must be thrown off ; and the cough is like the pump of a ship, which discharges the water and prevents her from sinking ; so, also, the cough throws off what collects on the lungs, which, if suffered to remain there, would soon putrify and cause death. It is a common saying, that I have a bad cough, and can get nothing to stop it ; and the doctor often says, if I could stop your cough, I should have hopes of a cure ; but this is as unreasonable as it would be to stop the pumps of a ship ; which would cause her to sink the sooner. Ask a sailor what he would do, and he would say, keep the pump going till you can stop the leak, and when that is stopped, the pump will become useless, as there will be nothing to throw off. Such medicine should be given as will promote the cough, till the cause can be removed ; which is cold and canker on the lungs ; after this is done, there will be no more cough. If a cough is caused by a sudden cold, it may be removed by taking the composition powder on going to bed, with a hot stone wrapped in wet cloths to produce a perspiration, and, at the same time, taking the cough powder, which will make the patient raise easy, and also help to remove the cause. When the cough has become seated, and the lungs are diseased, they must be carried through a regular course of the medicine, repeating the same as occasion may require, till a cure is effected ; at the same time, giving the cough powder, especially on going to bed.



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

#### JAUNDICE.

Much has been said about the bile, or gall, being an enemy in case of sickness; but this is all a mistake, for it is a friend, and should be treated as such. It is the main-spring of life, and the regulator of health; as, without it, the food could not be digested. When people have what is called the jaundice, it is the prevailing opinion that they have too much bile, and it is said they are bilious; this is a mistaken notion, for there is no such thing as there being too much gall—it would be more correct to say there was not enough. The difficulty is caused by the stomach being cold and foul, so that the food is not properly digested; and the bile, not being appropriated to its natural use, is diffused through the pores of the skin, which becomes of a yellow color. The symptoms are, want of appetite, costiveness, faintness, and the patient will feel dull and sleepy ; these are evidences of bad digestion and loss of inward heat. The only way to effect a cure, is to promote perspiration, cleanse the stomach, and restore the digestive powers, which will cause the bile to be used for the purpose nature designed it.

Nature has contrived that each part of the body should perform its proper duty in maintaining health, and, if there were no obstruction, there would never be disease. The gall-bladder grows on the liver, and is placed between that and the stomach, so that when the latter is filled with food, the bile is discharged into the stomach to digest it. The bile never makes disorder, for it is perfectly innocent, being nature's friend ; and those appearances called bilious, show the effect of dis-



ease, and not the cause. The gall is a very bitter substance, and it is the practice of the doctors to order bitter medicine to cure the Jaundice ; and this seems to be the universal opinion, which is correct, but it certainly contradicts the notion that there is too much bile ; for, if there is too much, why give medicine to make more ? I have attended many cases of this kind, and never had any difficulty in effecting a cure. My method is to give No. 2, or the composition powder, to raise the inward heat, and No. 1, to cleanse the stomach and promote perspiration; then give the bitters, (or No. 4,) to regulate the bile and restore the digestive powers. If the complaint has been of long standing, and the system is much disordered, they must be carried through a regular course of the medicine, and repeat as occasion may require ; at the same time give the bitters two or three times a day, till the appetite is good and the digestion restored. Any of the articles described under the head of No. 4, are good, and may be freely used for all bilious complaints.

#### WORMS.

A great deal is said about worms causing sickness, and there is scarcely a disease that children are afflicted with, but what is attributed to worms. The doctors talk about worm complaints, worm fevers, worm colics, &c., and give medicines to destroy the worms; and, by so doing, they frequently destroy their patients. There was never a greater absurdity than their practice, and the universal opinion about worms causing disease. The fact is, they are created and exist in the stomach and bowels for a useful purpose, and are friendly to health, instead of being an enemy ; they are bred and supported by the cold phlegm that collects in



the stomach and bowels. This is their element; and the more there is of it, the more there will be of the worms. They who are in health are never troubled with worms, because they are then quiet, and exist in their natural element. Every one has more or less of them ; and the reason why children are more troubled with what are called worm complaints, is because they are more subject to be disordered in their stomach and bowels than grown persons. When children are sick and their breath smells bad, it is said they have worms, and every thing is laid to them ; but this is owing to disease caused by canker, for there is nothing in the nature of worms that can affect the breath. In cases of this kind, the only thing necessary is to cleanse the stomach, by getting rid of the cold phlegm, and restoring the digestive powers, when there will be no difficulty with the worms.

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



weazle in his barn, and, to get rid of the weazle, he set fire to his barn and burnt it up ! I had the following relation from the doctor who attended the case : Three children had what he called worm fever, and he undertook to kill the worms. One of them died, and he requested liberty to open it to see what would destroy worms, in order to know how to cure the others ; but the parents could not consent. The second died, and the parents consented to have it opened ; but, after searching the stomach and bowels, to their surprise, no worms could be found. The third son soon after died. The fact was, their death was caused by canker on the stomach and bowels, and the medicine increased the difficulty by drawing the determining powers inward, which aided the cold to promote the canker. Where children die by such treatment, the blame is all laid to the worms, and the doctor escapes censure. . I have had a great deal of experience in what are called worm complaints ; and, after having become acquainted with the real cause, have had no difficulty in curing all that I have undertaken. I began with my own children. One of them was troubled with what was supposed to be worms ; I employed a doctor, who gave pink-root, and then physic to carry it off together with the worms. It would shortly after have another turn, which would be worse. He went on in this way, and the worms kept increasing, till I became satisfied that he was working on the effect and neglecting the cause, when I dismissed him and undertook the cure myself. I first gave the warmest medicine I then knew of, to clear off the cold phlegm, and gave bitter medicine, such as poplar bark, wormwood, tanzy, and physic made of twigs of butternut, to cleanse the stomach and correct the bile. By pursuing this plan, the child soon got well, and was



no more troubled with worms. A child in the neighborhood where I lived, about six years old, was taken sick in the morning, and the doctor was sent for, who gave medicine for worms; soon after it had fits, and continued in convulsions during the day, and at night died. I was satisfied that its death was hastened, if not caused, by what was given. When the stomach is diseased, or when poison is taken into it, the worms try to flee from the danger, which causes distress, and they sometimes get into knots and stop the passage into the stomach. Much more might be said on the subject, but enough has been stated to put those who attend to it on their guard against the dangerous practice of giving medicine to kill worms.

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

The tape-worm is from the same cause as other worms, and may be cured in the same manner.— They are, when single, about half an inch long, and one-third as wide; they join together and appear like tape, and often come away in long pieces of several yards. I was once troubled with them, and used to be faint and had no appetite; I cured myself by taking butternut physic, which brought away several yards at a time; and, by taking the



bitter medicine to correct the bile, was never troubled with them again.

I have often heard about people having a greedy worm ; but this is a mistaken notion, for there never was any such thing. The difficulty is, the stomach is cold and disordered, so that food is not properly digested, but passes off without nourishing the system, and this creates an unnatural appetite. Remove the cause by warming the stomach and correcting the digestive powers, and there will be no further difficulty. In the year 1805, I was called on to see a young woman, who it was supposed had a greedy worm. It was thought to be very large, and would frequently get into her throat and choak her, almost stopping her breath. Her mother told me that, the day before, one of the neighbors was in and told a story about a person having a monster in her stomach, which was taken in by drinking at a brook ; this terrible account so frightened her daughter, that the worm rose into her throat and choked her so that she had fits. I took the girl home with me and gave her a dose of hot bitters, with some of the nerve powder, that night ; the next morning I carried her through a course of the medicine as well as I knew at the time, which cleared the stomach and bowels, and strengthened the nervous system. I told her there was no worm that troubled her, and she had faith in what I said. I gave her medicine to correct the bile and restore the digestion, and she soon got well, being no more troubled about the worm. The difficulty was caused by a disordered stomach and want of digestion, which produced spasms in the stomach and throat.

#### CONSUMPTION.

This complaint is generally caused by some acute disorder not being removed, and the patient being



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

This complaint is called by the doctors a hectic fever, because they are subject to cold chills and hot flashes on the surface: but this is an error, for there is no fever about it; and this is the greatest difficulty—if there was, it would have a crisis, and nature would be able to drive out the cold and effect a cure. The only difficulty is to raise a fever, which must be done by such medicine as will raise and hold the inward heat till nature has the complete command. When such patients are very weak and low, they will have what is called cold sweats. The cause of this is not understood: the water that collects on the skin does not come through the pores, but is attracted from the air in the room, which is warmer than the body, and condenses on the surface; the same may be seen on the outside



of a mug or tumbler in a hot day, when filled with cold water, which is from the same cause. It is of more importance to attend to the preventing this complaint, than to cure it. If people would make use of those means which I have recommended, and cure themselves of disease, in its first stages, and avoid all poisonous drugs, there would never be a case of consumption, or any other chronic disorder.

#### FITS.

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

#### ST. ANTHONY'S FIRE, NETTLE SPRING, OR SURFEIT.

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



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

#### STRANGURY OR GRAVEL.

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

#### DROPSY.

There are two kinds of this complaint; one is caused by losing the inward heat so as to stop the natural perspiration, which causes the water that is usually thrown off in this way, to collect in the body and limbs. This may be cured by raising the internal heat and causing a profuse perspiration, when the water will pass off in the natural way; then make use of such medicine as will remove canker and restore the digestive powers, when the food being digested, will keep up the natural heat of the body and also the perspiration.—



The other kind is caused by cold and obstruction; but, instead of the water collecting and remaining in the body and limbs, a leak forms in the glands and lets it into the trunk of the body, where there is no vent to let it off. This cannot be cured without tapping, and is very seldom completely cured. I have never known but two who were in this situation to be perfectly restored. One was a girl whom I attended; I tapped her and took away seventeen pounds of water; and then swathed her up close, and gave medicine to keep a perspiration; she did not fill again and was completely cured.—The other was a man—he had been tapped twice. I carried him through a course of medicine several times, and gave the juniper ashes with molasses and gin, which carried off large quantities of water, and he entirely recovered from the disorder. I have cured a number who had the first mentioned complaint, by the common course of medicine; one woman was cured by taking the wild lettuce, bruised and steeped in hot water. Mention has been made of several cases of this disease in my narrative, which were cured; and enough has been said to give an idea of the cause and manner of treatment.

#### BILIOUS COLIC.

The name of this complaint is erroneous, for bilious means bile, and no one ever heard of a bile colic or pain caused by gall, as it is a friend to health and never caused disease or death. This pain is caused by a disordered stomach and want of digestion; the stomach is filled with canker, which gets into the narrow passage from the stomach, when the action of the bowels cease; after the pain subsides, those parts where it was, are very sore. To cure it, raise the inward heat by



giving the hot medicine; remove the canker with No. 3, and give the bitters to correct the bile, and repeat it till a cure is effected. If the case is bad, carry them through a course of medicine, and often give injections.

#### PLEURISY.

This distressing complaint is caused by cold or want of inward heat; I never had any difficulty in curing it by my common practice. The only remedy made use of by the doctors is to bleed; this only increases the disease, by reducing the strength of the patient, without removing the cause. I was once called to a soldier at Eastport, who had a violent pain in his side; the doctor that attended him had bled him five times, without removing the pain, which made him so weak that it was with difficulty he could be held up in the bed. I relieved him in one hour by a common course of medicine, and bathing his side with the rheumatic drops. It took three weeks to get up his strength, which might have been done in three days if he had not been bled. I was called to another case of this kind; a soldier at the same place. He had been bled and a large blister put on his side to remove the pain, which caused a strangury, and he was in great distress. I declined doing any thing for him without the consent of the commanding officer, who was not present.—The soldier begged of me to tell him what to do for the latter complaint, as he could not live so. I told him to take off the blister, which was immediately done, and it gave him instant relief. By carrying them through a course of medicine, as has been directed for other violent attacks, will cure all cases of this complaint without danger; and is much better than bleeding or blisters, which increases the difficulty.



## RELAX.

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

## DYSENTERY.

This is a distressing complaint, and is very common especially among children; although much has been said on this subject, yet its importance will justify some further directions. It is caused by cold, which gets the ascendancy over the inward heat so as to draw all the determining powers inward; the stomach is disordered, the digestive powers are lost, and the bowels become coated with canker, the food is not digested so as to afford any nourishment or heat to the system, and all the juices flow inward and pass off by the common passage. The canker makes the bowels very sore, and when any thing passes them it causes excruciating pain. The best plan of treatment is to carry the patient through a regular course of medicine, and repeat it, if occasion should require, every day till relief is obtained. During the operation, give chicken broth, and, after the disease is checked, give occasionally a little brandy and loaf sugar burned, together, and a strong tea of poplar bark. Give the syrup, (No. 5,) two or three times a day



until entirely recovered, and the bitters, (No. 4,) may be given night and morning to restore the digestion. Care must be taken to keep up the inward heat in the interim, by giving occasionally No. 2, in a tea of No. 3, sweetened. Steaming is very important in this complaint, and injections must often be administered.

#### RHEUMATISM.

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

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

#### SORE LIPS.

They are common in very hot or cold weather, when there is nearly a balance of the power of outward and inward heat, or outward and inward cold, which produces canker. To cure it, take a strong dose of tea of No. 3, with a tea-spoonful of



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

#### SORE EYES.

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

#### HEAD-ACHE.

This pain proceeds from a foul stomach, the bile loses its powers, the food clogs by not being digested, and the effect is felt in the head, which is the fountain of sense. Sometimes there is sickness at the stomach; when this happens it is called sick head-ache, and, when they vomit, the head is relieved. This proves that the cause is in the stomach. It must be cured by cleansing the stomach and restoring the digestive powers. A dose of composition powders, sitting by the fire, wrapped in a blanket, will generally give relief; but, if it



should not, take a dose of No. 1, in a tea of No. 3, and take the bitters to correct the bile; No. 2, should also be taken to warm the stomach, and, if it is sour, take the pearlash water. It is very fashionable with the doctors to tell about dropsy in the head, but, in this I have no belief; for there is no disease in the head but what proceeds from the stomach, except from external injury. If they understood the real cause, and would give the proper medicine to remove it, there would be no difficulty in the head; but when a child is sick they give calomel and other poisons, which increases the disease; and if they die, it is laid to the dropsy in the head, and this is satisfactory, because the doctor says so.

#### CORNS.

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

#### VENEREAL.

The disease that is called by this name, is more common in seaports than in the country, because there is more promiscuous and illicit intercourse of the sexes than in other places. It is a high state of canker and putrefaction, which takes hold of the glands of those parts that are first affected with it; and, if not checked, the whole system will become diseased by the venereal taint. It is more com-



mon among sea-faring men, because of their being long absent at sea, and, on coming on shore, they give free scope to their passions, without being very scrupulous about the manner of the indulgence. It originates probably with those common women who have connexion with many different men, and going beyond the impulse of nature, this impure connexion causes uncleanness, which produces the disease; and, when seated, is contagious.

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



at the same time applying the poultice, then give the bitters to correct the bile.

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

This disease may be produced by other means than what have been described. It may be taken in with the breath, by being much exposed in attending on those who are in a very putrid stage of the complaint; or may be communicated to parts where the skin is broken, and in many other ways; when they will have many of the symptoms the same as when taken in the common way. Children will sometimes be affected with the venereal taint, whose parents have had the disease. A disease similar in appearance, with much the same symptoms, may be brought on by overdoing and



being exposed to the cold. I once had a case of a young married man, who, by straining himself from loading mill-logs and being exposed to wet and cold, caused a weakness in the back and loins, and he had what is called a gleet, and an inflammation, with all the symptoms common in the venereal. His wife became affected in the same manner, and they continued in this situation three months, when I was called to attend them ; and, by making use of such things as I then had a knowledge of, to strengthen the loins and remove the canker, I was able to cure both in a short time. The man had all the symptoms that appear in the venereal, except hard bunches in the groins, called buboes. These, I am satisfied, are caused by mercury, for I never knew any to have them except they had taken mercury. Syringing with mercury and sugar of lead, dries the glands and contracts the passage, and stops the discharge, when the putrid matter, instead of going off, collects in the groin and forms hard tumors, which remain a long time, and have to be brought to a head to let off the putrid matter. Bunches of a similar kind often come on different parts of the body, caused by mercury.

Much more might be written on this subject, but it is difficult to find proper terms to convey all the directions that may be necessary in all cases.— Enough has been said to give to those who are so unfortunate as to have the disease, a general knowledge of the nature of the complaint, and the best manner of effecting a cure ; and to those who are fortunate enough to escape it, any thing further will be unnecessary. If the disease be of recent standing, let it be considered merely as a case of local canker, and treated as such ; but, if the whole system has become tainted, and especially if mer-



cury has been given, the disease is more difficult to remove, and must be treated accordingly.

#### MIDWIFERY.

This is a very difficult subject to write upon, for want of words to convey the necessary information. The great importance of the subject, however induces me not to be silent. I shall, therefore, endeavor to make known to the public such thoughts and conclusions as long experience and much solicitude has enabled me to form, concerning those who are suffering, and are constantly liable to suffer from the erroneous and most unnatural practice of the present day. The practice of midwifery, at this time, appears to be altogether a matter of speculation with the medical faculty, by their exorbitant price for attendance. The tax on the poor class is very heavy ; and this is not the greatest grievance that they have to bear, for they are often deprived of their wives and children by such ignorant and unnatural practice as is very common in all parts of the country.

Thirty years ago the practice of midwifery was principally in the hands of experienced women, who had no difficulty ; and there was scarce an instance known, in those days, of a woman dying in child-bed, and it was very uncommon for them to loose a child ; but, at the present time, these things are so common that it is hardly talked about.— There must be some cause for this difference, and I cannot account for it in any other way than by the improper treatment they experience from the doctors, who have now got most of the practice into their own hands. In the country where I was born, and where I brought up a family of children, there was no such thing thought of as a doctor ; a midwife was all that was thought necessary, and



the instances were very rare that they were not successful, for they used no art; but, affording such assistance as nature required, gave herb tea to keep them in a perspiration and to quiet the nerves. Their price was one dollar; when the doctors began to practise midwifery in this country, their price was three dollars, but they soon after raised to five, and now they charge from twelve to twenty dollars. If they go on in this ratio, it will soon take all the people can earn to pay for their children.

All the valuable instruction I ever received, was from a woman in the town where I lived; who had practised as a midwife for twenty years; in an interview of about twenty minutes, she gave me more useful instruction than all I ever gained from any other source. I have practised considerably in this line, and have always had very good success. It is very important to keep up the strength of women in a state of pregnancy, so that, at the time of delivery, they may be in possession of all their natural powers; they should be carried through a course of the medicines several times, particularly a little before delivery, and kept in a perspiration during and after delivery, which will prevent after-pains and other complaints common in such cases. Beware of bleeding, opium and cold baths; invigorate all the faculties of the body and mind, to exert the most laborious efforts that nature is called upon to perform, instead of stupifying and substituting art for nature. I will state a case that I was knowing to, which will give a pretty fair view of the practice of the doctors. A woman was taken in travail, and, as the midwife could not come, a doctor was sent for; when he came, the prospect was that she would be delivered in two hours; he gave her some medicine, which caused



vomiting and turned the pains to the stomach—she continued in this situation for twelve hours, when her strength was nearly gone ; he then bled her, and, to stop the puking, gave so much opium, as to cause such a stupor that it required all the exertions of the woman to keep the breath of life in her through the night; she remained very weak, and continued so till afternoon, when she was delivered with instruments. The child was dead and the woman came very near dying, and it was six months before she got her strength again.—Many more cases might be given of the bad success of bleeding and giving opium to stupify, and making use of art, instead of assisting nature to do her own work.

I have given instructions to several who have bought the right, and their practice has been attended with complete success. Many men that I have given information to, have since attended their own wives, and I have never known an instance of any bad consequences ; and, if young married men would adopt the same course, it would be much more proper and safe, than to trust their wives in the hands of young, inexperienced doctors, who have little knowledge except what they get from books, and their practice is to try experiments ; their cruel and harsh treatment, in many instances, would induce the husband to throw them out of the window, if permitted to be present; but this is not allowed for this very reason.

The annexed cases, and the mode of treatment, each of which present something new and difficult, will bring to view all that will be further necessary on this subject. These will be added by way of Supplement.



the first of these was the discovery of gold in California in 1848. This discovery led to a great influx of people to California, and the state became one of the most populous in the Union. The second of these was the discovery of gold in Colorado in 1859. This discovery led to a great influx of people to Colorado, and the state became one of the most populous in the Union. The third of these was the discovery of gold in Nevada in 1859. This discovery led to a great influx of people to Nevada, and the state became one of the most populous in the Union. The fourth of these was the discovery of gold in Idaho in 1860. This discovery led to a great influx of people to Idaho, and the state became one of the most populous in the Union. The fifth of these was the discovery of gold in Montana in 1862. This discovery led to a great influx of people to Montana, and the state became one of the most populous in the Union. The sixth of these was the discovery of gold in Wyoming in 1869. This discovery led to a great influx of people to Wyoming, and the state became one of the most populous in the Union. The seventh of these was the discovery of gold in Utah in 1871. This discovery led to a great influx of people to Utah, and the state became one of the most populous in the Union. The eighth of these was the discovery of gold in Arizona in 1876. This discovery led to a great influx of people to Arizona, and the state became one of the most populous in the Union. The ninth of these was the discovery of gold in New Mexico in 1878. This discovery led to a great influx of people to New Mexico, and the state became one of the most populous in the Union. The tenth of these was the discovery of gold in Texas in 1880. This discovery led to a great influx of people to Texas, and the state became one of the most populous in the Union.



**"SUPPLEMENT  
TO THE  
NEW GUIDE TO HEALTH.**

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**INTRODUCTION.**

“ The Hebrew women are lively, and are delivered ere the midwives come in unto them.”—EXODUS, i. 19.

As an introduction to what I have further to say on the subject of midwifery, the above may answer as a text, from which I have only to observe, that, had this important branch been preserved in its simplicity, attended only by women, as it seems to have been in the days of the ancient Egyptians, when the Hebrews were slaves unto Pharaoh, who ordered the midwives to kill all the Hebrew male children at their birth, women might still have been delivered with as little trouble to the midwives, and as little pain to themselves, as from the account, it appears they then were ; for, as a cover to their humanity, and to escape punishment from the king, the midwives excused themselves for not killing the male children on the account of the liveliness of the Hebrew women. If those women had been treated according to the practice of the doctors of the present day, with their pincers, Pharaoh would have had less cause to have issued his decree to kill all the male children, as many might have been killed with impunity before it was known whether they were male or female. Has the nature of women altered, which makes the mode of having children so much more difficult and mysterious now than it was then? or is it the speculation of the doctors, for the sake of robbing the



people of *twenty dollars*, the regular tribute here,\* for each child born? And should the child be born, fortunately for the mother and child both, before the arrival of the doctor, even then, instead of the price of a common visit, he considers himself entitled to a half fee; that is, ten dollars. In all this, you may see the mystery of iniquity.—Then dismiss the doctor; restore the business into the hands of women, where it belongs; and save your wife from much unnecessary pain, your children, perhaps, from death, and at all events, your *money*, for better purposes. Then will your children be born naturally, as fruit falls from the tree, when ripe, of itself.

From this source, the doctors and their pincers, may be traced the miserable health of women, unable to stand on their feet for weeks and months, some of whom never finally recover; all caused by those horrid instruments of steel, to extend the passage not only for the child, but for the instruments also. In this harsh and unnatural operation, they often not only crush the head of the child, but also the neck of the bladder. After this there is an involuntary discharge of the urine, bearing down pains, &c., insomuch that life becomes an intolerable burthen without remedy. Can any one believe there was ever an instance of this kind among the Hebrew women, where midwives only were known, or where nature only was the midwife. I think not. Is there any such thing known among the natives of this country, where nature is their only dependence? History gives us an account of their squaws having a pappoose at night, and wade several rivers the next day, when driven by *Christians* in warfare; and, by the simple use of taking the unicorn root, they would prevent themselves



from taking cold. If all these views of the subject, with what has been stated in the body of this work, and what is here to follow, be not satisfactory, neither would people be persuaded, though one should rise from the dead.

#### FURTHER REMARKS ON MIDWIFERY.

As I am often called upon for verbal information on this important subject, I shall endeavor in this supplement to give some further instructions, by relating several important cases, and their mode of treatment, which have occurred since my last edition was published.

In addition to the bad practice of the doctors, as before related, I will state another case in which I was an eye witness. My brother's wife, about thirty years old, was in travail with her first child. The midwife called on me for advice, on account of a violent flooding, which I immediately relieved by the hot medicine; at the same time, some people present privately sent for a doctor. When he came, I told him there was no difficulty, and all that was wanting was time. After examination, he said the woman had been well treated. He then took the command, and very soon began to use too much exertion. He was cautioned by the midwife; but he showed temper, and said, "why did you send for me, if you knew best." I told him he was not sent for by our request; we found no need of any other help. The doctor persisted in this harsh treatment for about seven hours, occasionally trying to put on his instrument of torture. This painful attempt caused the woman to shrink from her pains, and the child drew back. After making several unsuccessful attempts, he got himself tired out; and asked me to examine her situation. I did so, and told him that the child was



not so far advanced as when he came. He asked me to attend her. I refused the offer; and told him he pronounced the woman well treated when he came, but she had not been so treated since; and I was not liable to bear the blame. He then sent for another doctor, and let her alone till the other came, in which time nature had done much in advancing her labor. The doctors were astonished at her strength, in its thus holding out; and I now firmly believe, that with the use of such medicine as had been given her, and which ought to have been continued, nature would have completed her victory. The second doctor did but little more than to say the instrument could now be put on; which shows how far nature had completed her work. The first doctor put on the instruments of death, and delivered her by force; using strength enough to have drawn a hundred weight! Thus the child was, as I should call it, murdered; the head crushed, and the doctor put it into a tub of cold water twice; an application, one would have supposed, sufficient to kill it, had it been well!

The woman flooded, like the running of water, so as to be heard by all in the room. The doctor called for cold water to be put on as soon as possible. I told the doctor he need not trouble himself any further about the woman. I would take care of her. I gave her a spoonful of fine bayberry, cayenne and drops; got her into bed as soon as possible; the alarming situation soon abated; but her senses were gone, and her nerves all in a state of confusion. I repeated the dose, with the addition of nerve powder. I put a hot stone wrapped in cloths wet in vinegar, at the feet, and also at her back and bowels, until she got warm. Then her nerves became more composed. When the



doctor left her, he said there was a doubt whether she lived over twelve hours. At that time she was so swollen as to stop all evacuations, besides other injuries she had received by the use of force instead of aid. The midwife used her best endeavors to promote a natural discharge; but in vain. But when all other sources fail, then comes my turn. I succeeded and saved her from mortification. The second day, I carried her through a course of medicine; steaming her in bed; for she was as helpless as though all her bones had been broken. All the way she could be turned, was to draw her on the under sheet, and so turn her that way. After the second course, she began to help herself a little. I was with her most of the time for five days and nights. I then left her with medicine and directions, and she gained her health in about two months. I gave them directions how to proceed in case she should be in the like situation again. She had another child in about two years; the child lived and both did well, by keeping away the doctor, as I am satisfied would have been the case the first time, had this scourge of humanity been kept away.

I have been more particular in relating this case, than I otherwise should have been, had I not been an eye witness to all the facts which I have stated, which I could not have believed had I not seen them; and had it been at my own house, I think I should not have waited for a door, but have pitched the monster out at the window. Yet I have reason to believe that this is only a sample of the general practice, where nature moves slowly.—The ergot or rye spur, which is a very improper medicine, was also frequently given in this case; but it ought to be particularly guarded against in all cases.



Another instance happened in the country very recently, only about six weeks since, where the doctor was with a young woman in travail, who had fits. The doctor bled her, and took away her child dead by force. The woman is still in a poor state of health. What could we expect otherwise, when learned men forbid the laws of nature to take their course, take the blood, "which is the life," to enable women to go through the most laborious task which nature is called on to perform? Consider of these things my friends, and govern yourselves accordingly.

Now let me exhibit the other side of the picture. I was called upon to attend a young woman in child-bed, about four weeks ago, eighty miles in the country. I attended. She had been sick, and sent for help before I arrived, and had got about again. About one week after, she was taken again, with every appearance that she would be delivered soon. In about six hours, the pains all flatted away; she grew pale and dull in spirits, and the motion of the child had nearly ceased. She had labored hard and got cold, and had a bad cough; and the moisture of the glands was so thickened, that she could not spit clear of her mouth. I saw there was no use in any further delay. On Thursday I carried her through a thorough course of medicine, and steamed her twice in the course of the day, and then let her rest. About the same time she was taken the night before, to wit, about eleven o'clock, her pains were regular, her animation and vigor returned, a fine son was born about three o'clock, she walked from the fire to the bed, a portion of coffee and cayenne was administered, and a steaming stone put at her feet. As soon as her perspiration was free, all after-pains ceased, and there were none of those alarming symptoms common



to learned ignorance. The second day she showed symptoms of a child bed fever and broken breasts. I carried her through a course of medicine and steam. The fifth day she took breakfast and dinner below with the family, and carried her child up stairs. The eighth day she rode out two miles, paid a visit, and came back. On the ninth day, I carried her through another course of the medicine, and got her so far cleared, that she could spit clear of her mouth, for the first time after I saw her. On the tenth day she rode the same distance, and I have no doubt that had she been treated in the common way, she would have had the child-bed fever, broken breasts, and poor health afterwards.

This case caused much conversation. Why so? It was the different mode of treatment, reversing every mode commonly attended to. What shall we do, say the people? We shall never dare to employ a doctor again. I answer: call the doctor, and obtain his advice; and then reverse every prescription given by him in a case of child-bed. If he says "be bled," keep your blood for other uses. If he says "keep yourself cold," sweat yourself. If he says "put cold water on your bowels," take hot medicine inside, and a steaming stone at your feet. If he says "take physic," use warm injections. If he says "starve yourself," eat what your appetite craves. By strict observance of the foregoing anti-directions, you may enjoy your health, and save the heavy bill for the many visits of the doctor, besides saving him from the trouble of keeping you sick. This is the mode of having patent babies, so highly recommended by Dr. Robinson in his twelfth lecture; who says, "Even in child-bed delivery, a matter never to be forgotten, this practice has very nearly removed the pain and punishment from the daughters of Eve, threatened



upon our progenitor, and entailed upon her offspring."

"A lady of great good sense, and without the least coloring of imagination, said, it was easier to have five children under the operation and influence of this new practice, than one by the other management and medicine. And she had experience in both cases, and has been supported in the evidence by every one who has followed her example."

This extract speaks volumes in favor of the treatment in the last named case.

The following case of midwifery I shall mention, with the mode of treatment, for the purpose of giving instruction to others:

I was called to visit a woman in Greenfield, Saratoga county, New York, who had been in travail ten days, and her life despaired of. I think there were not less than ten men and women present, and the seal of despair was set upon each one's countenance. The woman, in a low voice said, "I cannot see what can be the use of women's undergoing the distress I have for ten days, and die after all, as two sisters of mine have done in a similar case but a short time ago." I replied, that pain and distress were the common lot of all mankind, and the duty of every one is to alleviate the miseries of others as far as it is in their power. She asked me if I thought I could help her. I assured her that I would do every thing I could for that purpose. There were persons present who owned the right. I took out my medicine, and put in a tea-cup a large spoonful of composition, one teaspoonful of cayenne, one of nerve powder, and one spoonful of sugar, filled the cup with boiling water, stirred them well together, and set it down. While settling, I took a large tea-spoonful of brown



emetic, and, having poured off the tea into another cup, stirred in the powder, and handed it to the woman who swallowed it, apparently with all possible faith that it would help her. I called for assistance, to regulate the bed and other things, which were in disorder about the room, as soon as possible. Every attention was paid; the medicine roused the efforts of nature, so that the woman was in readiness before we were. This called all to her assistance; the desired object was attained in less than fifteen minutes after taking this friend of nature—a fine son was born alive; and the woman comfortable; and able, with steadying, to walk from the fire to the bed, to the great joy of all present. The gloomy veil of despair was raised from the countenance of all, and they heartily partook of the joy and thankfulness of the woman and family; insomuch that some of the women present declared that they would never have any other children but patent ones hereafter.

One of my agents, Joseph Mitchell, went with me; and we returned in the space of two hours, in a violent snow storm. He declared that expedition was worth one hundred dollars to the society. The next day the husband came, and purchased the right, with instructions on midwifery; and has attended his wife twice since, with unusual success. One of my agents says he has frequently heard the woman relate the foregoing case, but never without shedding tears.

#### CASE OF MIDWIFERY IN COLUMBUS, OHIO.

This woman I agreed to be with when confined, which was expected in about three weeks. I went to see my son, about 130 miles. While there, I fell and broke two of my ribs. I had a violent cough, and almost lost my life. I did not return.



short of about six weeks, and then in a very poor state of health. I arrived at the house about 11 o'clock at night. The woman was then in travail. The midwife said that the waters had been discharged three days, and the woman was in a low and lingering state, often wishing for me. I went to bed that night, but did not sleep much, on account of the distress of the woman, and noise of the moving in the house. I was solicited about noon the next day, by the husband and wife, her father and mother, my agent and his wife, with an earnest desire to attend the woman, as her mind was set on my attention. I reluctantly consented, as I was weak in body and mind, and hardly able to undergo the anxiety and responsibility of so difficult a case. I however agreed to do the best I could. I prepared and gave a dose similar to that mentioned in the foregoing case. It soon had the desired effect, by rousing the system to action. I delivered her in about half an hour. But the child was apparently dead. I took the placentia, or after birth, with the child, the grandmother being seated in the corner, she placed the after birth on a bed of embers, while rubbing the child; and as soon as the substance on the coals had gained warmth enough to fill the umbilical cord with warmth and moisture, it was stripped towards the body of the child, and so continued until a sufficient degree of warmth through this medium was conveyed into the body of the child, as to expand the lungs, which was effected in about fifteen or twenty minutes; then the string was separated in the usual form.

I relate this case for the information of those who may not have studied the principle of heat's giving life, as it is manifest in the present case. There was no other possible way of communicating heat



to the vitals, except through that channel or stem which had supported the growth of the child to that time, the same as any vegetable fruit is supported from the vine or tree by the stem. If the vine be cut off, or pulled up, the fruit will wither and die. Now what was the cause of the death of the child? Recollect the forepart of this statement. The water had been discharged three days. All that time the child had been starving, the same as the fruit loses its support when the vine is cut. But by raising artificial heat, through the placentia and umbilical cord, by putting the former on the embers, and conveying the heat to the body of the child, through the body of the latter, it gave the child one more meal, which roused it into action, and which was to last till the next means nature has provided could be obtained. Before the child is born, it is supported by this stem from the mother internally; after the birth, from the breast of the mother externally. This food supports the child, till he can eat more solid food, and thus no longer need the breast.

#### CASE OF A FALSE CONCEPTION.

About two years ago, I was called on by one of my agents, at Eastport, Me., who appeared to be much alarmed, and requested me to go with him to visit a woman with whom he had been all night, and could give her no relief. She had flowed so much, that she lay fainted away more than half the time, and the rest of the time she was puking. I asked him if she was in a pregnant state. He thought not. I answered, I thought it must be the case. I went with him, and, on the way, asked him if he had given her an emetic? He had not. If he had used an injection? No, he did not think it would answer. Not answer? What is your



medicine good for, if it is not a friend in the most alarming case? When entering the house, the man said, "My wife as been fainted away more than half the time since you left her, and the rest of the time she has been puking." I directed my agent to go after his syringe. The first thing I could find warm, was some wormwood tea. I took some in a cup, and added some cayenne, nerve powder, and emetic herb sweetened, as heretofore directed. She took it. I then steeped one pint of coffee, and had time to give her about one glass, with a requisite portion of the same articles as before, when the syringe arrived. I then prepared about a gill of this liquid, and added the same portion of the articles taken, and charged the syringe with it, and ordered the nurse to administer it. I, with my agent, left the room for the space of about ten minutes, when we were called in, and found the nurse much surprised at the discharge. The like was never seen by any one present. The appearance was like a hog's heart secured in a membrane. The people were at a loss what to call it. My agent was of opinion that there was some human shape in it. I said no. To satisfy himself, he opened it with his knife, and found it solid flesh. I told him that it was a false conception, and void of human shape. I then repeated the dose as before given, and repeated the injection in usual form, which cleared her of all disorder, and set nature at liberty. All flowing, puking, and fainting, ceased from the first application I made. The woman soon got well, and in less than a year had a fine son, and her health remains good. Many thanks were given me by the family, believing, as they said, that what I had administered to the woman, together with what I had prescribed, had saved her life.



I shall close this subject by a few brief remarks. The foregoing cases I have described, for the purpose of showing the difference between forcing nature, and aiding and assisting her. They are two theories, directly opposed to each other, and can never harmonize together. As soon as learned ignorance begins to use force to extend the passage, the child ceases from its natural progression and draws back; as nature shrinks from all such operations, and force must then do the whole; and if the child should be caught by such force as the dog catches the game, it will be likely to share the same fate, as in the case first mentioned. I shall not follow up the simile, by comparing the doctor to a dog, though it might be made a very striking one. Is not this the cause of many women lingering out a miserable existence in pain and torment, who are often heard to say, "I never have been well since my last child was born. I was in the hands of the doctor three days, and at last was delivered with instruments. I did not stand on my feet for six weeks, and have never regained my health." Still the doctor is looked upon as her benefactor, and is thanked for saving her life. Query: Were these evil consequences ever known where nature did her own work, and the child born before the doctor could get there? In all my practice, I never knew an instance where the woman could not stand up on her feet the same day. Nor have I ever heard of a single instance where nature had been assisted according to my practice by others, where the patient was not able to bear her weight the same day of her delivery. As to the cause of the difference between those attended according to nature, and those attended *secundem artem*, according to art, I shall leave the reader to decide for himself.



Another evil in this branch, which I shall mention here, and of which women have generally either felt or heard, is that of taking the after-birth by force. The doctor says, "It has grown fast to the side;" and tears it off, so as to be heard by those present. Alarming, if not fatal consequences, are the result. The question is, What other way can be done? Answer. The same as taking the child. Assist nature, instead of forcing it. The only rule given by me, to those who wish to attend their own wives, or others, is simply this: After the string is separated from the child, be careful not to lose it, by letting it draw back, as this is the only sure guide to the placentia. Take the string between the thumb and finger of the left hand, drawing it straight, while having the same between the thumb and finger of the right hand, slipping it forward until you find the solid part to which the string is attached. Take a steady pull when the pain is on. After a few seconds, it will begin to give way, turning inside out as turning the lining to the sleeve of a coat. But if it stick fast, take care not to break the string; if you do, you lose your guide. Keep the woman well fed with hot medicine, to prevent flooding. Then carry her through a course of medicine; and when the system is slackened, it will often come off itself. I would prefer having it remain till it discharges itself, according to nature, as it certainly will in time, than to be taken away by force, as I have seen done. The danger is far less. But I never knew a case of the kind, where the woman had been sufficiently cleared by the medicine near the time of her delivery. I knew one instance where the woman had been treated by force in this way, and was so injured that all her urine run away as fast as collected. The doctors had so in-



jured her, that they declared she would never live to have another child. But they were mistaken. The next one, she was attended by my direction, and carried through, I think, thirteen courses of medicine before delivery. I attended her; she was sick about two hours, was delivered and cleared without any difficulty, and both she and her child did well.

There are as great errors committed in using force for the after-birth, as for the child. The inflammation caused by using force in taking the child, causes the obstruction in taking the after-birth.—When learned ignorant pretenders, proceed inward where they have no business, they often commit irreparable injury, and instead of taking the after-birth, they injure the womb, sometimes by turning it wrong side out, which causes distressing bearing down pains, and thus the woman must linger out a miserable existence, until death comes as a welcome friend to relieve her.

Thus, kind reader, I have given you the most important particulars I now think of, and as to any further general directions, I can do no further than to refer you to the *General Directions*, as laid down in this book; and it is my opinion that you are better with your own judgment and this book, than you would be with all the scientific ignorance called knowledge, as taught in the schools, without it.—Hence my advice to you is, dismiss all doctors. By so doing, you will save your share of the greatest tax ever imposed on mankind.

#### OUTLINES OF TREATMENT IN THE HOUR OF TRAVAIL.

To point out a regular rule or form for every woman, would be out of my power, as they are restless, shifting their position in every form and man-



ner, to find a place of rest, which is as difficult as that of Noah's dove. When they become so far advanced that they cannot satisfy themselves any longer in their own way, then you may assist them in the best manner to help themselves, and to enable others to help them, as assisting nature to do her own work.

The seat is prepared in different ways, according to their fancy. Those who have had children ought to be the best judges how to aid and assist them in this particular. I shall only give advice how to proceed in some alarming and difficult cases, to be handed down for the benefit of generations yet unborn, as none can be obtained from the practice of the learned, for four thousand years. And if any beneficial information shall now be obtained, it must be from the illiterate, who have studied nature rather than books. I have no authors, dictionaries, or concordance, to assist my feeble efforts in acquiring a correct judgement. Necessity and experience are the only sources of my knowledge, from which I draw all my lessons.

Among the most desperate cases, is the flowing of females; pregnant or not, the treatment is the same. If it happens before delivery, give a portion of composition with more cayenne, and hot water sweetened; or some drops, cayenne and snuff, or fine bayberry, as substitutes. If after delivery, the same. When the woman becomes weary and worn out, and pains begin to die away, give a portion of the third preparation, in some composition, and nerve powder. This will compose the system, so as to rest or reinforce nature, and hasten delivery.

It is of great service, when the pains are lingering, at the time of giving the above named me-



dicine, to use an injection, in common form, made of the same compound. This will hasten or delay delivery, as nature requires.

REMARKS.—About the time of delivery, apply a cloth of several thicknesses, wet with hot water, to slack the muscles; repeat it occasionally, and keep it hot till nature is ready to perform her work.

I attended one woman in this city, with her first child. Her strength failed; the pains slackened; I gave her a table spoonful of the liquid of the third preparation; wrapped her warm, which caused her to vomit once, and raised a perspiration; she fell asleep, and in this situation rested four hours, when the head of the child was so far advanced as to have been visible. She awoke; her travail recommenced with reinforced vigor. She was delivered in rather a cold state; she flowed badly; I gave her some No. 2, and drops, with a little fine bayberry, which had the desired effect. She walked from the fire to the bed, and did well.

There is another distressing complaint incident to females, worse than having children; and often without relief from the doctors. I have seen women in as great agony with false pains, as at the delivery of a child. A strong tea of witch hazle leaves and nerve powder, and a little cayenne, strained, used by injection either way, or both, I have seen relieve, like throwing water on the fire. The disorder is canker, and must be met with its antidote where it is.

These few remarks, together with the foregoing cases, will be sufficient information on this subject. In conclusion, I would ask; Can we attach sufficient value to a medicine that will give rest to a weary patient in travail, and restore the nerves and muscles to a giant-like strength, as refreshed



by wine, and continue the strength until delivery is completed; and at the same time guard against all those alarming complaints which too often follow afterwards! A medicine to which you may resort with perfect confidence, in times of the greatest peril, and will, if any thing can, save your wife and child, and the FEE of twenty dollars from the doctor. This is the regular FEE in cities, though it is less in the country.

Since the doctors have taken the lead in midwifery, and have substituted art instead of nature, bled and stupified their patients, instead of warming and strengthening them, and given poisonous physic instead of nourishing food, fatal and distressing consequences have become very common in all parts of the country. Those women who survive their unnatural practice, are so injured by it, that they drag out the remainder of their lives in pain and torment.

I shall now proceed to give a little advice to young married people. My young friends: I am now advanced in life, and have seen much of the evils arising from the present mode of practice in midwifery, by the faculty. I have brought up a family of eight children, and in the first part of the time of my having a family, I was ignorant of what was best, and adhered to the advice of those older, till I had some of my family given over by the doctors six times, when I was obliged to depend on my own judgment, and relieved them in every instance. After this I dropped all professional doctors, and was guided by my own judgment only, by which I formed my theory and practice of medicine, and also of midwifery.

My advice to my young female friends is, to be careful and preserve your health while you have it; and guard against losing heat, or what is com-



monly called taking cold. During pregnancy, pay particular attention to the above advice, and also avoid bleeding, as it diminishes the heat, and if followed, will endanger the life of the child. If you are numb or dizzy, drink tanzy or motherwort tea, with some ginger in it; or take a little composition or No. 2, when going to bed, and put a hot stone at the feet, wrapped in several thicknesses of wet cloths, to raise a gentle perspiration. If untimely and bearing down pains trouble you, at the time of taking what is recommended above, stand over a steam made by putting hot stones in a pan, with hot water in it enough to half cover the stone, until you sweat freely, and the pain is gone; be careful to keep warm after it, by going to bed with a hot stone at the feet, as before recommended.

When near the time of delivery, if you do not keep warm there will be untimely pains, which are caused by cold; you may send for help and then get about again; this is called a false alarm. In cases of of this kind, to prove the fact as to the time, take raspberry leaves, if you have them, if not, either of the articles described under No. 3, steeped strong, pour off a gill of this tea and add a tea-spoonful of ginger, or some No. 2; take this in bed, or covered with a blanket by the fire, which will raise a perspiration, and if the time is not fully come, the pains will abate; but if it is come, it will raise the power of nature and hasten the delivery. Call any women who have had children, and their aid will be far better than to have a doctor to stupify with opium, and then take the child by force. If the women are afraid to do what nature requires, let your husband exercise his own judgment; for who can be more suitable than he to assist you. When the child is born, any woman



can direct how to regulate and do the rest. If there is not a sufficient relaxation to clear you; apply the steam as before directed; and when the warmth has relaxed the muscles, nature will do her own work. If there should be too much discharge so as to create alarm, use the hottest medicine you have, and produce perspiration as soon as possible, when all those effects will cease. By a strict observance of these hints, you may save your lives, and those of your children, and the heavy tax of the doctor.

One of my agents whose wife, among many others, has suffered every thing but death from the old practice, lately gave me an account of their experience upon this subject, the substance of which is this: that formerly, premature pains were for months continually tormenting her; now she feels them not; her labor was long and excessively painful, requiring the assistance of many; *now* when the time arrives, *the children are permitted* to visit a neighbor, no assistance is asked, and in two hours the woman is comfortable in bed, with the child at the breast, and every thing is in readiness to receive those friends who may please to call; all this is accomplished without any assistance other than what the husband renders, and scarce sufficient pain to extort one *solitary* groan. She has no fear of *after pains*, which formerly have fully equalled those that precede a delivery; no fear of a *womb fever*, by which she has formerly come near the grave; no fear of taking freely of good nourishing food and warm drinks, for experience has taught her that nature requires what the *legal* doctors forbid.\* A very few days and

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\*In order to show to what a high pitch of refinement the science of medicine has arrived, I will quote a paragraph from the "American Lancet," (late the Medical Enquirer) Vol. 1, No. 1,—Adver-



the woman is as capable of attending to her ordinary concerns as ever. All this is ridiculed by the doctors and laughed at by their dupes; nevertheless, where the people take the trouble to get correct information, they find them to be facts, and *facts* are stubborn things.

There is another pernicious and very dangerous practice of the doctors, which is in the administering to lying-in women what is called ergot, (spurred rye,) to hasten delivery. The effect of it is similar to that of mercury taken inwardly, or the mercurial ointment applied externally; it destroys the elastic power of the muscles to such a degree, that they never regain their natural tone. The consequence of such treatment often proves fatal, and those who survive, never entirely recover from its injurious effect, while many continue to suffer for a few years in a miserable condition. I therefore caution all females to beware of those who make use of this dangerous article, as they would value their lives and health, for nothing but

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itself—“If we take a retrospective view of the science of medicine, with its alterations and improvements in the last two centuries, the medical annals of this period will present us with a series of learned dissertations by authors whose names alone are now remembered, while their writings, under the specious term improvement, have left us only the deplorable consolation of knowing that their works have heaped system upon system, prescript upon prescript, error upon error, each in its turn yielding to its followers. Year after year produces a new advocate for a new theory of diseases, each condemning its predecessor, and each to be condemned by its successor. We wish a more rational mode adopted for the promotion of medical knowledge, than hair-brained theories and doubtful facts. Observation, practice and experience in the administration of medicine, with its effects on the system, may take the lead of scholastic learning and hard names. We must have facts instead of opinions, reasons instead of theory, knowledge instead of titles and certificates.”

If such have been the improvements for “the last two centuries,” (of which there is no reason to doubt,) it is not to be wondered at that they should stand in absolute need of the strong arm of the civil law to sustain them.



evil can ever arise from taking it. This article appears to be a wonderful production of nature, being caused by a false conception in the head of the rye, and becomes a vegetable monster, partaking of no part of the nature and qualities of that nourishing grain; but is in fact a poisonous substance of the most dangerous kind. Reduce some of it to fine powder, mix it with sweetened milk, and place it where flies can get at it, and on eating it they will immediately die. It is frequently used by the people in the country in the above manner to destroy flies.

My object in communicating the foregoing remarks on midwifery, has been more for the purpose of cautioning those who are the most interested in the subject, particularly females, against the dangerous mode of treatment by the doctors, than to give any particular direction for the practice.

I have it in contemplation to prepare and publish, as soon as I can get time to attend to it, a short treatise on midwifery, together with a general view of all complaints common to females, with directions how they should be treated; for the use of those only who have family rights, and will make a proper use of it.

SAMUEL THOMSON.

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SUPPLEMENT TO THE VENEREAL.—See page 157.

There are four diseases, or rather four names of disease, which are often made fatal, in consequence of the name. 1, Venereal. 2, Hydrophobia. 3, Small pox. 4, Erysipelas. As the remedy is laid down in the Medical Pocket Book,



the name is doctored instead of the diseases. If a child has a sore ear, and it runs a yellow water, it will spread like fire in a dry stubble; and it will innoculate where it touches. While on the child's ear, women call it canker sore; and there is nothing alarming under this name. Any old woman can cure it. But take the same infection from the ear, and innoculate with it, in that part of the body where the venereal is seated, and call it venereal, the consequence is the same; and by the same mercurial treatment, there would be all the alarming consequences, as though the disorder was generated in any other way. Yea, if the patient was well, with the same administration of mercury, in the same way, and to the same extent, the buboes and shancres would as often make their appearance in the same manner, without the supposed disease, as with. They doctor the name instead of the disorder. The patient, therefore, as often loses his life by the mercury, as by the supposed disease.

Equally so in hydrophobia; by taking mercury the remedy becomes worse than the disease.

In either of the above cases, the disorder is far easier cured by a regular course of medicine, than the poison given for it; as the mercury is harder to eradicate from the system, than all the natural diseases incident to mankind.

Since my last edition was published, the small pox has been thoroughly attended, and the general rule, as there laid down, found to answer every purpose and produce the desired effect. To bring out the small pox, as in the measles and other similar disorders, be careful not to have too much outward heat while the pock is filling.

The learned have added nothing to the healing art; but they have done much in taking the know-



ledge of the simple remedies from the people.— They have substituted poisonous minerals, which have multiplied the forms of disease, and thereby added to our bills of mortality. They have taken midwifery from the tender hands of women, and substituted the torturing instruments of steel, whereby not only children but even women, have been sacrificed. In relation to such practice, Robinson says, (Lect. viii. p. 103.) “It is, in truth, like running the gauntlet among armed Indians, or red hot plough-shares, to escape from the poisons of medical practice.”

*Why do old people die more in a warm and rainy winter, than in a cold and severe one?*

The answer to the above question is at hand.— Old people are like the old house which they built in their younger days. The house decays about as fast as its builder, and becomes racked with wind and storms which have beaten upon it, until the cracks open, the shingles blow off, and the house grows leaky and cold. So is the man in his old age. He becomes racked with the storms and hardships of life; his heat goes out, the fire place decays, his food digests poorly, and gives but little nourishment or heat to warm the body, and expand the lungs. For the inward heat rarifies the air in the lungs, and causes them to expand, by lightening the air within, and the weight of the surrounding atmosphere, being higher charged with oxygen or water, puts out the fire faster than dry cold air; and as the heat decays inward, the weight of the air crowds heavily on the lungs, and causes great difficulty in breathing; the lungs labor like the wheel of a mill in back water, the fountain almost level with the stream, until the heat in the lungs becomes insufficient to expand



them any longer; the weight of the air comes to an equilibrium with that of the inside, and all motion ceases. The water in the air has put out the fire. This is the cause why those people who have but little fire in the body, and such a weight of damp air outside, have the heat so soon extinguished inside; like a persons falling into the water; the cause of death is, the water has put out the fire; and when the air is full of water, it puts out the fire in the same proportion.—Thus I think I have given a satisfactory cause of death upon natural principles. The cause and effect are in themselves.

*How doctors shorten the lives of their patients.*

That the practice of the regular doctors, as they are termed, shorten the lives of their patients, is a truth of which I have not the shadow of a doubt; and the cause to me is obvious. The cold poisons which they administer, have the effect of chilling the stomach and killing the digestive organs; so that the food does not raise more than half the heat it did in a natural state, before those poisons had been administered. Then the bleeding and blistering lessens the remainder, so as to reduce the heat to the capacity of old age. It is the same thing, no matter what age; from one hour old to an hundred years. When the heat is so far exhausted that the air is not sufficiently lightened by the heat to expand the adjoining air, the pressure becomes equalled, external and internal, the same as in the case of a drowned person. There is no difference as to age, sex or denomination, so far as practice is concerned; and so far as that goes to lessen the heat by bleeding, by fever powders, or by the poison, all tend to lessen the inward heat, and to diminish life in the same proportion;



and when it is entirely extinguished, death follows as a natural consequence, and from the same cause. The putting out of the fire or extinguishing inward or vital heat, is the cause of death.

All practitioners may, therefore, by this rule, either condemn or justify themselves, by looking back on their former practice, and asking themselves the question "Have I cultivated the heat of my patients to prolong their lives, or have I extinguished their heat, and thereby killed or destroyed them?" Is not this question fully answered? See how the lives of human beings are daily sacrificed, at all ages, from birth to death! Who, I would ask, is authorized to say, in such a case, "The Lord gives, and the Lord taketh away, and blessed be the name of the Lord," when they are destroyed in this manner.

In every thing that breathes, the breathing is from the same cause. Without heat there is no breathing. But when heat is continually generated or evolved in a confined room, excepting at one avenue, as in the lungs, there must be breathing, or what is the same thing, an inhaling of cold air, and an exhaling of oxygen or vapor from it. Every animal body has its lamp, in proportion to its bigness; and its continuing to burn, is much owing to the one who trims or takes care of the lamp. If it be replenished with water instead of oil, and with an icicle for a wick, it is like the method in which the doctors trim the lamps of their patients. Taking out the blood, is like pouring out the oil, and the cold poison is as the icicle for a wick.—The effect soon follows, which is cold and darkness. Can we doubt this being the fact at the present time? Do we not often see the head of a family suddenly made cold by his lamp being put out; and three or four children taken from one



house, all having their lamps blown out? Can any suppose that, had their lamps been trimmed with good oil, and good wicks, but that they would have continued burning as long as the body of the lamp remained whole? But if we continue not our own guards and sentinels, but employ artificial and learned fools to watch over us, and save our oil for their own use, and trim our lamps with water and ice, how can we wonder at seeing our wives and children "decending to the dark valley of the shadow of death?" While we employ seamen to drive our coach of life, instead of horsemen; or while custom, superstition, error and bigotry, are the ruling principles among mankind, we shall not expect the flame of life continued to a good old age, but to have it blown out by the breath of ignorance, if nothing worse, as has been the case in all ages of the world, where the poisonous breath of this Bohon Upas overtakes its victims.

☞ All people who have been attended by patent Doctors, are cautioned against putting themselves under regular doctors, as the cases have generally proved fatal to the patient, and the blame palmed upon the patent Doctor; some after being two weeks in the care of the regular doctors.

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#### NUMB PALSY.

In looking over my Narrative and Guide to Health, I find that this disease has been overlooked and not treated upon. I carried the view in my mind, that I had recorded the case of my daughter, which happened about twenty years ago; and the omission was not discovered till it was too late to insert it in its proper place. I shall, therefore, give it a place here.



While I was at Portsmouth, I do not recollect now exactly the year, I received a letter from home, stating that my daughter, then about twenty years of age, was sick, and her life despaired of. I obtained and took with me a bottle of pepper sauce. When I arrived, she appeared to be dying, and had so appeared, as they said, for some days. Her eyes were set, and she breathed like one in the last struggle of life. I was advised to do nothing for her. I thought it would do no harm to try the pepper vinegar. I therefore poured a spoonful of it in her mouth, as it was open. In about two minutes she opened and moved her eyes. I then gave her another spoonful, which was swallowed. In about the space of ten minutes, she spoke, and said she had a shock of the numb palsy. This was the first idea we had of the kind. After awaking like a person from sleep, or nearly dead, she gave a history of its beginning and progress, to the then present time. She said the shock struck one half of the body and limbs, and half of the tongue, insensible of feeling, like that caused by a knock of the elbow. All one side was full of a prickling sensation, attended at first with heavy and severe pain, which relaxed, however, as the side deadened, and entirely ceased with the feelings; and all that side remained dead, as to sensation, till the pepper sauce was given. This brought back the pain and prickling as at the commencement, until all parts had become equalized. I think I carried her through several courses of medicine in usual form, until the system became clear of obstruction, and the digestive powers restored. She soon recovered with no other disadvantage than that of the side which received the shock, continuing weaker and more subject to cold than the other. She has had two or three of those



shocks since. But by having the medicine in the family, and by the assistance of the neighbors who have the right, she has always been soon relieved, so as not to be confined but a few days. I saw her last fall. She has now no trouble from the complaint, except that above mentioned. She has a family of six children, and has done the greatest part towards their support by practising abroad, under my system, and by my finding her with medicine and rights to sell. She has relieved many of the same complaint.

I have given a history of this case, only on account of the name. Had the same case appeared without any name, the treatment under the head of fits, drowned persons, and all suspended animation, would have answered. The third preparation is the first resort, then a full course of medicine, rigorously pursued, in proportion to the deadliness or violence of the disease, until life becomes equalized through the body.—The whole of the direction above given is simply this: A thorough course of medicine, administered with the best articles.

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#### SEAMEN'S DIRECTIONS.

After purchasing the right, and having a sample of medicine, numbered, these directions are the first lessons learned, as it gives a short and concise view of the system and practice. In the first stages of disease, one gill of No. 3, may be used simply with or without sugar. In more violent attacks, use from half to a tea-spoonful of No. 2, let the patient be covered with a blanket, by the fire or in bed; apply a hot stone at the feet; if this does not relieve them, add the emetic, No. 1, and nerve powder, and go through a course of med-



icine. In all cases where the glands are dry, and much fever, the emetic should be used without spirit; the bitters are also better taken in hot water sweetened, than with spirit.

The objection to physic and bleeding is given in these directions hereafter. The complement of medicine heretofore given as a family stock, is more to show the simplicity of the articles, than the requisite quantity required. Give children drink often, sick or well.

THESE directions were designed for the benefit of seamen and others, whose circumstances may be such as to render a complete course of medicine with steam, impracticable; no person, however, will be the loser by a careful examination of the instruction and ideas contained in the few following verses.

We have thought proper to make a few alterations from the original, for the purpose of making the arrangement correspond better with the order in which the different articles of medicine are given, in going through a course, but are confident that none of Dr. Thomson's ideas are lost or injured.

JARVIS PIKE, & Co.

First steep the coffee, number Three,  
With number Two, then use it free;  
To clear the cold, and raise the heat,  
Now place a hot stone at the feet.

The inward warmth now oft repeat,  
And change the stone, when lost its heat;  
The fountain 'bove the stream keep clear,  
And perspiration will appear.



Then take the emetic number One,  
Until its duty is well done;  
The stomach cleansed, and head made free,  
From filth and pain both equally.

Then lie a while in sweet repose;  
Then wash all o'er and change your clothes;  
Again to bed both clean and white,  
And sleep in comfort all the night.

Now take your bitters by the way,  
Two, three, or more times in a day;  
Your appetite, if it be good,  
May be appeased by wholesome food.

Physic I would by no means choose,  
To have you first or last to use;  
For if you take it much in course,  
It will disorder reinforce.

Should the disorder reinforce,  
Then follow up the former course;  
The second time I think will do;  
The third to fail, I seldom knew.

Th' Emetic, number One's designed  
A gen'ral med'cine for mankind,  
Of every country, clime or place,  
Wide as the circle of our race;

In every case, and state, and stage,  
Whatever malady may rage;  
For male or female, young or old,  
Nor can its value half be told.



To use this med'cine do not cease,  
Till you are helped of your disease;  
For Nature's Friend, this sure will be,  
When you are taken sick at sea.

If any one should be much bruise'd,  
Where bleeding frequently is us'd,  
A lively sweat upon that day,  
Will start the blood a better way.

Let names of all disorders be  
Like to the limbs, join'd on a tree;  
Work on the root, and that subdue,  
Then all the limbs will bow to you.

So as the body is the tree,  
The limbs are cholic, pleurisy,  
Worms and gravel, gout and stone,  
Remove the cause, and they are gone.

My system's founded on this truth,  
Man's Air and Water, Fire and Earth,  
And death is cold, and life is heat,  
These tempered well, your health's complete.



TO THE MEMBERS OF THE  
**FRIENDLY BOTANIC SOCIETY.**

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DURING the many years which have elapsed since the foregoing work was first put to press, the indefatigable mind of Dr. Thomson, has been constantly employed in endeavoring to complete the grand object for which his life has been principally spent.

It is now about two years since he informed us, that he *believed* his System and Remedies about as near perfection, as it was possible for human power to bring them—that his improvements in remedies, and the mode and manner of applying them, had been almost entirely stationary during a few of the years last past—and that he believed there were but very few plants and vegetables, the product of the country, from the Mississippi Valley to Quebec, whose medicinal qualities he was not acquainted with; and that it now remained for him to communicate the result of his labors, since his first work was published, to the people. We sincerely hope that his life may be prolonged until this work shall be completed, which appears to be the end of his earthly hopes and wishes.

When this work which we now anticipate, shall be completed, the true friends of Dr. Thomson will have the pleasure of seeing the swarm of petty *pirates*, who are now so industriously endeavoring to rob him of *all*, even the *credit* of his discoveries, sink to rise no more.

Among the many valuable items of information with which Dr. Thomson has furnished us, both verbally and practically, we think that of a *complete* course of medicine, according to his most approved plan of administering it, should be fully



described. This to us appears the more necessary since our late visits to our distant agents, as we then noticed that many were quite deficient in this particular. Having been present where Doctor Thomson administered, and witnessed what we now attempt to describe, and having for some years practised, and observed the superior effects of an *efficient* course of medicine, we think ourselves qualified to communicate some useful instructions, of which many are now, as we once were, ignorant.

If we can do so, and thus be the remote cause of speeding the recovery of but *one* individual, we shall be far from being dissatisfied.

JARVIS PIKE, & Co.

Columbus, Ohio, Sept. 1832.

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#### A COURSE OF MEDICINE.

In case of an attack of fever, if the mouth be dry, give cayenne in warm water sweetened, with nerve powder and a little bitter root, until the mouth and throat become moist, and the patient continues to spit freely. In the mean time have some strong canker tea prepared from the best articles you have, (bayberry alone, is the best in this case,) and give the patient freely of this, together with the cayenne, nerve powder, and a little bitter root, frequently wetting the face, hands and feet with cold water, until the fever turns, or, in other words, until you raise the internal, and let down the external heat (raise the fountain and lower the stream) sufficient to produce a natural action, when perspiration will make its appearance on the forehead and breast, by which time the correct practitioner will have stones and water hot, and other things in readiness for applying the steam.



If the patient should have puked so as to have thrown up the medicine given, the doses should be repeated until the stomach retains a sufficient quantity to enable the patient to bear the steam, when he should be divested of all his clothing except the shirt, and placed over the steam as has been before directed, and the steaming continued as long, and raised as high as it can be borne, always bearing in mind, that the higher the heat can be raised in the system, the more free and thorough will be the operation of the medicine. The patient will now go to bed, with a stone that has been partially cooled in steaming, at the feet, and the emetic immediately given. If the heat has been sufficiently raised, and the stomach now contains plenty of cayenne, the emetic may be given in the canker tea alone; but if from any cause the steaming shall not have been thoroughly performed, or if the cayenne shall have been thrown from the stomach, there should be cayenne added with the emetic. Continue giving the emetic until the stomach is thoroughly cleansed; three doses will generally be sufficient. If the process has been conducted to the best advantage, the patient will, soon after the commencement of the puking, begin to run down, that is, he will grow pale and weak, and continue to sink, as it were, until he has not strength to move, or even to speak; his breathing may vary from short and soft, to long and loud, and from the most free and easy, to the most laborious and jerking; in short, every symptom and appearance, that can well be imagined, calculated to alarm and terrify those who are unacquainted with the true cause and effect; yet the experienced practitioner beholds those scenes with pleasure, because he knows this to be a certain presage of the recovery of the patient, and his heart swells



with gratitude to the persecuted and much injured Dr. Thomson, who alone is entitled to the credit of discovering and furnishing the means of gaining so easy a victory.

Sometimes, instead of the symptoms above described, the patient will appear to be much distressed, will tumble in every direction, and talk in the most incoherent manner, even raving to insanity—these extraordinary symptoms, however, seldom appear, unless in desperate and deadly attacks, or in cases of long standing, where the system has become very much obstructed, and the vital heat and action nearly overcome. The most desperate case of the kind which we ever witnessed, was of about fifty hours' continuance; language is totally inadequate to describe this scene. The patient, a little girl, recovered from that time, and is now in the enjoyment of health.

We have been knowing to some instances where practitioners, who were unacquainted with the full operation of the medicine, have become alarmed, when, as a matter of course, consternation would seize the minds of the relatives and friends of the patient, and a medical doctor would be sent for, and by the time he arrived, the medicine given would have completed its operation, and the patient being about on the turn, would soon revive, and finding himself perfectly relieved, is easily persuaded to believe that the *steam* Doctor had administered the fatal dose, but that the *god of Health*, the *medical* Doctor, had arrived *just in time to save his life*. The practice has suffered much in this way.

We have probably dwelt much longer upon this part of our subject than may be deemed necessary by some, yet the importance which we attach to a knowledge of the wonderful operation and effect



of the emetic herb, must be our apology, if, indeed, any is required. Dr. Thomson, at page 57 of this book, and 265 of the narrative, has said enough to quiet the fears of any one, were it not that the force of early prejudice renders it necessary that we should have "line upon line, and precept upon precept."

We will now turn to our patient, whom we will suppose to have recovered strength sufficient to converse, when a dose of bitters should be administered, and some porridge or other light food given; then if he wish, he should be permitted to sleep until he wakes of himself. The heat, (and consequently strength,) will continue to gain, and by giving a few doses more of the bitters, with cayenne, (not forgetting the food) the perspiration will soon begin to flow, and the patient will soon be impatient to change his wet, and *now* uncomfortable situation, for the steam bath. If the doctor has performed his part thus far, he will now have everything in readiness for the *second steaming*, and will let his patient over the steam as before, and again raise the heat as high as possible, when the shirt should be taken off, the blanket held loose around the patient, and two or three quarts of cold water poured quickly over him, so as to spread as much as possible on every part of the body and limbs, then immediately wipe dry, and as a clean shirt is put on, let the blanket be dropped, and the patient get immediately into bed; or if he prefer it, be dressed, but by no means to sit in, or otherwise be exposed to a current of air.—Care should now be taken to administer the bitters and cayenne freely, the former to correct the bile and strengthen the digestion, in order that food, the natural fuel, may keep up the heat, until a sufficient quantity of food should be taken and di-



gested, to render the cayenne no longer necessary for that purpose. If the disorder returns, repeat the course as above directed.

REMARKS.—The above is for a case of fever, and may answer as a general text for a course of medicine in all cases; yet the ingenious practitioner will, in many instances, at once see the propriety of numerous variations from, and additions to, the *minutia* as here laid down; yet the leading objects to be arrived at, are in all cases the same.

In cases of long standing, particularly in consumption; where the digestive powers have been deranged for a considerable length of time, and the system consequently filled with morbid matter, it is indispensably necessary to have some good porridge broth, or other like food, and commence giving it as soon as the emetic commences operating, in order that the glands may be supplied with nourishment, as fast as the morbid matter with which they are charged, shall be removed by the medicine.

By this means, the strength of the patient may be materially increased with every course of medicine.

Care should be taken in selecting stone, to get those of a coarse, open grain. Limestone, or those containing coal or sulphur, must *never* be used, as they give out no steam, but cause the patient to sicken and faint.

N. B. Give as much cold water as the patient wishes, at all times.



## A CHAPTER OF LIFE AND MOTION.

1. Clearly to understand the laws of life and motion, the radical principles of animalization is of infinite moment. Without some adequate views and conceptions of these, the nature of disease cannot be correctly understood, neither can we have knowledge to prescribe a rational, safe, sure and certain remedy for the removal of disease when found in the human system.

2. Through many long and tedious seasons, these subjects have revolved in my mind, before I could form what I considered a correct opinion. I witnessed many distresses in the family of man, my heart was pierced with the many sorrows, until my mind was established in those simple truths, that have laid the foundation of my practice, that has been so successful in subsequent years.

3. Persecution raged against me—all the presses in the country were closed against me—priests, doctors, lawyers and legislators were combined against me—*ex post facto* laws were put in operation—prosecutions commenced—false witnesses arose—bigotry, prejudice and superstition, like Salem witchcraft, waved their magic wand, but all in vain—truth has prevailed. The darkness of the ancient philosophers is passing away, and those simple truths, which are the genuine *philosophy of life*, and the fruits of the labors of my life, begin to prosper beyond my former expectations.

4. As I have never been a man of extensive reading; and make no pretensions to *school* learning and *book* knowledge, if medical or philosophical writers have taught the same doctrines before me, it is what I am not apprized of. It is for the truth of the doctrine, and not for any claims of



reputation as an original writer, that I would more strenuously contend.

5. When Napoleon stood in arms, and was acknowledged Emperor of France, the nations were frightened—when a prisoner, the kings of the earth trembled for fear of him—they dared not to suffer him to go at large on main land, but assigned him a more safe retreat in the solitude of St. Helena.

6. The writer is aware that the success of his system has carried equal terrors into the ranks of medical opposition. Their malice and persecution that brought him to the dungeon and chains, were the fruits of envy and fear. I have driven the college faculty to fly to *law-legs* to stand upon, because the strong tide of public opinion, confirmed by testimony, set so heavily against them, that they had no other way to rise over the steam doctors and keep them down.

7. The difficulty appears to have been, that the steam faculty were, in many instances, so inclined to receive instruction, that they became natural philosophers in faith and practice. Following nature, they were successful practitioners—they could relieve distress and remove disease, when by the regular doctors, hundreds were hurried to their long home.

8. Among those physicians called regular, I have found many who appeared to be as ignorant of the laws of life and motion, and how the functional powers of life are kept in operation, as though they themselves had never possessed an animal body.

I have now commenced a chapter, *separate discourse* or SERMON, if you like that name better.—It will fall to my lot to show that my text is one that has never been preached from before by any man, also that there never has been a sermon



preached without it, and when the text and sermon are fairly before you, and correctly understood, a philosophical reason can be assigned for the cause of life and motion in all that lives and moves.

10. My text is recorded in the mouth of every thing that breathes. ☞“BREATHING”☞ is my text. If it has been a text for texturians before, it is unknown to me. They may have treated on respiration, but if they have not understood their subject, they might as well have been silent. If any dispute the first proposition, they will sustain the second, and contend with me that a sermon has never been preached without it.

11. *Breathing* is a demonstration of the existence of *animal life*. The principle of life has been taught to be *SUPER-natural*; leave out the *SUPER*, and say the cause of life and motion is *NATURAL*, perfectly and entirely natural, and we will concede to the truth of the assertion.

12. The cause of breathing, or of animal life and motion, where there is no animal life, we shall carefully examine. Steam machinery is propelled by steam, which is a species or kind of breathing: these possess not the capacity for animalization.

13. In animal or human bodies, the constituent or component parts are essentially the same in man or beast. Animal bodies are composed of earth and water; these constitute the substances, dimensions, shape and size of bodies, &c., and give or constitute solidity, in what are denominated *SOLIDS*.—These elements being constituted of various, still more simple elementary principles, which may be subdivided again and again, does not militate more against our position, than the infinite divisibility of numbers by decimal arithmetic, destroys the unity of numbers.



14. FIRE and AIR are properly the fluids that pervade and fill and actuate the living animal; their operation is life—the elementary principles of life which keep the animal machine in motion. Where heat is extinct the animal is dead. HEAT and AIR combined, are so modified in the living moving animal, as to constitute the living state, and justify the assertion that cold and inaction is a state of death, or rather death itself; and a specific degree of heat and motion so combined and modified, is the essential principle of life in the living animal, yea, rather life itself.

15. Waiving all the minutia of chemical divisions, and subdivisions, in simplyfying elementary combinations that constitute BODIES *dead* or *living*, the four great original elements of AIR, EARTH, FIRE and WATER, contain and comprise all the more simple elements of which they may be respectively composed.

16. A specific association, due proportion, mixture or combination of these four great elements, in an organic animal body, constitutes the living state, and prolongs life; an improper disproportion, combination and modification destroys life.

17. To illustrate the nature and cause of respiration, or breathing of the living animal, we will refer to the operation of fire and water. Put a skillet of cold water over the fire; in a few minutes examine it by immersing your hand therein, you will perceive the first warmth of the water is on the top or upper surface; the coldest water is at the bottom of the skillet, nearest to the fire; the reason is, as soon as it becomes warm, it becomes rarified and lighter, and rises; just in proportion as it grows warm it becomes active, until it is all in a fluttering, fluctuating state of ebullition, and wastes by steam, sweat, or breath, per-



spiring or respiring, until it will all evaporate:—this shows that heat rarifies and lightens water.

18. The subject may be further illustrated by reference to the effect of heat on the atmospheric air. You build your house in the open atmosphere—the house is filled with air within—the air within is a counterbalance, or resistance to the weight or power of the surrounding air without; the balance within and without is equal in coldness and inaction, resembling a state of death. To produce action, motion or breath, build a fire in the house, the doors and windows being closed in the usual manner, in a few minutes every door and window begins to hum and sound the march of air. The air within becomes rarified and lighter than the air without, the air without presses in at every crevice to restore or form an equilibrium with the air within; the hotter and stronger the fire, the stronger will be the current of breath, or force of BREATHING AIR—as the heat diminishes, the noise and breathing current of air will decline in force of operation, and the noise and motion will cease when the heat becomes extinct, and the equilibrium is restored.

19. The effects of heat rarifying and lightening the water and air, and occasioning a breathing motion, resemble and illustrate in some good degree, the breathing, sweating and functional motions of the animal machine. The constituent or component part of men's bodies, give organic shape and size, and form and functional structure or organization to the machine. The peculiar mixture, composition, proportion, and modification of these elements, constitute its aptitude or adaptation to the animalizing influence of fire, lightening air, and exciting breathing motion, and all the concatenations of motion connected with this original



or primary action, all evincing that heat is an essential principle of life, and cold, or an extinction of heat, is death.

20. A still born child was resuscitated by placing the placentia or after birth, on live embers, still connected with the child by the umbilical cord or naval string, and as the after-birth began to heat, and had gained warmth sufficient to begin to fill and dilate the naval cord with warmth and moisture, it was stripped towards the body of the child, and through this medium a sufficient degree of warmth was conveyed to the body, the lungs expanded, and life was restored. This may serve in some measure to illustrate and confirm our ideas of life and motion.

21. "In every thing that breathes, the breathing is from the same general cause. The principle of life and motion is radically the same in all animated bodies." As I have said in my supplement to the ninth edition of my New Guide, so I here repeat the fact: "Without heat there is no breathing; but when heat is continually generated or evolved in a confined room, excepting at one avenue, as in the lungs, there must be breathing, or what is the same, an inhaling of cold air, and an exhaling of a gaseous vapor from them."

22. Every animated body has its proportion of caloric or heating principle, suited to its size, adapted to its nature, proportioned to that degree of living power requisite to keep up the operation of all the animal functions, essential to the perpetuating of the peculiar specific form and mode of being in such animal.

23. The heat of animal fire, or that degree and condition of it that constitutes the living state of animalized existence, is maintained and continued by a suitable supply of appropriate fuel, or mate-



rials that are naturally adapted to that end or use: *these are, food and medicines.* These harmonize with each other in their salutary effect, or natural influence on animal bodies.

24. Food and medicine originate from the same munificent hand, grow in the same field, and are adapted to the same end or design, viz: to supply fuel to the fire of life, to sustain and nourish the animal machine, by warming, dilating, filling the vascular system, maintaining the action, and supplying the wasting powers of the living state.— Medicine removes disease, not only by removing obstructions, but by restoring and repairing the waste and decay of nature.

25. On these supplies our life depends, viz: the continuance of that state of warmth and action which constitutes the living state. When food is masticated and taken into the stomach, the process of digestion commences. By the warmth and action of the organs of digestion, and the gastric juices, the food is decomposed or consumed like fuel consuming in a fire. The breath and perspirable vapor, are the smoke arising from this fire. The fœcal matter of dejections are as the ashes or earthly substance remaining after the consumption of fuel.

26. To understand the cause and nature of life and death, or of warmth and motion, of cold and inaction, it is necessary to advert to general principles, and the analogies of nature. There is one general cause of the natural sensations of hunger, and one general method to relieve that want, or satisfy and relieve that sensation. Suitable food relieves hunger when taken into the stomach.

27. In perfect accordance with this, there is but one immediate cause of disease—however varied the remote cause may be, the immediate cause of



the sensation of disease, is uniformly and invariably the same, differing only in degree, and incidental diversity of symptoms, occasioned by local injuries, organic lesion, or functional derangement dependent on these, or whatever might predispose to a diseased state.

28. As there is one general cause of the sensation of hunger, to be relieved by one general method, viz: by food, and this food may consist of sundry articles adapted to the same general end, so there is one general, or immediate cause of the sensation of disease, to be relieved or removed upon one general principle, though a variety of articles may be used. But as a few simple articles of diet are better suited to maintain a healthy state of body, than an epicurean variety, so disease is more readily and certainly removed by a few simple remedies, that are best adapted to the human constitution.

29. That medicine that will most readily and safely open obstructions, promote perspiration, and restore a salutary operation of the digestive powers, by exciting and maintaining a due degree of heat and action through the system, is best suited to every state or form of disease, and must be universally applicable to a diseased state of the human system.

30. Thus I have given a summary view of the outlines of my conceptions of the construction and elementary composition and constitution of the human body, in a living state, whether healthy or diseased. The power or faculty of breathing is a capacity or condition to be acted on with effect, rather than any inherent power or faculty of acting. *HEAT rarifying and lightening air*, excites respiration—rarifying and lightening water excites perspiration. Rarifying and lightening air and



water, the vapor of breathing and sweat are produced and thrown off.

31. By heating water in the stomach, we lighten the air in, and expand the lungs—the weight of the cool, condensed and weightier external air, presses out the light and rarified air; these circumstances of the living state of the animal body, occasion the alternate contractions and dilations of the lungs, that constitute the action of breathing, indispensable to the living state.

32. By heating water in the stomach, and air in the lungs, we put the steam engine into operation. The operation of the animal machine strongly resembles the mechanical operations of the steam engine. Some of the fundamental principles of action are the same. In inspiration, cool fresh air is inhaled; in respiration, the rarified lightened air and vapor are exhaled or thrown off, out of or from the *steam pipe*. This action, by which steam is expended, the whole machinery of the living animal is kept in operation—the great fountain pump of the heart is kept in play, and pumps the blood through the lungs and arteries to the extremities, deep in the flesh and near the bones, which is returned in the veins. The warmth and action commencing at the fountain, are propagated through the system to the remotest extremities.

33. So long as the fire keeps up that state, and degree of warmth essential to the living state of the animal body, or, to speak figuratively, so long as the fire is kept good in the boiler, to keep the engine at work, so long the pump will go.

34. Our regular meal supply regular fuel to keep up animal heat, as the regular teasing and tending a fire with wood will keep it burning. Drink supplies the boiler with water, which creates the



steam; condensed water is discharged through its natural channel.

35. On these principles of the philosophy of life we may expect a regular well formed machine to continue its operation, until worn out, or broken by the indiscretion and bad management of the engineers.

36. If the machine be entrusted to the management of an ignorant, incompetent engineer, who has no correct conceptions of the principles of life and motion, and is negligent in the discharge of his duty, your *steam boat*, if I may so speak, will begin to fail in its speed, for lack of fuel to keep up the fire and water to supply the steam; or the engineer may conclude *the cholera* affects the machine, and will cast ice into the boiler to cool it down, or tap the boiler as a preventive or remedy, and draw off the hot water—his boat begins to sink rapidly down stream. This is often done by the lancet.

37. If you would keep your steam boat's *steam breath* motions going on, keep up a supply of water in the boiler, and a supply of fuel to keep it sufficiently warm; raise the steam, and the actions of life will proceed regularly.

38. Concerning the doctrine of *vital principle* diffused through the whole organic structure of the animal machine, inducing an elementary mode of union, or specific union of the component elements, differing in nature from all chemical union and affinities, and from all the laws of physical union with which we are acquainted, we would just observe that this subject has employed the minds and pens of many talented writers, who have cast but little valuable light on the intricate theme.

39. When we are asked what constitutes a liv-



ing fibre, we might as well ask what constitutes any other property of living matter. What constitutes that in which the life of a leaf or stem of a living tree consists? "What can we reason, but from what we know?" Every living thing has something peculiar to the nature or life with which it is endowed in the living state, whether vegetable or animal—but a living animal has heat and motion; without this animal heat and motion, the animal becomes dead—without a due proportion of heat inward and outward, or outward and inward, there is no animal motion, no animal life.

40. We know not of any vital principle, except a capacity to be brought into that peculiar mode, state and degree of warmth and action, constituting animalization, or the sensitive living state of animal bodies.

41. Warmth and action do not constitute animal life, in unorganized matter—they do not constitute animal life without an organized animal structure, to which heat gives the impulse applied to and connected with the animal structure, caloric or the principle of heat rarifying and lightening air, excites action, which circumstance of being, constitutes animalization, or the living state.

42. Warmth and action, do not constitute animal life, only as applied to, connected with, and exercised in an organized animal body, possessing a capacity inherent in its nature to be put in operation, in which state or condition of being, sensation, perception, and consciousness of identity, or individual existence, are gradually developed: but these circumstances of life are not life itself—there may be animal life, viz: breath and motion, in an animal body where these functional powers are totally deranged or utterly extinct.

43. Fire and steam are necessary to propel a



steam boat, but notwithstanding the capacity or adaptation of the mechanical structure to be propelled, the boat will not go until the fire is kindled and the steam raised to put it in motion.

44. The animal body is the machine so constructed, so modified, endowed with such a capacity for life, call it vital principle, or what you please, that heat rarifying and lightening air, stimulating and expanding the lungs, puts the machinery in motion, and pumps the tide of life through all its crimson channels. This combination of circumstances constitutes the living state of the living animal; for where these circumstances do not exist, there is no animal life—the animal form is dead.

45. Suppose a man in all the vigor of life, falls into the water and sinks, in a few minutes he is taken out apparently dead, the warmth and motions of life, if not extinct, are at a low ebb—as soon as you can kindle up the decayed spark, and restore inward heat by medicine, friction, or any appropriate means, if the capacity for the action of life is not utterly extinct, an energy is given to the system, the air in his lungs becoming warm, rarifies and expands, and heaves them into action—the machinery begins to move—the wheels of life no longer wallow in back water—the proper state and proportion of heat inward and outward, is recovered—nature rises to its wonted strength and vigor.

46. All that is requisite in such a case is, to supply fuel to raise the latent spark of the fire of life. The same holds good in a collapsed state of disease, whether it appears in a cholera form, or whatever shape it may wear. The vascular system loses its wonted tone, the whole system is sinking—the power of life is unable to distend and




expand the lungs, the heart and arteries no longer propel their contents by maintaining the requisite action. The spark of life is becoming extinct; the water that should breathe, exhale and perspire away, becomes congestively condensed, and extinguishes the spark of living fire. The coolness and weight of the internal air, is too much for the small degree of heat remaining in the lungs, heart, &c.; the power of life, or rather the power or capacity to live, to keep the powers of animal life in their warm and moving, or living state, become measurably extinct. For lack of heat, the air in the lungs is not rarified and lightened, so as to give the necessary action, &c.

47. In this case, shield the sufferers from surrounding cold air, by wrapping in a blanket, placing warm in bed, and gradually raising a steam around him; administer, gradually, frequently, and perseveringly, the warming medicines, and giving injections, which all acquainted with my system will readily understand—proceed until you can gain a sufficient degree of inward heat to expand freely, to rouse the sinking, fainting, I might say, drowning patient, to a proper degree of warmth and action; when they have pursued a proper course, they will sweat freely; and when they crave food, give them enough to keep up the steam; the pump of life will begin to work freely, and the patient to rejoice in the warmth and action arising from the resuscitated powers of departing life.

48. Much has been said about drawing in the breath; but the fact is, you cannot keep the breathing air out, so long as there is a due degree, or natural proportion of heat in the lungs; neither can you prevent the motion of the pump-like action of your



heart in its systole and dyastole. But when the heat decays, or state of living warmth declines, the lungs begin to labor like a wheel wading slowly in back water. The pump has not power to roll the blood along the arterial canals—the pulse falters—the extremities grow cold—the blood that maintained the warmth, by its active circulation, recedes from the extremities—there is not heat enough at the fountain or boiler to keep up the steam, and continue the living action—blood settles in the veins, not being supplied and propelled by the pulsation in the arteries—the fire becomes extinct—the pump no longer plays at the fountain; the man dies \*\*\*\* for want of  breath, for want of capacity to breathe, or because the inward heat is reduced below the living point. The proper and natural proportion and modification of the inward and outward heat, as they exist in the living animal, becomes deranged, destroyed, and life is extinct.—The disease is as contagious as though the man had been \*\*\*\*\* hanged or drowned !!!

49. The regular faculty are requested to enquire whether the depleting, antiphlogistic practice, that has been popular, and notoriously mortal in its results, has not been the cause of producing much disease, and many of the most fatal results that have attended on what has been called scarlet fever, yellow fever, cold plague, and *now* cholera.

50. I am aware of being accused of scepticism, by some capricious critics; though I do not interfere with the polemic debates of those theological disputants, who too often confuse the minds and disturb the peace of society. If it may serve to pacify the ingenuous feelings of any honest inquirer after truth, I would just observe that “*the breath of life*” is inhaled or breathed into man; and, by



heat rarifying air, breathing commences, and man thus becomes, and is thus sustained, a living animal. How far my ideas contravene the declaration of Moses on this subject, let those who are wiser than myself determine.

51. In conclusion, I would remark, that the cause of vegetable and animal life are the same, viz: one common principle produces similar effects; nutritive life in animals and vegetables, bear a striking resemblance to each other—vegetables, like animals, are constituted or formed of the four great cardinal elements—all vegetable life is under the control, influence and operation of similar principles as that of an animal. Without *earth, water, fire, and air*, nothing like vegetation could exist. The winter season is a state of *death* to vegetation; just in proportion to the loss of heat, is the degree of the suspension of life, we mean a loss of heat, in that peculiar modification or elementary combination thereof, that constitutes the living state of a vegetable; this is a degree of death, or a degree of the suspension of vegetable life. In many instances the suspension is total.

52. In cold countries, after the winter has past away, and the spring returns, suspended vegetation, and suspended animation, are again restored; the torpid reptile again inhales the breath of life. Heat in this case is not only an agent of restoration to life and vigor, but is so adapted to the condition of the being on which its influence is exerted, as to constitute a living principle. So, on the other hand, cold is not only an approximation to death, but that degree of cold which is inconsistent with, and contrary to the living state, is death itself.

53. Heat does not act alone and independent of



its fraternal elements, but in harmony and accordance with the whole family. But, without their elder brother, there is no life in the material universe. The elements would rest in everlasting silence and inactivity, if destitute of this generative principle of life and motion.

54. Abstract the element of fire from all the other elements; stillness and silence would be universal—the life of all that breathes and moves would be swallowed up in the stillness of eternal death. Earth and sea would be and remain a solid unmoving and immovable mass—the fluid air would be consolidated to the flinty hardness of the diamond on its native rock—creation would be a blank—and \*\*\*\*\* here I pause.

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#### CLARIFIED CHOLERA SYRUP.

Take copavia root, called also colic root, or star grass root, 1 lb.; bayberry bark, umbil root, and Ohio Kercuma, of each 1 lb., coarsely pulverized, pour on one gallon of boiling water, steep for several hours on hot embers; pour it off; add half a gallon more of boiling water, and steep as before; then strain through a thick cloth, or first let it settle and pour it off; add one gallon of sugar-house molasses. To the whole, add one gallon of West India rum, in which two ounces of African cayenne and one ounce of cloves, have been tinctured for ten days. Then add one gallon of No. 6. When cool, beat up the whites of two or three eggs, and mix well with half a pint of the syrup; then mix the whole together; put it over a fire;



as it comes to a scald, carefully skim off the filth that rises on the top, and bottle the remainder for use.

This makes a very pure and valuable cholera syrup, and the spirit being heated over the fire, becomes somewhat reduced, and it is an excellent preparation for the common complaint of the bowels of children, called cholera infantum.

Adults may take a table-spoonful at a time, and repeat at discretion, as in the use of the common cholera syrup. It admirably relieves colic pains. Children may take one, two, or three tea-spoonsful; according to their age, and the violence of the disease.

#### BAYBERRY AND NO. 6.

An infusion of the powder of the bark of the root of bayberry, made strong in boiling water, and to every table-spoonful of the strained liquor, add one or two tea-spoonsful of No. 6, and sweeten the whole well with loaf sugar, is an excellent remedy for the bowel complaint in children. It makes a valuable restorative after a course of medicine.

#### EYE WATER.

Take green ozier, the bark, scraped fine, one handful, and half a pint of soft water, about milk warm; let them stand and steep about the same warmth, for two hours or more, add a piece of pure pearlash, as large as a large sugar pea, a table-spoonful of refined sugar, and a stem glass of French brandy; filter through paper, and bottle for use.

This preparation, or even a simple infusion of



the green bark in water, has been found useful in inflammation of the eyes, and for sore eyes of almost every description.

**N. B.** The green ozier, sometimes called pigeon berry, is a shrub that grows from six to eight feet in height, by hedges, and by water courses. It has oval shaped leaves, white blossoms, succeeded by small blue berries. The bark is of a dark green color, interspersed with white specks. It is the kinnekinic of the Indians. The dried bark smoked, has the character of being useful for the relief of spasmodic asthma. The aborigines smoke it as a substitute for tobacco. The dried bark pulverized and made into a tea, has acquired some reputation in bowel complaints of children. A tea of the green bark, drank warm, proves an emetic. Perhaps like the thoroughwort tea, if drank cold, it might not offend the stomach. Of this, however, we know nothing by experience. For sore and inflamed eyes, the infusion, or the eye water, as prescribed above, may be applied by the finger, or by a soft linen rag. It should be frequently repeated, according to the emergency of the case.

#### TOOTH POWDER.

Take two parts of finely pulverized bayberry, and one of kercuma or golden seal, and with the finger rub the teeth well, let the powder that gets in between the teeth remain until morning; if done at night, brush the teeth with a soft brush, and clean water in the morning. This will preserve the gums and teeth, and cure the scurvy, and most diseases the teeth are subject to.

#### FOR THIRTY GALLONS OF WINE BITTERS.

8 ozs. bayberry, 8 ozs. nerve powder, 12 ozs. gold-



en seal, 12 ozs. bitter root, 8 ozs. composition, 8 ozs. prickley ash berries; pour on one gallon of boiling water on these articles, let it boil ten minutes close covered, then set it by to cool; when cool, put it into the wine, stir it well for two or three minutes at a time about every half hour for two hours; add enough oil or essence of winter green to give it a pleasant flavor.



in 1776, the year of the American Revolution, the British government was at the height of its power. The British fleet, under the command of Admiral Rodney, had defeated the Spanish fleet at the Battle of the Clouds in 1781. This victory gave the British control of the Caribbean Sea and the Gulf of Mexico. The British government was also at the height of its power in Europe. The British army, under the command of Lord Cornwallis, had defeated the French army at the Battle of the Clouds in 1781. This victory gave the British control of the Atlantic coast of North America.

The British government was also at the height of its power in Asia. The British East India Company, under the command of Lord Cornwallis, had defeated the French East India Company at the Battle of the Clouds in 1781. This victory gave the British control of the Indian subcontinent. The British government was also at the height of its power in Africa. The British East India Company, under the command of Lord Cornwallis, had defeated the French East India Company at the Battle of the Clouds in 1781. This victory gave the British control of the Indian subcontinent.

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## MATERIA MEDICA

*Of Dr. Samuel Thomson's Guide and Narrative, being a correct Catalogue of all the Plants recommended by him, in his Practice of Medicine, as possessing, most efficiently, his three grand principles.*—Compiled by Dr. A. C. LOGAN.

1. *Lobelia Inflata, vel Thomsonia*. Emetic Plant, Puke or Asthma Weed, Indian or Wild Tobacco, Eye-bright.
2. *Capsicum Annuum*. Cayenne Pepper.
3. *Myrica Cerifera*. Bayberry, Myrtle, Candle or Wax Berry.
4. *Nymphaea Odorata*. Sweet Water Lilly, White Pond, or Toad, or Cow Lilly—Cow or Water Cabbage.
5. *Abies, vel Pinus Canadensis*. Hemlock Spruce.
6. *Statice Caroliniana*. Marsh Rosemary, American or Sea-side Thrift, Sea Lavender, Ink Root.
7. *Rhus Glabrum*. Smooth Sumach.
8. *Hamamelis Virginica*. Winter Witch-Hazle, Snapping Hazle, Winter Bloom.
9. *Rubus Strigosus*. Wild Red Raspberry.
10. *Populus Tripida, vel Tremuloides*. Aspen or Poplar.
11. *Erigeron Purpureum*. Cocash or Squaw Weed, Skevish or Scabish.
12. *Chelone Glabra*. Balmony, Snake or Turtle Head, or Bloom Shell Flower.
13. *Berberis Vulgaris*. Barberry.
14. *Amygdalus Persica*. Peach Tree, kernels used.
15. *Apocynum Androsemissifolium*. Bitter Root, Wandering Milk Weed, Honey Bloom, Catch-Fly or Trap, Ipecac.



16. *Frasera Verticillata*. Ohio Kercuma, Golden Seal, Meadow Pride, Columbo Root, Pyramid, Indian Lettuce, Yellow Gentian.
17. *Hydrastis Canadensis*. Yellow Root, Ground Raspberry, Eye Balm, Puccoon, Orange or Turmeric Root.
18. *Prunus Virginiana*. Wild Cherry Tree, kernels used.
19. *Cypripedium Pubescens, vel Parviflorum, vel Luteum et Humile, vel Acaule*. Umbil or Nervine, Noah's Ark, Moccasin Flower, Lady Slipper, Bleeding Heart, or American Valerian, and Indian Shoe.
20. *Amyris Kataf, vel Myrrha*. Myrrh.
21. *Zingiber Amonum*. Ginger.
22. *Piper Nigrum*. Black Pepper.
23. *Laurus Camphora*. Gum Camphor.
24. *Oleum Terebinthinæ*. Spirits of Turpentine.
25. *Mentha Peperita*. Peppermint.
26. *Mentha Veridis*. Spear or Water Mint.
27. *Saturciæ Hortensis, vel Satureja Hortensis*. Summer Savory.
28. *Hedeoma Pulegioides*. Pennyroyal, Squaw Mint, Stinking Balm, Tickweed.
29. *Marrubium Vulgare*. Hoarhound.
30. *Inula Helenium*. Elecampane.
31. *Anthemis Cotula*. Mayweed, Wild Chamomile, Dillweed or Dilly, Dog's Fennel.
32. *Artimisea Absymthium*. Wormwood.
33. *Tanacetum Vulgare*. Tanzey.
34. *Anthemis Nobilis*. Chamomile.
35. *Verbascum Thapsus*. Mullen.
36. *Arctium Lappa*. Burdock.
37. *Matricaria Vulgaris, vel Chrysanthemum Parthenicum*. Feverfew or Featherfew.
38. *Betula Lenta*. Black Birch.
39. *Celastrus Scandens*. Bittersweet, Fevertwig, or Staff Vine.



40. *Ictodes Fætida, vel Spathyema Fætida.* Skunk Cabbage or Weed, Collard, Itchweed, Skoka.
41. *Arum Triphyllum.* Indian Turnip, Wake Robin, Dragon Root or Turnip, Pepper Turnip.
42. *Eupatorium Perfoliatum.* Boneset, Thoroughwort or Stem, Indian Sage, Sweating Plant, Ague Weed or Crosswort, Feverwort, Vegetable Antimony, Jocpye.
43. *Geum Virginianum.* Evan Root or White Avens, Chocolate or Throat Root, Bennet, or Cure-All.
44. *Galium Verum et Aparine.* Cleavers or Clivers, Goose Grass, Yellow Bedstraw, Cleave-wort, Savoyan, Milk Sweet, Poor Robin, Clabber Grass, Gravel Grass, &c.
45. *Abies, vel Pinus Balsamea.* Balsam Fir.
46. *Ulmus Fulva.* Red Slippery or Sweet Elm.
47. *Aristolochia Serpentaria.* Virginia Snake Root, Birthwort, Snagrel.
48. *Sinapis Alba, et Nigra.* Mustard.
49. *Cochlearia Armoracia.* Horse Raddish.
50. *Juglans Cinerea.* Butternut.
51. *Verbena Hastata.* Blue Vervain or Purvain.
52. *Verbena Urticifolia.* White or Nettle-leaved Vervain.
53. *Solidago Odora.* Sweet Golden Rod.
54. *Pyrola Umbellata.* Pipsissawa or Greenleaf, Ground Holly, King's Cure, Rheumatism Weed.
55. *Pyrola Maculata.* Pipsissawa or White Leaf, &c. &c.
56. *Cnicus Officinalis.* Bitter Thistle, cultivated in gardens, for medical use.
57. *Rumex Crispus.* Yellow Dock.
58. *Carduus Benedictus, vel Centaurea Benedicta.* Blessed or Lovely Thistle.



59. *Zanthoxylon Fraxineum*. Prickly Ash, Toothache Bush, Yellow Wood, or Suterberry, or Pellitory.
60. *Pyrola Rotundifolia*. Wild Lettuce Round Leaf Consumption Weed.
61. *Aletris Farinosa*. True Unicorn Root, Star Grass, Blazing Star, Aloe Root, Bitter Grass, Star Root, Devil's Bit.
62. *Helonias Dioica*. False Unicorn Root, Colic Root, Devil's Bit, Drooping Starwort.
63. *Coptis Trifolia*. Gold Thread, Yellow Root, Mouth Root.
64. *Lycopus Virginicus*.—*Var: Ruber*. American Archangel, Bugle Weed, Water Hoarhound, Paul's Betony, Gipsy Weed, or Red Archangel.
65. *Lycopus Vulgaris, vel Europeus*. Green Archangel, Bugle Weed, &c.
66. *Populus Balsamifera*. Balsam Poplar—Indian name, Tackamahaka.
67. *Populus Candicans*. Balm of Gilead Poplar.
68. *Panax Quinquefolia*. Ginseng.
69. *Myrica Gale*. Meadow Fern, Sweet Gale, Bog or Dutch Myrtle.
70. *Trifolium Pratense*. Red Clover.



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