

Golden recipes for the use of all ages, the sale of this useful book known over the kingdom as golden recipe, has reached over three hundred thousand. A book that gives universal satisfaction for its invaluable information in a concise form, which saves endless expenses in every home / [By] F. Fray, copyright owner.

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GOLDEN RECIPES

FOR THE

USE OF ALL AGES,

THE SALE OF THIS
USEFUL BOOK,
KNOWN OVER THE KINGDOM AS
GOLDEN RECIPES,
HAS REACHED OVER
THREE HUNDRED THOUSAND.

A book that gives universal satisfaction for
its invaluable information in a concise form,
which saves endless expense in every home.

F. FRAY,

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E. SEALE, 10, IMPERIAL ARCADE, LUDGATE CIRCUS, E.C.

TO EACH POSSESSOR OF THIS BOOK, READ
THIS:

How blest is he, above all doubt,
That never puts himself about;
Thrice blest is she, above all doubt,
That never puts herself about.

 For how often disorder, disease, and premature
death is the consequence.

TRY THIS:

The simplest remedy for a Disordered Stomach
is Salt and Water.

Also, Bread and Honey taken for supper will
induce sleep, and no better supper need be had.

Disease is an enemy to Mankind, and often
happens through neglect; yet *warned*, kill it by
some simple remedy as soon as discovered.

EDWIN FRAY.

PREFACE.



THIS BOOK IS CONCERNING WHAT PROVIDENCE HAS PLACED WITHIN THE REACH OF EVERY ONE.

— AND —

THE READER WILL FIND NOTHING IN IT BUT WHATEVER HOUSEHOLDER WOULD WISH TO BE ACQUAINTED WITH, BOTH FOR HIS SAKE, AND THE SAKE OF OTHERS.

IN IT WILL BE FOUND A PLAIN AND CONCISE ANSWER GIVEN TO EVERY SEEKER AFTER HEALTH, AND ARRANGED ALPHABETICALLY, SO THAT THE NEEDFUL RECIPE WILL BE FOUND TO ANSWER ALMOST ANY COMPLAINT AT A GLANCE.


THIS VALUABLE BOOK IS NOW SPREAD OVER THE KINGDOM, AND IS OFTEN REMARKED, WELL WORTH ITS WEIGHT IN GOLD.

NEVER CAN IT BE SUFFICIENTLY KNOWN THAT THE SIMPLEST REMEDIES MAKE THE MOST WONDERFUL CURES, AND ANY ONE, NOT A SCHOLAR, MAY LEARN THINGS OF LASTING VALUE NOT GENERALLY KNOWN FROM THIS BOOK, AND EVEN A SCHOLAR MAY LEARN FROM IT.

THE ANCIENTS REACHED GREAT AGES, AND EVEN MANY IN OUR DAY, ATTAIN THE SAME, BUT NEVER ENTERTAIN DRUGS, WELL KNOWING THAT NATURE WILL NOT BE TAMPERED WITH BY PHYSIC, FINDING SOME SIMPLE REMEDY WHEN REQUIRED ANSWERS THE BEST.

THIS BOOK CAN BE USED IN THE CHAMBER, BEFORE
APPROACHING DEATH.

AND SO TRULY REMARKED BY THAT VENERABLE FRIEND TO
HUMANITY, JOHN WESLEY: "EVEN THE ANIMALS AND
BIRDS CAN TEACH MAN BY SOME SIMPLE REMEDY IN THEIR WILD
STATE TO CURE THEMSELVES, AND FOR THE SAKE OF THOSE
DESIROUS TO PRESERVE THEIR HEALTH, OR RECOVER FROM
SICKNESS, NOTHING WAS, OR EVER WILL BE FOUND BETTER THAN
SOME SIMPLE REMEDY."

 Sale of this Book reaches over ONE
HUNDRED THOUSAND COPIES.
What better Testimonials required?

COMPILED by the late EDWIN FRAY. COPYRIGHT
OWNER, F. FRAY, of 56, Bright Street, Hull, Yorkshire.
Price Sixpence, by Post Seven Stamps; by the half-dozen,
2s. 6d.; by the dozen, 3s. 6d., post free.

THIS IS THE RIGHT SORT OF
USEFUL BOOK SUITED FOR
EVERY HOME, AND EVERYONE.

A

A FRIEND TO EVERYONE.—LIME WATER.—So invaluable for all ages, is simply made from two ounces of builders' common unslacked lime to each quart of boiling water. On this, after standing all night, a scum will appear, which throw off, and decant the clear water for use. One table-spoonful to be taken in half a teacup of milk in a morning—ill or well—according to desire, which adds to health—and the best of health—even from an infant to an adult, or extreme age. Try it.

APPLES.—The free use of apples is a great assistant to brain work ; children cannot use them too freely.

ABSCCESS.—A flour and treacle poultice is a quick cure for either an abscess or a boil.

AGE.—Old age in women sets in at 53, in men about the 60th year. At these particular ages of life, when symptoms of any kind appear, they cannot be too quickly attended to.

ASTHMA.—For difficulty in breathing, or asthma, live chiefly on boiled carrots or leeks for a month ; or, drink a pint of new milk morning and evening. This has cured an inveterate asthma.

APPETITE.—Half-an-ounce of Peruvian bark to half-a-pint of boiling water, and, when cold, mixed with half-a-pint of port wine, is good to restore the appetite. Take a wine-glass full in the forenoon.

AGRIMONY.—Agrimony, used freely in the manner of tea, will cure an ulcerated mouth, creates a new liver, and is good for kidney complaints.

A MIXTURE of any kind of meats at meals is very injurious to health.

A WATER-CRESS poultice will soon heal any kind of sore.

B

BRONCHITIS.—Bronchitis is greatly relieved by drinking very hot water sweetened with brown sugar candy, and not to sleep in the same underclothing worn during the day; or, a piece of wash-leather is good to wear constantly on the chest for bronchitis.

BRONCHITIS (CHRONIC).—Chronic Bronchitis is greatly relieved by mixing one drachm of chlorodyne and one of steel. Take ten drops in a wine-glass of water twice a day.

BILIOUS COLIC.—Drink warm lemonade; this has cured when judged to be at the point of death. Try it.

BICYCLE RIDING is apt to breed Fistulas—a dear and most painful acquaintance.

BRUSHES, TOWELS AND RAZORS.—Should the blood be poisoned through the use of these, immediately on discovery apply Sulphate of Zinc Ointment.

BREAD AND HONEY taken for supper will induce sleep, and no better supper need be had.

BURDOCK.—The value of this plant cannot be too much known for its direct action on the blood, whether for scurvy, skin eruptions, leprosy, scrofula, venereal, ulcers, kidney disease, convulsions, fits, &c. It is invaluable. Two ounces to be used to three pints of water. This simmer down to two pints; take a gill three times a day.

BLOOD ROOT.—A most useful plant, used as a wash for old ulcers, proud flesh, and polypus.

BAD LEGS, of long standing, may be washed in lime water and milk daily, and to drink lime water and milk same time, good results may be expected.

BURNS.—Flour and cold water will cure a burn instantaneously, whether large or small. Renew the same again and again.

BARLEY (PEARL) is much healthier than oatmeal, and a more nourishing food.

BUNIONS (TO CURE).—Paint them night and morning with tincture of iodine.

BREATH, OFFENSIVE.—Half a tea-spoonful of powdered charcoal in a wine-glass of water three times a day, and a free use of fruit, is invaluable; avoid cheese, pastry, strong tea, beer or spirits.

BOILS.—One or two table-spoonfuls of brewers' yeast taken daily is an old-fashioned, but useful remedy.

BAD BREATH.—Bad breath is cured either by mint tea or the free use of strawberries.

BLOOD PURIFIER.—A RECIPE INVALUABLE.—The simplest and best blood purifier known is a sliced lemon, two table-spoonfuls of black currant preserves, and ten red sage leaves, to a quart of boiling water, sweetened to taste, which makes a most agreeable drink.

BLOOD SPITTING.—Spitting of blood is immediately stopped by drinking sage tea sweetened with honey.

BLOOD—TO RENEW.—The quickest renewer of the blood is to boil water cress ten minutes, and drink the water in milk. Try it.

BLOOD POISON.—Blood poison seldom or never leaves the system entirely.

BOWELS PAINFUL.—Drinking hot port wine relieves pain in the bowels.

BUTCHERS' MEAT.—In one pound of butchers' meat there is ten ounces of water.

BUTCHERS' MEAT (UNDER-COOKED). Under-cooked butchers' meat putrifies in the bowels, corrupts the blood, and shortens life; under-cooked pork is a breeder of tape-worms.

BURNS.—Cold water and oatmeal used as a poultice cures a scald or burn immediately.

BAD LEGS.—A bad leg should be frequently washed in warm milk, and afterwards dusted with camphor dust, and a cure is the result; or, four ounces of mutton fat, taken from next the kidneys, melted and strained, and when cool mixed with one pennyworth of red precipitate, is one of the best remedies to use as an ointment for bad legs.

BILIOUS COMPLAINT.—Hot water drunk before breakfast is a good remedy for bilious complaint; or, bilious attacks are prevented by taking one tea-spoonful of black currant preserves before breakfast.

BREATHING (DIFFICULT).—These troubled with difficulty in breathing will find that a tea-spoonful of cod-liver oil taken night and morning will give them great relief. It is not generally known that the most perfect and delicate lace, or the fineness of the spider's web, cannot be compared to the network of the human lungs and the nerves that compose them.

BACK ACHE.—The plant, Golden Rod, used in the manner of tea, is a simple remedy for back pains.

BRUISE.—To prevent a bruise turning black, apply a treacle and brown paper plaister.

BLEEDING OF THE NOSE.—Nettle Juice, stepped on a little lint and put up the nostrils, will stay bleeding of the nose when all other remedies fail; and 15 seeds, bruised into powder and taken daily, will cure the swelling of the neck known as goitre.

BOILS AND BLOTCHES.—The best remedy for a boil or break out is cream of tartar made into a drink, with fifteen drops of sweet nitre to each tea-cupful.

BALDNESS.—Rub the part night and morning with a decoction of boxwood.

BUGS.—One very unbidden guest, and a terror by night, is the bed bug, too common and well-known in this country; one sure remedy is washing the room floors with hot water, common soda, salt, and blue soap; bugs cannot exist in any crevice where turpentine is applied.

BOXING THE EARS.—Boxing the ears is often followed by inflammation, running, deafness or brain disease.

C

CONSUMPTION—NEVER DESPAIR.—Consumptive persons will derive great benefit by the free use of mullen leaves, which are to be had from any chemist; use one ounce to a pint of boiling water; when cold, strain, and add one table-spoonful of rum to preserve it; take a wine-glassful three times a day, which both rectifies and makes new blood; or new buttermilk cannot be too freely used for consumption, fevers, scurvy, ulcers of the kidneys, or constipation; or (if not too far advanced) consumption may be arrested by the free use of lemons, ground ivy, the lesser centaury and camomile flowers in equal quantities, made in the manner of tea in a quart of boiling water; if drunk freely it will rectify the blood, and strengthen the stomach. Sea air is unfavourable for consumption. The free use of watercress will cure a deep decline. We hardly know the value of black currants, for an eminent physician cured one patient of consumption with this fruit alone.

CAYENNE.—ITS PROPERTIES WORTH BETTER ACQUAINTANCE.—

Cayenne is the purest and strongest stimulant, and comes nearest to an universal remedy for almost any complaint, from the fact that it quickens the vital force to throw off any disease. It is prepared by pouring a small cup full of boiling water on a quarter of a tea-spoonful of the pepper, letting it stand for twenty minutes, then pour off from the grounds into another cup.

CHANGE OF LIFE.—On change of life take a little electuary of senna occasionally. Try it.

CRAMP.—Cramp in bed is prevented by placing a roll of brimstone under the pillow, or hold a little flour of sulphur in the hand.

CAMPHOR.—Camphor inhaled saves many a life in all infectious diseases. Camphor and water snuffed up the nose will cure a cold in the head instantly.

CANCERS.—A RECIPE WORTH A FORTUNE.—In ten cases of cancer this simple remedy has failed in none: red clover tops are to be used in the manner of tea; this unpretentious plant cannot be urged on the public too strongly for its wonderful power and direct action over a cancer or for any cutaneous affection. The writer of this prescription says—"Fifteen cases of cancer that my brother physicians have abandoned as incurable, I have cured with the wonderful remedy, red clover tops." All that is required is to make tea of it, and drink it freely during the day, and wet a rag in the tea, this apply to the cancerous sore.

CARROT POULTICE.—A carrot finely grated and made into a poultice is good for a cancer or ulcer, which both lessens the pain and diminishes the smell.

COUGHS OR COLDS.—MOST USEFUL TO REFER TO.—Half a drachm of carminate of ammonia, one ounce of syrup of tolu, a quarter of an ounce of spirits of nitre, half a drachm of laudanum, and six ounces of water; take one table-spoonful three times a day. This cures any sort of cold. Or, severe colds are cured with the herb yarrow, which bears a white and pink flower—the pink should be chosen; use it in the manner of tea, sweetened with treacle, and drink it freely on going to bed. Tickling coughs are quickly cured with one ounce of honey and one tea-spoonful of paregoric, mixed with the juice of a lemon, and taken going to bed.

CRITICAL DAYS.—The most critical day to terminate a severe sickness is every seventh day.

CHOLERA.—Should the cholera show itself in the district, to prevent its attack take a tea-spoonful of cinnamon in hot water frequently; or, this simple remedy for cholera has never been known to fail—first, give the patient hot water to cause vomiting, which cleanses the stomach; next, toast an oat cake, and put it in a pint of boiling water and drink freely.

CORPSE.—The smell from a corpse is prevented by placing fresh-ground coffee in the chamber.

CASTOR OIL (TASTELESS).—Castor oil when taken in meal and water is tasteless.

CHERRIES AND MAGGOTS.—A maggot is often found near the stone. The eggs are hatched in the blossom by winged insects.

CHAPPED HANDS.—For chapped hands, wash them with a mixture of bran and milk, or potato water.

CORNS.—For a troublesome corn, rub it now and again with spirits of turpentine and it will soon depart company ; or, corns are speedily cured by first paring, then bind a slice of lemon over them. Tried with good effects.

CHILBLAINS.—If not broken, rub them often with flower of mustard and brandy ; if broken, wash them with tincture of myrrh and a little water.

COMPLAINTS OF ANY SORT.—Vinegar, mixed with honey, with a pinch of mustard in it, and taken freely, stops any complaint from advancing. For any complaint a mixture of bread crumbs, mustard and vinegar is good to use inwardly.

CRICKETS.—Crickets are very fond of carrots, which if mixed with red lead, poisons them.

COCKROACHES.—Cockroaches are fond of sugar and flour. Mix these two with red lead and make into wafers, and lay them in their haunts and certain death is the result. Try it.

COSTIVE PERSONS.—Stewed prunes are invaluable to those of costive habits, which act as a gentle medicine.

CUTS.—A bruised geranium leaf applied to a cut quickly heals it ; or, powdered rice sprinkled on a cut or wound stops bleeding at once ; or, for a cut that festers apply turpentine.

COUGH (DRY).—Chew a little peruvian bark when troublesome, and drink hot water, sweetened with brown candy.

COLT'S-FOOT is used as tea for giddiness, and as a smoking herb.

COMPOSITION ESSENCE, if used by out-door workers, or factory or foundry hands before going to work, would prevent thousands from having colds or sickness through exposure to cold morning air. Mix one tea-spoonful to a glass of hot water and milk, this drink before setting out. Travellers using it before or on their journeys will find it invaluable as a stimulant. Sold by any chemist.

CATS.—When a favourite cat requires medicine, simply dip its foot in castor oil, which it is sure to lick.

CROUP, to which children are very subject is dangerous. The best remedy is a tea-spoonful of ipecacuanha wine every five minutes until sickness is produced; or, a tea-spoonful of goose grease three times a day.

CASTOR OIL is the best foundation for hair oil.

CANCERS are never cured by cutting.—See page 8, and inside page of cover for testimonial.

CLOVES will stay a craving for drink, which use according to desire.

CONSUMPTION or wasting of the body, is rightly called the scourge of England, as it is estimated to claim seventy to eighty thousand victims annually.

D

DIM SIGHT.—If very dim, apply rotten apples, and good results will follow.

DIM SIGHT.—Strong tea dims the sight. The true sign of good health is in a sparkling eye.

DIABETES.—Diabetes has been traced to the free use of inferior tea.

DEATHS.—When a cold dew falls on the skin of an invalid it is a sign that death is near.

DISINFECTANT.—The most powerful disinfectant to clear a house from sickness is fresh ground coffee, which even overpowers musk.

DESPONDENCY.—The best comforter for a depressed or desponding mind is equal parts of agrimony and rosemary, made and used in the manner of tea.

DEAFNESS.—Deafness, if to be cured at all, is by equal parts of the oil of cloves, the juice from the foxglove flower, and rum, dropped on a little cotton, and placed in the ears; or hot water used as a syringe with a pinch of carbonate soda in it, is good for deafness.

DIPHTHERIA.—Diphtheria is cured by drinking the best olive oil freely.

DELICATE PEOPLE.—Delicate people should have those who sleep with them perfectly healthy, and used to plenty of cold water, both inwardly and outwardly.

DROPSY.—A decoction of the inside bark of the elm, drunk freely, takes away water in dropsy.

DYSPEPSIA.—Dyspepsia may be cured by the free use of oysters.

DIZZINESS.—For dizziness in the head drink sage tea sweetened to taste.

DIARRHŒA.—Raspberry leaf tea is one of the best remedies for diarrhœa; or flour and water, as used in the army. Simple and certain.

DROPSY.—Dropsy, if to be cured at all, is cured by foxglove and broom in small quantities, to be used in the manner of tea; persevere with a wine-glassful three times a day. Invaluable. Try it.

DRINK.—Gold thread root removes the craving for drink; sold in powder at 6d. per ounce by any chemist; portion to use the chemist gives. Those using the least drink of any description are the most nourished. Lemon and cream of tartar, made into a drink and sweetened, makes an exceedingly wholesome summer drink. The use of cloves stays the craving for drink.

DIFFICULT CASES TO CURE.—A good nurse is of the utmost importance, and far more to be recommended than physic.

DIGESTION.—Nutmeg is a most excellent spice to assist digestion. A little Turkey rhubarb chewed in the forenoon is good for indigestion.

DOCTORS.—The prospect of doctors is becoming worse yearly, and are often more to be feared than the disease, when one gave bread pills to cure one patient, and another a little common soda and water coloured with Spanish juice for upwards of six months, till accidentally discovered.

DATES used in rice puddings cannot be too highly recommended.

A DRINK (a favourite one) for home use is made from 1 ounce of horehound, 1 ounce of burdock, 1 ounce of hops, 1 ounce of gentian, 5 ounces of ginger, 2 ounces of Spanish juice, to 5 gallons of water. Boil one hour, strain through a cloth, ferment 24 hours, then bottle. Cost about eightpence. For every impurity of the blood, or to keep a person in sound health, no better drink could be offered. Each ingredient recommends itself.

DANDRIF is a disease of the scalp, for which a solution of borax is a very good remedy—used as a wash.

DISEASE is an enemy to mankind, and often happens through neglect; yet *warned*, kill it by some simple remedy as soon as discovered.

THE DANGERS OF DEFECTIVE DRAINAGE.—If rats can escape from a drain into the house, it is evident that drain air to an enormous extent can do the same. Such warning as these unwelcome visitors give should be immediately attended to. The vapours from these drains rise at once up the staircase, and bring on diphtheria, typhoid fevers, low fevers, diarrhoea, erysipelas, headaches, and all manner of disease, simply because the gasses are being constantly inhaled by the inmates day and night, and when severe sickness sets in the discovery is perhaps too late. No drain should be under a house or near its foundation.

DOGS, TO KEEP IN HEALTH.—Place a piece of common brimstone stick in their drinking water, and on selecting a dog to rear, when the pups are about five or six weeks' old bring them in your presence, and suddenly stamp your foot, and the one that does not run away but holds up its tail is the one to rear.

DOGS' NUISANCE.—Sprinkle a little sulphur around goods exposed at the shop door. Tried with good effect.

THE DOG is the friend of man, and has a right to be considered as such. He has an expression in the eye that can be found in no other but the human being; like man he can look grave or show delight, his power to plead is by a strangely expressive glance, his power of love shows itself in delight.

DIABETES.—Avoid sugar, and all food containing sugar, also much drink of any kind, and prepare the following:—Peruvian bark, Colomba root, summach berries, and the plant known as queen of the meadows, one ounce of each; boil in three pints of water, down to one quart, and take a wine-glassful four times a day.

E

ERYSIPELAS.—Eryisipelas is a well-known deathly complaint, which may be cured by two sprigs of wormwood, a quarter of an ounce of senna, and a quarter of an ounce of camomile flowers to a pint of boiling water, and drink freely. Tried, with speedy relief. **ERYSIPELAS** is very infectious.

EYES SORE.—Any sore eye, pearl, or cataract, may be cured by this mixture: One table-spoonful of bay salt, one table-spoonful of white candy, three of common white salt, one of white copperas, scraped; all to be boiled in three pints of water down to a quart. When cold, bottle without stirring. Put a drop in a corner of the eye night and morning with a camel-hair brush; or for sore eyes, drink eye bright tea, and wash the eyes with it. Two drops of vinegar to half a tea-cupful of cold water, is good used as a bath to strengthen weak eyes.

EYES WEAK.—For weak eyes bathe them in cold water with a few drops of vinegar in it.

EYES WATERY.—For watery eyes, dissolve ten grains of sulphate of zinc in five ounces of water, and bathe the eyes with it night and morning.

EYES INFLAMED.—For inflammation in the eyes bathe them in boiled milk, with a white poppy in it.

EGGS.—A new laid egg beaten with vinegar and pepper is superior to an oyster.

EGGS.—Two eggs are equal to half-a-pound of beefsteak.

EXERCISE, first, should always be on an empty stomach.

Even the **APPLE**, as an article of diet, cannot be praised too much for its phosphorous qualities, it so soon acts on the brain, as well as the spinal cord and a sluggish liver.

The old monks and friars' recipe—who enjoyed the best of health, with such cheerful minds—was, the use of **RICE** and **FRUIT** in preference to animal food of any kind. They lived to great ages, with a fresh complexion to the last.

ECZEMA is one of the most difficult skin diseases to cure, but by applying and persevering with vaseline ointment will be found to have a wonderful effect over this most obstinate disease.

EYE (BLACK).—Hyssop, used as a bath, acts as a speedy cure.

EPILEPSY.—Take 1 ounce each of mistletoe, valerian root, pellitory, and black horehound, boil in 3 pints of water, clear off, and when cold, add 1 ounce of tincture of scullcap. Dose—a wine-glassful four times a day. Used with good effect.

EAR-ACHE.—Rub the ear well with a dry flannel.

EXCITEMENT.—The common meadow plant, Ladies' Slipper, used as tea, is good for spasms, hysteria, cramps, nervous headache, fits, neuralgia, hypochondria, fevers, colic, debility, &c., and, wherever it is required to quiet the nervous system, is safer than opium and will act where opium fails.

EAR-ACHE.—The ear should be bathed with a strong decoction of camomile flowers and poppy-heads, as warm as it can be borne.

F

FEVERS.—To burn rosemary in the rooms clears fever away; yet, if there be a spider's web in the house, *the fever will linger in it.*

FEVERS.—*Scarlet Fever and Scarlatina.*—This is one of the most infectious of diseases, and is very *catching* when it has once entered a house. In the worst stage place a few tamarinds in boiling water, to be drunk moderately cold, which acts as a powerful cleanser, even in putrid fever cases. The drink is delightful to persons parched under heat.

FEVERS.—On attending fever cases, or any sick person, wash the mouth, nostrils, and hands, with vinegar on leaving the sick room.

FITS.—Those subject to fainting or other fits should use plenty of salt and water inwardly and outwardly ; or, they will find great benefit by placing the feet in hot water, up to the ankles.

FLANNEL.—*Old and young* should wear *flannel* next to the skin.

FLIES.—Flies disappear by placing a plate in the rooms with a mixture of cream, pepper and sugar on it ; or spread a little Venice turpentine on paper, which will soon be covered.

FLIES.—The house fly, flying gaily about, or gracefully brushing its wings with its taper feet, and tasting from every cup, was, but the other day, a disgusting grub, without wings, without legs, without eyes, wallowing, well pleased, in the midst of a mass of excrement. A simple fly will produce 2000 eggs.

FLEAS.—Fleas in bedrooms are banished by using a little ammonia in the water on washing the room floors ; or, where the chamber is swept and wormwood seed strewn no flea, for its life, dare abide in the room. Try either with good effect.

FATIGUE.—On feeling very tired, warm the soles of the feet well before the fire, which gives instant relief. Try it.

The friendship and laughter of a child is a gem of society. I do not refer to a crying child.

FOXGLOVE PROPERTIES.—**INVALUABLE.**—Foxglove is such an active medicine that it will cure when all other remedies fail, and will completely restore beyond expectation (when the patient is not past cure) ; in the most hopeless case it will prolong life, and when death takes place whilst under its influence, it is often without pain or struggle. Not more than half a tea-spoonful of the dried leaf rubbed to powder to be used in one day, to half a pint of boiling water.

FISTULAS, so painful, which to save the knife operation, use Epsom salts and vegetable food freely ; wash mussel shells, these burn to powder, sift them very fine, and mix with lard spread on a wash leather, this apply night and morning, which, if persevered with, has cured the worst cases.

FOOD taken in too great quantity brings on various stomach and many other complaints, and all the symptoms of premature old age.

FEMALE COMPLAINTS.—Steel, quinine, and pennyroyal pills answer for irregularities, hysteria, headache, costiveness, loss of appetite, pains, lassitude, &c. Sold at 7½d. per bottle.

FULLER'S EARTH is good for chaffings or sores, or as a poultice for inflamed eyes.

FRUIT SALT (so extensively advertised) is made from Rochelle salts 3 ounces, tartartic acid 24 ounces, bi-carbonate soda 30 ounces, sugar 80 ounces, all dried separately, and to be well mixed. This is very good to use by those subject to pimples, blotches on the face, sallowness of the skin and depression of spirits. Take one tea-spoonful to a cup of hot water three times a day.

FEET—TO WASH.—The neglect of washing the feet is often visited by a quarrelsome temper, and other bodily complaints.

G

GRAVEL.—For gravel, drink freely of agrimony tea, sweetened with sugar candy; or, a little garlic extract, taken in brandy, is a cure for gravel; or, take a tea-spoonful of magnesia three times a day.

GOUT.—For gout, bind the plant ground ash on the afflicted part.

GROCER'S ITCH.—Grocer's Itch is caused by a small insect from handling sugar; out of 26 samples of brown moist sugar the insect was present in the whole of the samples in great numbers.

GATHERINGS.—When a gathering threatens on a finger, &c., dip it in scalding water, which kills the germ.

GRUB IN NUTS.—The grub found in nuts becomes the great humming beetle.

GUM MYRRH.—**INVALUABLE.**—Gum Myrrh is one of the very best agents for preventing or arresting corruption, hence invaluable in preventing mortification, healing inflammations, sores, wounds, gangrene, ulcer, sore throat, quinsy, catarrh, gonorrhea, mucous discharges, cholera, &c. Sixpence per ounce in powder; portion to use the chemist gives.

GINGER.—Ginger needs no recommendation, as a stimulant in dyspepsia, wind, debility, and for all stomach complaints it is invaluable.

GRAVEL.—No acids, no spirits allowed, neither high living; milk diet attend to.

GARTERS.—It is a matter of no small importance to dispense with garters, which prevents free circulation, and accumulates the blood towards the head, which should go to the feet.

II

HEAD ACHE.—Nutmeg answers for violent head ache; to be used in a little hot water. Why suffer?

HEAD ACHE.—One thimbleful of whisky rubbed sharply in the hands and held to the nose, cures head ache at once. Tried, and sure relief follows.

HEAD ACHE.—Head ache and stomach complaints—often complained of—mix one drachm of sweet nitre, one drachm of sal volatile, and two drachms of carbonate soda, in a tea-cupful of cold water; two table-spoonfuls to be taken three times a day.

HYSTERIC FITS.—The smell of spirits of hartshorn is good for those subject to hysteric fits or a drowsy feeling.

HEART BEATING.—Take eight drops of oil of carraway on a little lump of sugar.

HEART DISEASE.—Heart disease is greatly relieved by taking a tablespoonful of whisky in a little milk.

HOARSENESS.—Hoarseness is speedily cured by placing a piece of sugar candy in the mouth on going to bed.

HEAD CLEAR.—The smaller the drink of any kind, the clearer the head and the cooler the blood.

HICCUP.—Hiccup is speedily cured by placing the fingers in the ears whilst drinking freely of cold water, or take a pinch of snuff.

HOP BITTERS.—The great expense in buying hop bitters is avoided and equalled by mixing one ounce of tincture of dandelion, one ounce of tincture of gentian root, one ounce of tincture of buchu root, and one ounce of tincture of hops to three pints of boiling water, when cold take a table-spoonful night and morning.

HOPS.—INVALUABLE.—Less medicine would be used if the value of hops were more known. Use a quarter of an ounce to a pint of boiling water, and all the better with a tea-spoonful of Epsom salts in it; take a wine-glassful in the morning, which will not only restore, but will keep anyone in the best of health at little expense.

HOP DRINK.—Hop drink gives a cheerful mind, rich blood, and good digestion. Choose the gold colour.

HERB WORTH KNOWING.—Wood betony is one of the most valuable herbs grown in Great Britain; one physician found it to cure no less than forty-seven different diseases. Such a useful herb cannot be too highly valued.

HERBS TO GATHER.—All herbs should be gathered when in flower ; barks in the spring.

HEALTH TO ENJOY.—A VERY USEFUL RECIPE.—One table-spoonful of lime-water taken in a little milk in a morning keeps a person in good health ; or to look well and keep well, simply boil one pennyworth of watercress ten minutes in one pint of water, the water to be drunk in milk in equal parts ; to each tea-cupful add one table-spoonful of lime water, and the best of health is the result ; use it freely and at any time ; the cost is a mere trifle. This entirely dispenses with all sorts of 2s. 6d. Blood Mixture bottles, for everyone knows the value of the watercress, and most people know the value of lime water, and all know the properties of milk.

HAIR FALLING OFF.—Anxiety will cause the hair to fall off. When the hair falls off, damp it frequently with sage tea ; or, equal parts of rosemary, boxwood and marshmallows to a quart of boiling water, and when cold used as a bath, prevents the hair from falling off, and good to cure baldness.

HAIR TO PRESERVE.—Rum applied to the hair keeps it exceedingly clean, and promotes its growth more than oil or anything known.

HAIR AND DANDRIF.—To free the hair from dandriff, wash the head with hot water and a little borax in it occasionally.

HAIR DYE.—The simplest hair dye is the shells of green walnuts boiled in as much water as will cover them, strain off and apply to the hair, and hair only, and a beautiful brown or auburn is the result.

HOT WATER is a medicine within the reach of everyone, and if taken with a little salt in it is one of the best gargles for catarrhal troubles, and if taken at the beginning of a cold will break it up; used as a gargle for a sore throat no better remedy need be which stays inflammation; when the stomach is out of order, hot water will soon set it right again, such simple cures are neither far to seek, nor ill to find. Half a tea-cupful as hot as can be drunk comfortably taken half-an-hour before every meal is a great preventive for indigestion; or, if used with the food, will assist the stomach to do its work well. It is good for constipation if the use of it is followed up for a few months, works wonders with the most delicate constitutions. Use hot water and lemons for a bilious liver.

HORSES, to have velvet coat, should have a little sun-flower seed given in their provender daily, or a pinch or two of saltpetre.

HORSES, like children, are born with characters,—patience and gentleness leaves a lasting impression.

HENS fed on corn crushed and soaked in water have been known to lay during the whole of the winter months. This food not only goes further, but helps digestion.

HAIR.—If falling off, apply the lotion made from vinegar of cantharides half-an-ounce, Eau de Cologne 1 ounce, rose water 1 ounce; first well brush the hair. Vaseline ointment is also a good restorative.

HEADACHE (SEVERE), is often cured by grains of paradise, used as snuff.

HARDY.—To become hardy, gradually accustom yourself to less clothing.

HICCOUGH (OBSTINATE).—To cure, make free use of lemon juice.

HANDS.—The heart and brain have more influence over the left hand than the right.

HEART DISEASE.—Avoid steps or stairs as much as possible. One tea-spoonful of sal-volatile, taken in a wine-glass of water, is a most excellent remedy.

HOPS AND CARRAWAY SEEDS, used in the manner of tea, are good for the appetite.

I

INVALIDS' FOOD.—READ THIS.—Slippery elm is invaluable food for invalids or delicate persons—good for inward or outward application for any complaint; as one physician truly said, it is worth its weight in gold. Some families feed their infants with it, and finer infants need not be sought. Simply mix one tea-spoonful of elm with one tea-spoonful of sugar, add a little milk to make it into a smooth paste, then add hot water, stirring it quickly, till it becomes a proper consistency. The price is two shillings per pound from any respectable chemist.

INDIGESTION.—Indigestion is a breeder of disease, but may be cured by mixing one drachm of powdered colomba root, one drachm of ground ginger, and half a drachm of carbonate of soda; this divide into twelve powders, and take one in a little milk three times a day; or, one pennyworth of colomba root to a pint of boiling water is a most excellent and cheap remedy for indigestion. Take a wine-glassful three times a day. Tried with every satisfaction.

INFLUENZA.—Take ten drops of elixir of vitriol in a little water twice a day.

INFLUENZA runs its course in five or eight days. Diet : beef tea, with raw eggs and milk, answers better than medicine.

INFLAMMATIONS.—Clothes wrung out in very hot water and applied to the neck, changed as often as they begin to cool, is the best for removing inflammation ever tried.

IMPURE BLOOD.—For all impurities of the blood, the hop used as tea cannot be too highly recommended.

IVY LEAF.—Its properties are to heal ; the under side draws, the top side heals any old sore.

If troubled with CORNS, apply the juice of an apple, or carrot and salt.

For INDIGESTION, rise early and eat a crust of bread about the size of your thumb.

INFECTION first attacks the stomach. Remember whilst in a sick room do not swallow your spittle, if a case of fever ; on retiring wash hands in a little vinegar and water.

It may be satisfactory to know, that in situations distant from the shore, where the sea water cannot be had, artificial sea water can be made by dissolving four pounds of bay salt in 16 gallons of fresh water, which possesses all the properties of water of the sea.

J

JAUNDICE.—For jaundice, a quarter-pound of Venice soap, made into moderate sized pills with eighteen drops of the oil of aniseed ; three of these pills to be taken night and morning.

JAUNDICE.—A sudden mental shock will cause jaundice.

JUNIPER used as tea in a weak form is good for urinary diseases.

K

KIDNEY COMPLAINT. — CHEAP KNOWLEDGE.—For kidney complaint drink equal parts of lime water and pearl barley water, take a teacupful three times a day ; or, lemon water mixed with salts is good for diseased kidneys—take a wineglassful in a morning ; or, comfrey acts on the kidneys direct, to be used in the manner of tea.

L

LIVER COMPLAINT, WHICH THOUSANDS SUFFER FROM, SHOULD USE THIS.—Boil gently a quarter of a pound of stone brimstone in a quart of water, when cold bottle it, and take a wine-glassful twice a day—those subject to this complaint could have no better remedy ; or, another active remedy for liver complaint is dandelion coffee, simply made from the dried root, roasted and ground, and used the same as coffee.

LIVER ENLARGED.—Enlargement of the liver is dangerous. If the disease is severe the diet should be of the simplest; drink nothing very hot, and make free use of stewed prunes for a fortnight.

LIVER SLUGGISH.—Equal parts of hops and dandelion tea is a cure for sluggish liver; or, the free use of agrimony strengthens a sluggish liver, to be used as tea.

LUNGS.—The most perfect lace, or the fineness of the spider's web, cannot be compared to the network and nerves that compose the human lungs, so soon damaged, and seldom or never to be repaired, arising from damp beds, exposure, colds, and negligence; when it should reach an inveterate cough from these causes the best healing remedy will be found in equal parts of cod liver oil and syrup of horehound, two pennyworth of each, with one drachm of paregoric and the juice of a lemon, shake all well up, and take a tablespoonful twice a day.

LEMONS INVALUABLE.—If the value of lemons was more known they would be worth a sovereign each. Lemons are invaluable for all ages, and may be preserved all the year round if kept in buttermilk, changed once a month.

LIME WATER INVALUABLE. — WORTH KNOWING. — Lime water and milk. Experience proves that lime water and milk are not only food and medicine at an early period of life, but also at a later, when digestion is feeble, and the stomach unfit for its duties, as is shown by the various symptoms attending indigestion. The stomach will resume work, and do it well, simply on a diet of bread and milk and lime water. A bowl of milk may have four tablespoonfuls of lime water added to it with good effect.

LUNGS DISEASED.—IMPORTANT.—Iceland moss or seaweed, made into a jelly with boiling water, and sweetened with sugar candy, is good for diseased lungs ; or, the free use of sugar is good for diseased lungs.

LIME WATER, Hop Tea, Black-currant Tea, with Lemon, used in equal parts, is good in any case ; for even each one, used separately, adds to the best of health.

LONG-NECKED PEOPLE are generally long lived ; short-necked often subject to sudden death.

LAUGHTER.—The loud laugh proclaims a vacant mind, and a most unreliable person.

LIVER.—The liver is the largest gland in the human body, and holds a most important place in our system, and owing to its large size, and the important functions it has to perform, it is extremely liable to disease, and when disordered exerts a marked influence on other organs or tissues of the body.

LUNGS.—The right lung suffers much oftener than the left. Plenty of fresh air is most important, and a quiet room to sleep in.

LUMBAGO.—Apply crushed linseed on brown paper, which has a wonderful effect.

M

MAN.—A man weighing 150 lbs., 111 lbs. of that is water, 14 lbs. his skeleton, and the rest tissue, &c.

MANDRAKE.—Its properties for exciting the liver to healthy action have few equals ; good for biliousness, dropsies, venereal, whites, piles, gravel, jaundice, scrofula, impure blood, rheumatism, pneumonia, croup, sore eyes. In root or powder ; the chemist will tell what quantity to take. 4d. per ounce.

MILK PROPERTIES.—Milk, when boiled, loses its sweetness, but has a most beneficial influence over mind and body, whether exhausted by labour or mental strain. Asses' milk comes the nearest to human milk of any other.

MUSHROOMS AS ANIMAL FOOD.—Mushrooms have all the qualities of animal food, and must be considered as such.

MEMORY BAD.—For bad memory drink sage tea, sweetened to taste.

MUSTARD PLASTERS.—In making a mustard plaster, mix the mustard with the white of an egg, instead of water, which will not blister the most tender skin.

MOUTH SORE.—For a sore mouth apply the white of an egg, beaten in vinegar and lump sugar.

MORTIFICATION.—For mortification, dust the part with lump sugar or a little blue stone.

MAD DOG BITES. — To be bitten by a mad dog, the danger is four times greater if bitten in any other part than the leg. For the bite of a mad dog apply wet salt and soda immediately.

MICE, TO BANISH.—Mice are banished by laying wild mint in their haunts.

MARIGOLD PROPERTIES.—Marigold tea comforts the heart exceedingly.

MORTIFICATION. — Poultice with flour and marshmallow water, sweetened well with brown candy, to which add a little yeast.

MILK.—Ass's milk comes the nearest to human milk, and will sustain life for an indefinite period.

MACKEREL.—To eat any part near the head is certain blood-poison. This part undergoes fermentation quickly.

THE VALUE OF MUTTON SUET.—One drop of warm mutton suet applied to any sore at night, just before retiring, will soon cause it to disappear; the same for chapped hands or parched lips. If people only knew the value of the healing properties of so simple a thing no housekeeper would be without it. For cuts or bruises it is almost indispensable. Keep the wound clean, and put a little suet, melted, on a rag, and you will be astonished to see how soon the sore will heal.

MUMPS.—There is seldom much to apprehend from this disease, though it is generally infectious. Keep the head and face warm, and guard against taking cold. Should the tumour in the neck suddenly disappear, its return must be promoted by warm fomentations. To abate the fever take of nitrate of potass 1 drachm, tartarised antimony $1\frac{1}{2}$ grains. Mix together, divide into six powders, one to be taken every four hours.

N

NEURALGIA.—WHY SUFFER SUCH DREADFUL PAIN ?—The simplest and best remedy for neuralgia is to wear well pounded brimstone on the sole of the foot contrary to the pain side ; or, cayenne, sprinkled on hot flannels, affords instant relief to persons troubled with neuralgia ; or, very hot hops applied in a bag. Try it at once.

NIGHTMARE.—The best remedy for the fearful complaint, nightmare, is the herb thyme, used in the manner of tea.

NERVOUSNESS.—Nervous people will find that sage and thyme, used as tea, will give them relief.

NERVOUSNESS.—Persons of weak nerves should use no coffee, and very little tea.

NERVOUS DEBILITY.—Nervous debility and palpitation is greatly relieved by mixing two drachms of chloric ether, two drachms of tincture of gentian, two drachms of sal volatile, two grains of iodide of potassium to each half-pint of cold water (first boiled), take a tablespoonful three times a day. As a stimulant it has no equal.

NAILS.—Under the nails of the toes, if neglected, some have found a very small insect, where it can lay its eggs, and multiply to that degree that it is sometimes attended with fatal consequences.

O

OINTMENT.—The best ointment is made from cream buried a day or two in a cloth in the garden.

OINTMENT.—For softening the skin mix five ounces of olive oil with two ounces of white wax, scraped.

OATMEAL PROPERTIES.—One pound of oatmeal gives a man as much strength as three pounds of lean beef, three pounds of boiled ham, nine bottles of Bass's pale ale, or six bottles of Guinness's stout.

OAK.—A decoction made from the oak is good to use as a wash for offensive ulcers, putrid sore throats, bleeding piles, and bloody flux.

OVER-HEATING an animal by driving it too fast affords no wholesome nourishment if killed in its feverish condition.

P

PEA MEAL PROPERTIES.—Pea meal and treacle. The virtues of this for diet for all ages cannot be too highly recommended for its nutritious nerve strengthening qualities.

PILLS OF GREAT VALUE.—The best pills in use are made from equal parts of bitter aloes, Turkish rhubarb, and senna leaves, dried in the oven and rubbed to powder ; these to be mixed in a little whisky to form a paste.

PILLS, IF USED TOO FREELY.—Too many pills injure health, and too much doctors' physic often brings patients down to a shadow, whilst some simple remedy will very often make wonderful cures ; but not being generally known what that simple remedy is, by consulting this book it is soon discovered.

PILLS (said to be Holloway's).—Aloes 36 grains, jalap 18 grains, ginger 18 grains, myrrh 18 grains, all in fine powder, mix and make into pills. Undoubtedly a useful pill, whether Holloway's or not, yet Providence has amply provided for our use common and safe herbs for most complaints, besides pure air and water.

PAINS.—By applying a bag of hot moist bran gives relief, and soothing relief.

PIMPERNEL.—No tongue can tell the value of the plant called pimpernel—for all complaints—used as tea.

PIMPLES are often caused by excessive eating or drinking, which the liver objects to.

PROLONGED ILLNESS.—There should be two beds in a sick room, to change the patient from one to another, which brings needed sleep when other remedies have failed.

PLEURISY.—Pleurisy is cured by the use of elder flowers, used in the manner of tea. To be had from any chemist; or, take seven drops of laudanum in a little cold water on going to bed.

POTATOES AND WATER.—In one pound of potatoes there are fourteen ounces of water.

PEAS SPLIT, PROPERTIES.—One pound of split peas is equal to three pounds of butchers' meat.

PILLOWS.—The most wholesome pillow is made from cuts of unprinted paper.

PASSION BREEDS DISEASE.—Passion is a stranger to reason.

PALPITATION.—When very troublesome, take 8 drops of oil of carraway on a little lump sugar, and use the stairs or steps as little as possible.

PURGING FLAX is a plant much used as a safe and excellent purge.

PELLITORY.—A plant much used for stone, gravel, and urine.

PERSPIRING FEET.—The unpleasant odour from perspiring feet may be prevented by sprinkling oatmeal in the socks, as used in the army; or, sprinkle bran in the socks frequently. Try either with good effect.

PIMPLES.—Every blotch or pimple speedily disappears by taking a little flour of sulphur before breakfast.

PALPITATION.—A drink of cold water with a pinch of salt in it is good for palpitation.

PILES.—Pile ointment should be made from two ounces of lard, one pennyworth of opium, half an ounce of gall; these mix and apply night and morning for a cure.

PILES.—One of the very best remedies for piles is to apply gall ointment at night, and take one teaspoonful of electuary of senna same time. This, if followed up, expect good results.

PAINS IN THE BACK.—For pains in the back, take from fifteen to twenty drops of oil of turpentine in a little peppermint; or flannels wrung out in hot water and sprinkled with turpentine and applied gives immediate relief.

Q

QUININE.—Scarcely any drug known is so valuable as quinine, yet the bark from the young twigs of the oak well dried answers as well—used in the manner of tea.

QUINSY.—Quinsy is cured by figs boiled in milk and hot water, with a little salamonica in it; this to be used as a gargle, and some of it drunk, which acts on the glands with wonderful effect.

QUASSIA CHIPS, placed on a plate in a room and scalding water poured over them, is a well-known poison for flies.

R

RHEUMATIC GOUT.—Hot water drunk frequently is a good cure for rheumatic gout.

RHEUMATISM.—A WELL-TRIED REMEDY.—For severe rheumatism.—It was agreed at a meeting of the chief medical doctors of London that one ounce of Peruvian bark, used to a pint of boiling water, and when cold take a wine-glassful three times a day, with ten to fifteen drops of oil of turpentine to each glass, gives positive relief in the worst cases.

RHEUMATISM.—Rheumatism is greatly relieved by wearing a wash leather over the afflicted part; or, common soda dissolved in hot water is one of the best cures for rheumatism, which has to be well rubbed on the afflicted part.

RAIN WATER is the best for tea.

RICKETS and hump backs is a disease peculiar to children, resulting from foul air, damp cold rooms, want of sunlight, exercise, or cleanliness. Ablutions is a very important preventive.

RUE.—The plant rue, steeped in gin, is good for elderly people to use.

RICE WHOLESOME.—Rice is the most wholesome grain used by man.

RATS, TO BANISH.—Rats are banished by laying cayenne in their holes.

ROMAN NOSE.—On selecting a good adviser and reliable friend look for the Roman nose and large hand.

RINGWORMS.—Citrine ointment is a quick cure for ringworms; or, common soda dissolved in hot water and applied to ringworms cannot be too highly recommended; also, lime water from the gas works, used in the same manner; or, the ends of matches applied, dipped in water.

ROSE-LEAVES, made into a decoction, are good used as a bath for sore eyes.

RED SAGE is a most valuable plant, used as a gargle for quinsy, relaxation of the ulva, and other throat diseases; good for nervous excitement, gripes in children, &c., &c.

S

ST. VITUS'S DANCE.—Mistletoe tea is a cure for St. Vitus's dance ; so, also, is quinine wine.

SMALLPOX MASTERED.—Smallpox is mastered by one teaspoonful of cream of tartar to each half-pint of hot water. Drink freely.

SICK PEOPLE.—Sick persons should never be asked what they will have to eat, but bring them something suitable and unexpected. The most delicate person will find great nourishment from half an ounce of isinglass boiled in half a pint of milk and sweetened to taste.

SICK CHAMBER.—On visiting a sick chamber chew a little ginger, which prevents contagion.

SICK CHAMBER.—Waving the chamber door of a sick room ventilates it instead of opening the window.

SCIATICA.—Sciatica is speedily relieved by two pennyworth of camphor, dissolved in a pint of boiling water; a wine-glassful to be taken three times a day.

SPASMS.—For windy spasms, drink hot ginger tea with a pinch of cayenne or carbonate of soda in it.

SARSAPARILLA.—Sarsaparilla cannot be too highly recommended as a spring medicine.

SPIT DARK.—A dark spit is more a sign of bronchitis than consumption.

SCORBUTIC.—Scorbutic or roughness of the skin is cured by one ounce of olive oil to one ounce of white wax melted in it. Mix, when near cold, with one pennyworth of white precipitate, and use as an ointment; or, scorbutic persons will find the free use of celery invaluable.

STITCH IN THE SIDE.—For a stitch in the side apply treacle mixed with a very hot potato.

SPITTING.—For continued spitting, eat a few raisins occasionally.

SCURVY.—For scurvy, the free use of lemon and cream of tartar made into a drink.

SLEEP.—One hour's sleep before midnight is worth three after. Early risers are long livers.

SLEEP.—Five minutes' sleep is equal to one pound of beefsteak.

SLEEP REFRESHING.—Hot water drunk on going to bed gives refreshing sleep.

SLEEPLESSNESS.—Sleepless nights are prevented by eating a few grapes before going to bed; or, by taking a teaspoonful of magnesia in a wine-glass of water on going to bed.

SICK ROOMS.—To keep the air in a sick room very pure, wet a cloth in lime water and hang it in the room or rooms all over.

SIGHT DIM.—For dim sight, bathe the eyes with equal parts of vinegar, brandy, and cold water.

STOUT PERSONS.—For stout persons to keep down burdensome fat, use a wine-glassful of the best Hollands gin two or three times a week, and avoid the use of much bacon or bread; or, simply from twenty to thirty crushed nettle seeds, taken night and morning daily, is the best remedy for stout people, which will prevent burdensome fat surrounding the kidneys and stopping the heart. Tried with good results.

SCALDS.—For scalds, place the part in lime water.

SUN BURNS.—For sun burns, wash the face in sage tea.

SMOKING.—Dried watercress is superior to tobacco for smoking.

SALTS.—Salts used as an aperient greatly improves the vigour of mind.

SULPHUR BATHS GOOD FOR ITCH.—Travellers and others have much risk to run in having unclean sheets supplied to sleep in, the consequence is some skin disease, such as the itch, tantamount to ringworm, for which sulphur baths should be used immediately.

SPRAINS.—The best remedy for a sprain is a bran and vinegar poultice.

SKIN SPOTS.—For spots and blemishes on the skin, apply the juice of onions mixed with vinegar.

SPIDERS.—Spiders will not come where shelves are washed with borax.

SORES.—Marshmallow ointment cures the worst of sores.

SORROW.—The best remedy for sorrow is work.

SICK ROOM (THE).—The nurse is the most important person in a sick room—strong enough to move her patient; quiet, orderly, not talkative, able to move lightly, kind and gentle, and yet to be decidedly firm. Whispering about the case, and creeping about on tip-toe, is decidedly objectionable, and never attempt to force a patient to eat.

SEVERE SICKNESS.—The critical days to terminate a severe sickness are the 7th, 14th, 22nd, 28th, and 29th day. Death often takes place at the ebbing of the tide.

SLEEP AFTER MEALS.—Whoever adopts it ought to confine the indulgence to a short sleep of a few minutes.

STOMACH (DISORDERED).—The simplest remedy is salt and water.

STRAWBERRY makes the breath sweet and agreeable, and removes all tartar from the teeth.

SEA-SICKNESS.—Before going on board take a substantial meal, and on the voyage one tea-spoonful of the fluid extract of cocoa in a little water every one or two hours.

SOUTHERNWOOD is used as tea to great advantage for female complaints.

SUGAR is a sustenance.

SPITTING CONSTANT.—Chew a little brown bread crust, or eat a few raisins.

STOMACH COMPLAINTS may be overcome by the use of camomile tea.

STARCH GLOSS (for the Laundry).—Spermacite 1 ounce, gum arabic 1 ounce, borax 1 ounce, glycerine $2\frac{1}{2}$ ounces, water $14\frac{1}{2}$ ounces, add three tea-spoonfuls to each 4 ounces of starch.

STOUT persons, with short necks and florid countenances, should avoid too much animal food, wines, spirits, and especially malt liquors, excitement and hot rooms.

T

TOOTHACHE.—Toothache may be perfectly cured by placing a small piece of nutgall inside the hollow tooth. This entirely destroys the nerve of the tooth, which will never ache again. The nutgall can be had from any chemist. Take it out of the tooth and replace it after one hour; or, one of the simplest cures for toothache is one tea-spoonful of ground ginger and one of Epsom salts, taken in a tea-cupful of hot water.

TOOTHACHE, JUMPING.—Hot dry flannels, applied to the face and neck, is a sure remedy for “jumping toothache.”

TEETH WHITE.—To have teeth very white, clean them with charcoal mixed with honey.

TUMOURS.—Poultice with roasted onions, with good effect.

TAPEWORMS.—The tapeworm alone will produce all the symptoms of every known disease, and are often the direct cause of consumption, fits, insanity, and death.

TAPEWORMS.—Tapeworms are killed in a grown-up person by first taking a little opening medicine, next fast for a day, or even two, then take a thimbleful of the oil of male fern in a table-spoonful of water before breakfast, and this repeat.

TAR makes a good disinfectant, but fresh ground coffee is superior.

TOOTH POWDER.—The best tooth powder is burnt bread rolled to dust.

THROAT SORE.—One of the best old remedies for sore throat is to roast a potato, then crack it, place it in a piece of flannel, and apply it very hot, when the steam from it will be found to have made a cure in one night; or, an obstinate sore throat is cured with a little alum dissolved in sage tea, sweetened with honey. Tried.

THE commoner the plant the more it is intended for use, the more scarce varieties should not be used too freely.

TYPHUS FEVER.—For typhus fever, mix together three drachms of liquid acetate of ammonia, two drachms of syrup of ginger, one ounce of cinnamon water, and thirty drops of laudanum. This draught to be given early in the evening, when the most beneficial effects will result to the patient, who can procure sleep by no other means.

THIRST.—For extreme thirst, drink a tumbler of cold water with a spoonful of vinegar in it.

TAN WATER applied will cure a saddle sore, or other sores horses are subject to.

To **DRINK** immediately before a meal is a practice not to be recommended, because it stretches the stomach, and makes it less fit for performing its office; to drink much during a meal is also objectionable.

U

ULCERS.—For ulcers, piles, or smallpox, the free use of the plant, tormentil, made and used in the manner of tea, sweetened with honey, is a valuable remedy.

ULCERATED THROATS.—Ulcerated throats are cured by one drachm of tincture of steel and one drachm of chlorate of potash to ten ounces of water, to be used as a gargle.

URINE OBSTRUCTION.—Drink freely of warm lemonade and dandelion tea mixed in equal quantities; for incontinence of urine, use a drink made from isinglass only.

ULCERATED STOMACH.—There need be no better remedy than black treacle and yeast, used in equal parts, and outwardly a little goose-grease, same time.

UNICORN ROOT.—Supplied by the chemist, who gives instructions as to use. This is good for weakness, falling of the womb, night emissions, female disorders, preventing miscarriage, &c., &c., and very reliable for its action.

V

VERMIN, TO KILL, OF ANY DESCRIPTION—Wash with a decoction of amaranth and featherfew, and add one tablespoonful of ground alum to each pint. A Lady Penrudic was so infested with the above from the crown of the head to the soles of her feet that nothing but death terminated her sufferings, supposed to have originated from her constant use of goat's milk. Even the too free use of oatmeal breeds them in abundance.

W

WATER FOR MEDICAL USE.—Buxton water is very pure, which will cure almost any hopeless case by its free use. Harrogate water cures disorders of the very worst kind, such as require perseverance to deal with; ulcers, scrofula, obstructions, bilious disorders, piles, worms, &c., almost any obstinate disease gives way by its free use.

WATERCRESS.—Watercress can never be praised too much for those in failing health; but before use wash it well in salt and water.

WATER, BOIL BEFORE DRINKING.—All water, before drinking, should be boiled, as it swarms with millions of creatures of every conceivable form of life.

WATER IMPURE.—A young man, continually subject to diarrhoea, discovered it to be caused by drinking cold water during the night out of a wooden bowl, inside which, when examined, some white lines were found, and these lines proved to be a tribe of insects or immaculæ deposited by the water and wood, and this was the cause of his illness.

WATER HOT, its PROPERTIES.—Hot water, drunk as hot as a person can bear it, is one of the finest stimulants and most powerful restoratives in the world.

WORMS, TO DESTROY.—Twenty drops of oil of turpentine taken in a table-spoonful of water before breakfast for several mornings is a quick destroyer of worms. Children should be given from four to six drops in a little milk, with two or three drops of essence of peppermint.

WORMS PRODUCED.—CAUTION.—The fish mackerel, if eaten too frequent, produces thread worms in abundance.

WATER OVER BOILED makes poor tea ; makes many people ill from the quantity of iron and dregs left in the kettle.

WORMWOOD USEFUL.—To place amongst furs or clothing, to destroy or prevent moths.

WINDOW PLANTS.—Window plants should be sprinkled with cold tea, which keeps the soil free from worms.

WOOD BETONY is one of the most valuable plants grown in Great Britain. One physician found it to cure no less than forty-seven different diseases. It is used in the manner of tea. The herb may be had of any respectable herbalist, and no home should be without it. Also, the plant **GROUND IVY** is a rare blood purifier, used as above.

WATER CRESS should never be used before well washing it in salt and water, so as to kill all insects which infest it, and lay their spawn under the leaves.

WINDS (NORTH-EAST) have a very trying effect on all ages, especially those advanced in years; when these winds prevail, simply make free use of toast and water, drunk very hot, sweetened well with brown candy, which acts on the lungs.

WARTS.—The juice from the stem of the **ELDER** will soon cure a wart.

Y

YARROW, ITS USEFUL PROPERTIES.—Yarrow is of great value to use in the manner of tea in the first stages of any disease; by its prompt use it will remove obstructions, colds, fevers, inflammation, pleurisy, spitting or vomiting of blood, piles, female weakness, bowel complaint, &c.

YELLOW DOCK, made and used in the manner of tea, acts on the bowels like rhubarb, and is good for most diseases of the skin.

THESE IF NOT A MOTHER'S FRIEND IS A PITY.

LIME WATER.—A little lime water given to children in milk cannot be too highly recommended, as it strengthens the bone exceedingly.

CROSS CHILD.—For a cross child, give it one tea-spoonful of dill water and one of lime water in a little milk, which quickly soothes it; or, half an ounce of ground ginger, half an ounce of magnesia, and a quarter of an ounce of Turkey rhubarb, mixed in cold water; give one tea-spoonful as required.

CROUP.—Give a tea-spoonful of goose-grease three times a day.

DIET.—The more simple children's diet, the more they thrive.

DIET.—Children should never use tea until eleven years of age; milk, or milk and meal porridge, is the proper breakfast for children, and water their drink at all times, and for all young people.

DELICATE CHILDREN.—For delicate children, or if threatened with consumption, the free use of Iceland moss made into a jelly and sweetened with lump sugar is invaluable.

BOWELS DISORDERED.—Black currant tea is invaluable for bowel complaint, especially for children.

FEAR.—Children should never be taken to funerals, nor to sights that cause a sense of fear and dread, combined with great grief. It should be a rule with grown-up persons never to subject children to mental shocks or unnecessary grief, such as sights which call forth pain or agony in man or in the lower animals.

HEALTHY CHILDREN.—To have rosy children, give them plenty of apples and scalded milk. Worth the highest recommendation.

TEETHING.—Teething is a grievous time of trial for most infants. But the child which has not been over-fed, and whose blood has been kept cool by simply taking its natural food, milk, will now receive the rewarding benefit, and will, without danger or much inconvenience, *cut its teeth*, while those babies which have imprudently been stuffed with gravies, pieces of meat, cordials, &c., or have been over-fed, will now greatly suffer, and may, by the indiscretion, perhaps lose their lives.

TEETHING.—On children cutting their teeth, nothing answers better than rubbing their gums several times with syrup of poppies. If this is not the famous American recipe, it answers the same.

THRUSH.—For thrush, or white ulcers in children's mouths, simply burn a little scarlet cloth to ashes and blow them into the mouth, which seldom fails to cure.

THE HINDOO MOTHERS THE FIRST TO MAKE THIS DISCOVERY.—

Previous to a child being born, the mother is anxious to know its sex, and this may be known thus—if the child born next before had peaked hair in the neck it will be a boy, but if straight hair it will be a girl.

INFLAMMATIONS.—More children die in their infancy from *inflammation of the lungs* than from any other complaint. Great care should, therefore, be taken not to expose an infant suddenly from a warm room to the cold air, nor to cold winds, to draughts, nor any extremes of heat and cold.

NETTLE RASH.—Nettle rash is cured by rubbing the part well with parsley.

SORE THROATS.—Mothers, always beware of a sore throat when either yourself or your child has one, for a *sore throat* is the usual *starting* point of many dangerous diseases.

WHOOPIING COUGH.—Whooping cough is quickly overcome by mixing equal parts of castor oil and syrup of rhubarb; one tea-spoonful to be given three times a day. Try it.

MEASLES.—Measles are carried safely over by the free use of lemon or saffron water sweetened to taste.

RASH.—During teething a rash will sometimes break out on the face or head, sometimes behind the ears; never apply any lotion to them, which is dangerous.

GIVING CHILDREN MEDICINE.—Before (not after) you give a child medicine, always let it suck, for a minute or two, a peppermint lozenge or a piece of orange peel; the physic, however nauseous, will not then be tasted.

WEANING.—On weaning a child, nothing answers it so well as tapioca. Try it.

FEMALE COMPLAINTS.—Centaury is a most valuable herb to use for female complaints, to be drunk as tea.

RINGWORMS.—A very simple cure is to dip the ends of a number of matches in water, and apply the ends of the matches daily to the spot.

WORMS CREATED BY.—IMPORTANT.—Too many potatoes, or butcher's meat, or milk not scalded, creates endless worms in children.

THE EFFECT OF WORMS.—Many children become emaciated and die from the effect of worms, without the cause having been suspected, the worms fattening whilst the child starves.

WORM POWDER.—Senna leaves dried in the oven, next rubbed to powder, is what is sold for worm powder.

VACCINATING.—IMPORTANT.—When vaccinating has to take place let it be done at six weeks old; one teaspoonful of castor oil given before and after will carry it safely over. Vaccination has been a means of spreading dangerous and incurable diseases

THE EXCELLENCE OF MARIGOLD TEA.—Marigold tea is of great value for palpitation, hysteria, female obstructions, measles, and ulcers ; it will heal any sore or wound quickly ; used inwardly or outwardly.

CHILD-BIRTH.—Raspberry leaf tea is invaluable to mothers previous to child-birth, or for weak stomachs.

NIPPLES SORE.—The best thing for sore nipples is to bathe them frequently in a weak solution of *burnt alum* in water. The nipples should always be kept dry and clean. No ointment to be used.



GOOD WORDS.

YOUR good-will towards me, and mine towards you, are equal.

IT is the mark of a brave man not to be disturbed in adversity.

NO art, no hand, no workman can, by imitating, come up to the skill of nature.

THE greatest and most certain riches are to be content with our own circumstances.

NATURE herself daily admonishes us how few, how little, how common things she wants.

AMIDST prosperous circumstances, flowing according to our desire, let us with great exertion avoid pride.

MANY a boy's career at school has been blasted by a master who has obstinately refused to understand him.

GOOD health is more pleasing to those who have recovered from a dangerous illness than to those who have never been sick.

IT is of great consequence what persons every child hears daily at home, and with whom he converses from a boy ; in what manner fathers, masters, and even mothers speak.

WHEN we have looked upon the sky and contemplated the heavenly bodies, what can be so evident, so clear, as that there is some deity of most superior intelligence by whom these things are regulated ?

I NEVER considered that money, or magnificent houses, or power, or those pleasures to which mankind are mostly attached, were to be reckoned in the number of things really good and desirable ; because I saw that those persons, whilst these possessions were flowing about them, desired, notwithstanding, those things in which they chiefly abounded : for the thirst of their covetousness is never quenched nor satisfied ; nor are they who possess those things only tormented by their desire of increasing, but also by their fear of losing them.



A few days may, a few years must,
Repose us in the silent dust;
The voice of Nature loudly cries,
And many a message from the skies,
That something in us never dies;
That on this frail, uncertain state
Hang matters of eternal weight;
That future life in worlds unknown
Must take its hue from this alone;
Let us the important Now employ,
And live as those who never die.

HALL END, MAULDEN,
BEDFORDSHIRE.

TO MR. EDWIN FRAY,
3, Hubert Street, Leeds Road,
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Yours truly,

THOMAS GIDDINGS.

[See page 8.]


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Yours truly,

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