

A new and compleat body of practical botanic physic, from the medicinal plants of the vegetable kingdom ... With useful observations and improvements, necessary regimen and diet, under all diseases. Vol. I / [Edward Baylis].

Contributors

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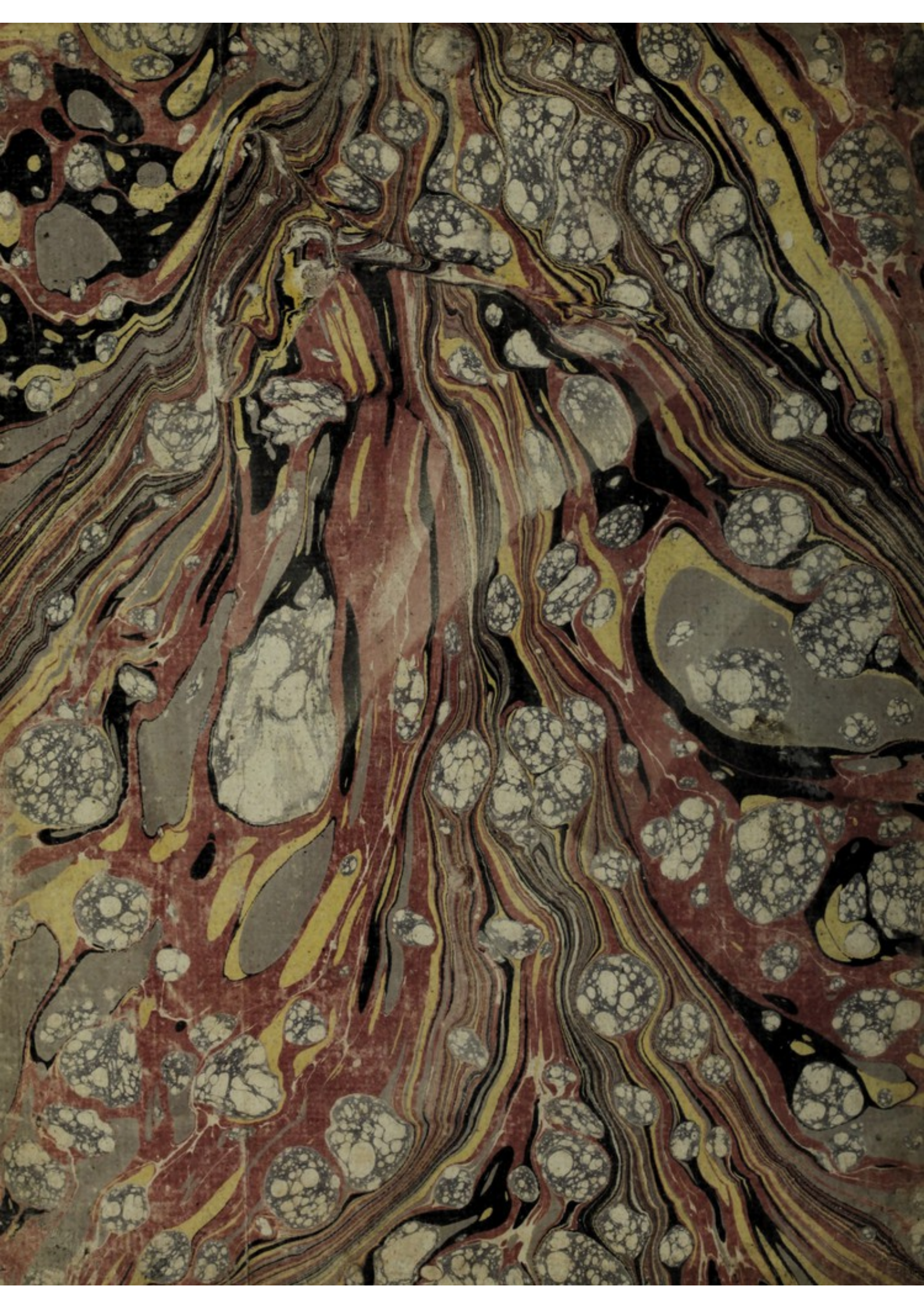
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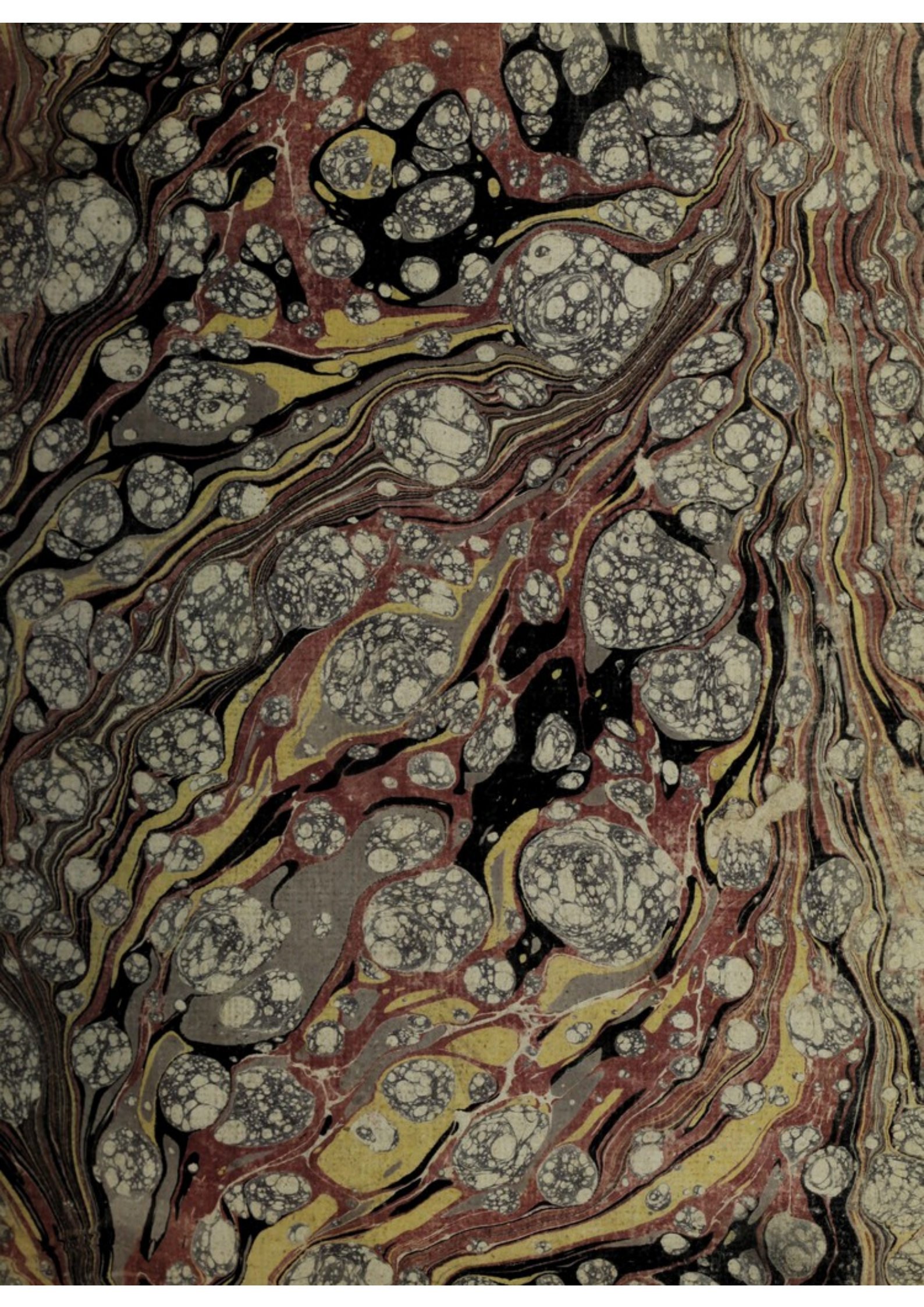
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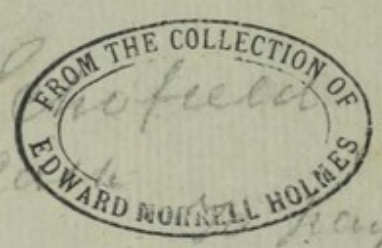
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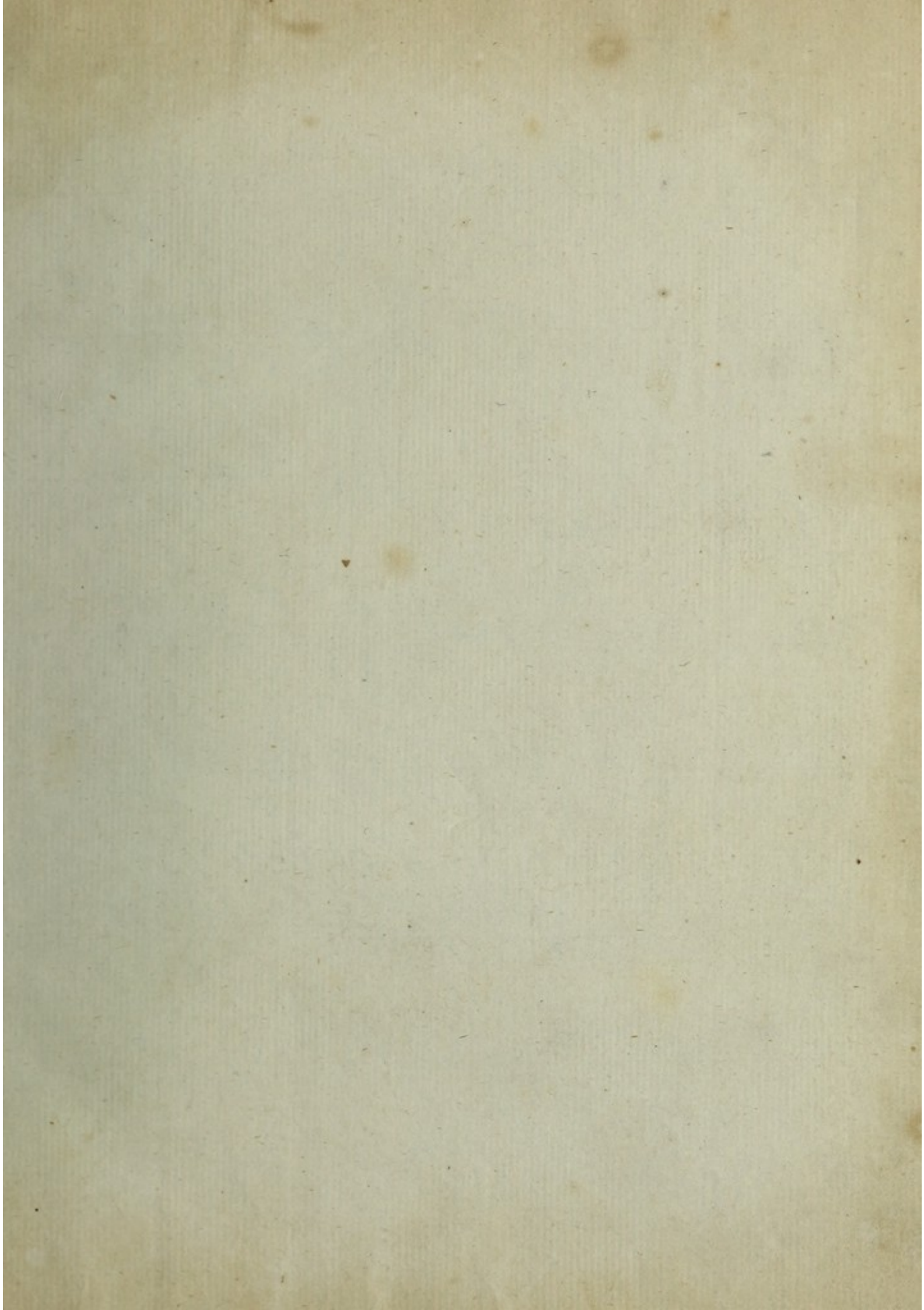
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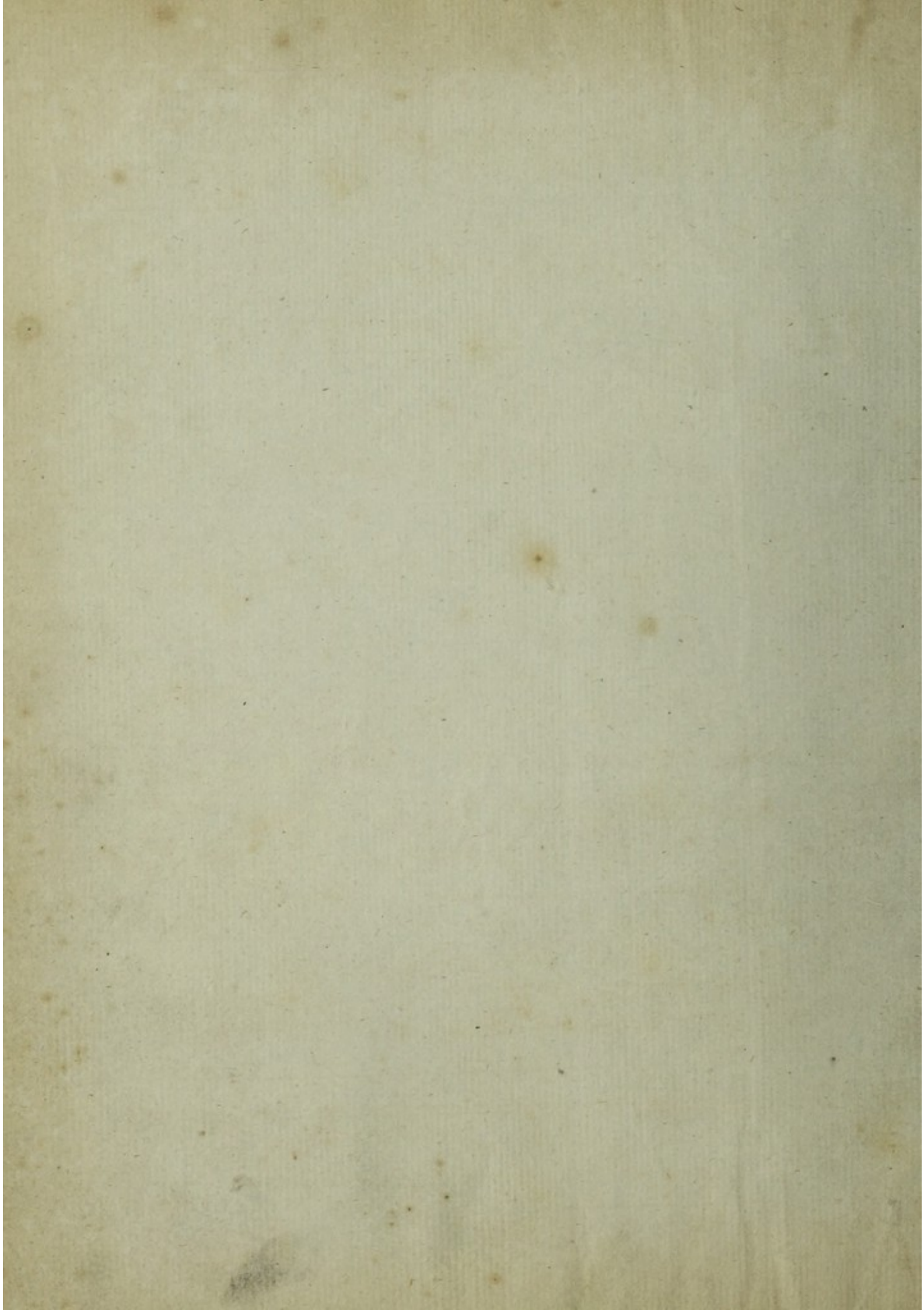


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A NEW AND
COMPLEAT BODY
OF
PRACTICAL
BOTANIC PHYSIC,
FROM THE
MEDICINAL PLANTS
OF THE
VEGETABLE KINGDOM:

Selected from some of the best Authors:

WITH
USEFUL OBSERVATIONS AND IMPROVEMENTS,
NECESSARY REGIMEN AND DIET, UNDER ALL DISEASES.

EMBELLISHED WITH BEAUTIFUL COPPER-PLATES,
COLORED TO NATURE.

BY EDWARD BAYLIS, M. D. PROFESSOR OF BOTANY,
AT THE PHYSIC GARDENS, CLIFTON, NEAR BRISTOL.

Possunt quia posse videntur.

VIRG.

VOL. I.

LONDON:
PRINTED FOR STACE AND MAIDS, No. 11, HAYMARKET.

1791.

A NEW AND

COMPLETE BODY

OF

THE VEGETABLE KINGDOM

BOTANICAL PHYSIC,

FROM THE

MEDICINAL PLANTS

OF THE

VEGETABLE KINGDOM:

By



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NECESSARY REGIMEN AND DIET, UNDER ALL DISEASES.

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VOL. I.

LONDON:

PRINTED FOR

1827

DEDICATION.

T O

THEIR MAJESTIES.

WHEN the Beauty and Order of the Botanic World are so diligently fostered under your Royal Care, in the delightful Garden at Kew, there can be little Doubt that to explain their Virtue, and render it useful to your Majesty's Subjects, will meet with their Sovereign's usual Sanction and Patronage.

It is to your paternal Care and Encouragement, which shines so illustrious and conspicuous, that the Fine Arts are arrived to their present exalted State of Beauty and Improvement, and from which alone the Author of this arduous, though useful undertaking, presumes to hope for your Royal Approbation and Favor.

It has, unfortunately for Mankind, been imagined by most Gentlemen of the Faculty, that the Virtues of the Vegetable World, and particularly those of our own Country, were not sufficiently powerful in many trying Cases, or would reward them for the great Study and Labor a Work of such Magnitude required: And it is to such mistaken Ideas alone that we can account for the gross Neglect so useful and valuable a Science has met with, and from which I have experimentally found, in many desperate Diseases incident to Mortality, to be peculiarly calculated.

That your MAJESTY'S Subjects might enjoy such valuable Blessings, ordained and provided for them by Providence, arising from the Medicinal Plants of our native Kingdom, I have chiefly confined myself thereto; and it has been my particular Study for some Years past, to bring into one Point of View the best Authors who have treated this Subject before me, and, from minute Observation and real Practice, to add

add such candid Illustrations and Improvements of my own, as shall demonstratively prove to those who will try them, the far superior Virtue and Power our Vegetable Kingdom is possessed of, and which have proved effectual, after every other Means have failed in the usual and established Mode of Practice.

In this valuable and important Undertaking, so particularly adapted for the Benefit and Advantage of Mankind at large, but more especially the Subjects of these your MAJESTY'S Kingdoms, I console myself with the pleasing Satisfaction, (and from which my Spirits are, as it were, re-animated) to be assured, that whatever Enemies I may find, who from interested Motives, or private Prejudices, might wish to suppress this useful Work, yet, under the Sanction and Favor of your Royal Approbation and Protection, they must soon vanish before me.

That your MAJESTIES may long enjoy a peaceful and happy Reign, and rule as the resplendent Luminaries

naries of these Kingdoms, and that the first Blessings of Providence may particularly attend your Royal Progeny to the latest Posterity, is the fervent and devout Desire of

Your MAJESTY'S

Most dutiful and loyal

Subject and Servant,

EDWARD BAYLIS.

CLIFTON, January 1, 1791.

TO THE CANDID READER.

Observations upon the Nature of the present Work, by an eminent Physician, a Member of the College of Physicians, London, and Fellow of the Royal Society.

BOTANY is a very useful and delightful Study; the infinite number of different sorts of Plants we meet with in every country, make the searching after them extremely pleasant; and there is nothing more likely to conduce to the improvement of the healing art, than Physicians applying themselves to make discoveries of new remedies therefrom. But I must observe that the barely knowing the *facies externa* of Plants, the ranging them in regular classes, and giving them proper names, is but of little service, unless we know their Medicinal Virtues, and what effects they will produce; which it is impossible to do without a solicitous and experimental scrutiny into their actions on the human frame.

Physic, without doubt, took its rise from a number of experiments made with Plants, &c. without any certainty, *a priori*, of what effects they would produce; and by diligently collecting and comparing the various successes of such experiments, the Practice of Physic began to be an Art.

In order therefore to investigate the properties of such Plants as are not yet used in Physic, we must have recourse to proper experiments with them, as we have many unpromising Plants worthy our consideration, and which might be of singular advantage in the Practice of Physic, were their virtues and proper doses thoroughly known: For my part, I shall always be of opinion, that had half the cost and pains been bestowed upon a continued series of experiments with the known Plants, in order to discover their medical properties and effects on the human body, as have been to find out new ones, more profitable discoveries would have accrued.

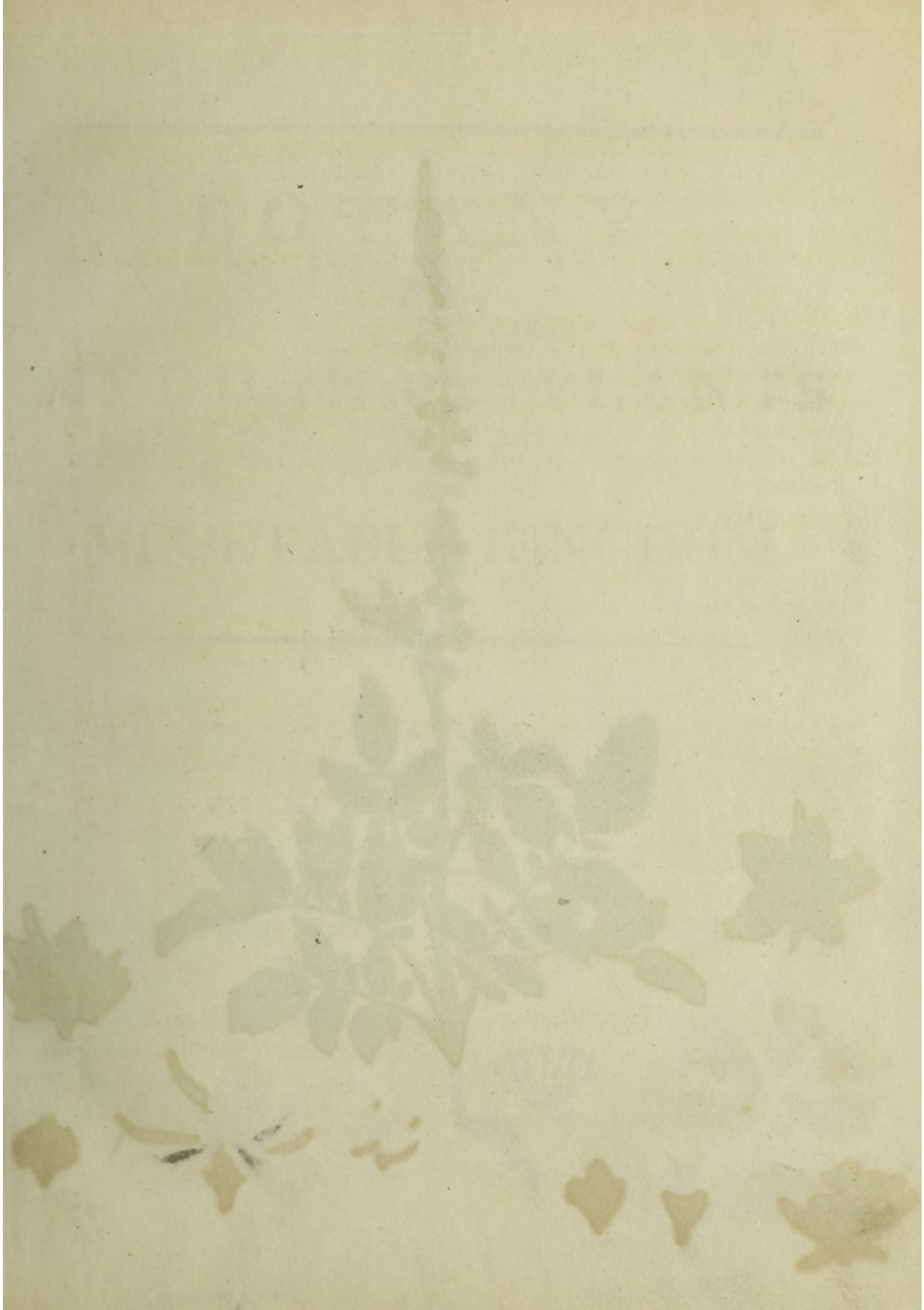
The capital things of nature generally lie out of the beaten paths; so that he who would make new and useful discoveries must take the pains to walk by himself in retrodden roads. And here let none despair or be confounded, recollecting the advice of Lord Bacon, if the experiments they attempt should not answer their expectations: For though success be indeed more pleasing; yet failure frequently is no less informing.

He who employs his time in searching into the Arcana of Nature, and is so generous as to communicate his discoveries, ought to be esteemed a benefactor to mankind; and though some inaccuracies should happen in his description of things, and some of his deductions should not be so strong and conclusive as they might have been, yet they ought to be kindly received in regard to the primary intention.

The Author of the present Work concludes these judicious remarks upon the nature of his undertaking, in the words of the same learned observer to a treatise of his. If it be objected that many things mentioned herein may be found already accounted for, and demonstrated in the Works of others; I answer, that I am not ashamed of having sought assistance from the labours of others, which as I have frankly acknowledged to have transcribed, I hope I shall not be accounted a Plagiary for so doing.

It has cost me no small pains to collect the scattered notions of the most approved Authors into one view, and as I have illustrated some, and added many useful observations to others, such a Work must needs be serviceable in many respects; since it is making some advance in knowledge, further to illustrate even known truths, or, at least, to confirm and explain them in the most intelligible and familiar manner.

I have taken a deal of pains for many years in collecting observations for the history and cure of diseases as well as practising and improving thereon; I have diligently spent my leisure hours in accurately examining into the various phænomena of Nature; and if what I have written will add in the least to the advancement of natural knowledge, and the cure of diseases, I shall think my time well bestowed whatever the malevolent or censorious may think of it, B. L.





Agrimonia.

Agrimony.

Published May 1790 as the Act directs by Stace & Mads Nulley Market.

BOTANY;
OR THE
MEDICINAL PLANTS
OF THE
VEGETABLE KINGDOM.

CHAP. I.

OF THE PLANT AGRIMONY.

Agrimonia, Eupatorium Græcorum, Offic. Agrimonia Officinarum, Boerh.
Agrimonia, Linn. Agrimony.

THIS Plant is certainly the Eupatorium of Dioscorides, Galen, and the ancient Greek Writers, and is said to have taken its origin from Eupator, the first founder of it, who is supposed to have been a King, though I rather imagine an ancient Greek Physician, and who was probably the first discoverer of its virtues.

DESCRIPTION.

THIS Plant has a thick, fibrous, and black root, from which arises many long leaves of a darkish green, some greater, some smaller, rather brighter upon the under part than upper, indented upon the edges, full of veins, and rather hairy, from which arises generally one taper round stalk, of a yellowish dark green, inclining to brown, full of hairs, from two to three feet high, with smaller leaves singly set, at about the distance of two inches asunder, at the top of which grows many small yellow flowers one above another, which appear in the latter end of July, or beginning of August, being rosy and consisting of five yellow leaves, having a prickly cup divided into five parts, which changes into a small seed of a bell shape, hairy at the end, of about a quarter of an inch long, containing one or two seed vessels, with equal number of seeds deposited therein. It is a wild Plant, commonly growing in our dry barren pasture grounds, and frequently by the road sides and under hedges, in most parts of England, Germany, and Italy.

VIRTUES.

AGRIMONY, says an old Author, who by some is looked upon as an oracle, and by many modern writers contemned, though I know not for what reason, except it was his plain manner of writing, and his ascribing such amazing virtue to a Plant in so great a number of diseases, not considering the distance of time and mode of writing in those days, “ Is
 “ possessed (he observes) of a cleansing faculty, without any manifest heat,
 “ moderately drying, binding, opening and cleansing the liver, good in
 “ the Jaundice, Colic and Gout, &c. &c. healing all inward and outward
 “ wounds, bruises, &c. &c.”

A late Writer, more sparing in his commendation of this Plant, observes notwithstanding, “ That Agrimony is a noble hepatic and vulnerary Plant,
 “ opening,

“ opening, cleansing, and lenifying, on which account it is very useful in
 “ the Jaundice, Gout and Stone.”

A modern Author, who has treated this subject, remarks, “ That Agri-
 “ mony has an herbaceous, somewhat acrid, roughish taste, accompanied
 “ with an aromatic flavour, that it is said to be aperient, detergent, and
 “ to strengthen the tone of the viscera, and hence stands recommended in
 “ scorbutic disorders, in debility, and laxity of the intestines, &c. &c.”

Now, of the three Authors whom I have just quoted, without in-
 fringing upon the bounds of charity, from every information I can
 obtain, not above one of them ever proved the virtue of this Plant; one of them,
 it is true, had a good Botanic garden, in a neighbouring kingdom, wherein
 he shut himself up, seldom or ever prescribing for any one, barely contenting
 himself with a speculative knowledge and judicious theory of the virtue of
 plants; while the other, who was notwithstanding a very great Physician in
 the Esculapian art, never, in the whole course of his life, prescribed it in his
 practice, if he ever saw it, except when he was taking an hour of recreation
 from the toils of his profession, in the Physic-gardens, at Chelsea. So
 much for learned traditions, which may, and have sufficed many, but are
 foreign to my purpose; experiments and trials are the only true light we can
 bring to prove our just knowledge of the materials of Physic; it is trial alone
 enriches this part of our profession, and experience the only guide by which
 we can possibly introduce a true, certain, and rational mode of practice.

“ Sir John Hill observes, in the worst degree of the Jaundice, and under
 “ its most dreadful appearances, the greatest dependance may be placed
 “ upon the celebrated herb, Agrimony.

“ The leaves of this Plant possess its virtues in a very high degree; but
 “ the crown of the root has them in the greatest perfection. The seeds
 “ are only to be used in the particular case of bloody stools attending this
 “ disease, but in this they exceed all other medicines. This was the Dysen-
 “ tery, for which the Ancients held them above all things in virtue.

“ As to the manner of giving Agrimony it will convey its virtues, freely
 “ and fully to common water; and this is a ready and very good way of
 “ taking of it: but for those who prefer a yet greater power of the herb,
 “ there is another preparation.

No. I. “ Strip off half a pound of the fresh leaves of Agrimony; clip them
 “ to pieces, and pour upon them in a strong mug, a quart of boiling water;
 “ cover up the mug and let it stand 24 hours, then press the liquor off.
 “ Let it settle to be quite clear; and take it at four doses, eight hours dis-
 “ tant from one another, sweetening it with honey.

“ The body must be open all this time, if it is naturally so the better, if
 “ not, half a pint of Jessop's well water, or any other of the purging waters,
 “ must be turned with milk into a kind of whey, and taken occasionally, not
 “ to purge, but merely to prevent costiveness.

“ When all is over, a somewhat larger dose of the same whey should be
 “ taken twice, to operate as a purge, and carry off any thing that might re-
 “ main after the disease.

“ When the Jaundice is long confirmed, not the leaves, but the crown of
 “ the root of Agrimony is the part to be depended upon. This is the place
 “ where the root ceases, and the stalk and leaves begin, that part of the
 “ Plant which is between earth and air.

No. II. “ Therefore take up the root of Agrimony to the length of an
 “ inch, with the buds upon them: of these cut to pieces six ounces, bruise
 “ them in a marble mortar, and pour upon them a quart of boiling water.
 “ Let this stand 24 hours, after which the liquor is to be strained off, and
 “ taken just as the former, sweetened with Honey.

“ While this is making, let the person take a vomit. The morning after,
 “ let the Agrimony be taken, and continued thrice a day, without inter-
 “ mission, till the Disease is conquered. In what time this will be,
 “ depends upon the particular nature of the case, and the time the disorder
 “ has

“ has had to strengthen itself: but that the cure will follow, is as certain as
“ any thing in Physic.

“ If the person be inclined to costiveness, Rhubarb is the thing he should
“ apply to in this stage of the disease. If Nature should have a tendency to
“ a purging, this is not to be suppressed, but moderately encouraged by
“ enlarging the dose of the Rhubarb.

“ If a troublesome itching and sudden tendency to sweat comes on, let the
“ patient go to bed, and take a dose of the Agrimony warm, once in half an
“ hour, for five or six times.

“ As the cure advances, the stools will get their natural colour, the yel-
“ lowness of the eyes will go off, and the skin will begin to recover its for-
“ mer appearance. All that is necessary after the cure, is to take three or
“ four doses of the Rhubarb at distinct times.

“ In the worst state, which is called the Black Jaundice, exercise is often
“ painful, but those to whom a horse has been offensive, have found great
“ good by walking, and if the motion of a coach can be endured, it is yet
“ better. Rhubarb must be taken in this state more carefully and constantly
“ than in the former.

“ If the urine becomes darker coloured and less in quantity, more whey
“ must be drank, and the juice of Dandelion squeezed into it, or of Wild
“ Succory. The appetite will grow better during this course, as also the di-
“ gestion, for beside the qualities of the Agrimony, the Rhubarb tends to
“ this good purpose.

“ If bloody stools come on, the seeds of Agrimony are to be made into a
“ tea, just as the leaves. When the hardness of the right side becomes less,
“ or when gall stones are voided by stool, there is a rational hope of cure in
“ this case.

“ But it is necessary I should hasten to my own observations and practice.

OBSER-

OBSERVATIONS BY THE AUTHOR.

UPON a chymical analysis, it appears Agrimony is possessed of an acid phlegm, oil, and urinous spirit, and consists of gentle salts, the greater part fixed, though some part volatile, and joined to some terrestrial, and from its aromatic and gentle astringent powers, is endued with a temperate and cardiac quality, and therefore justly recommended for its aperient, deterfive, vulnerary, corroborating, and mildly operating qualities; and consequently, highly useful in the Jaundice, Obstructions of the Liver and Spleen, and all disorders arising from a lax state of the solids, as habitual diarrhæas, internal hæmorrhages, &c. and where mild corroborants are indicated. I shall now proceed to shew from experience and practice, the real and certain virtues of this celebrated plant, and particularly in the following case.

The Jaundice is a disorder which has too often baffled the efforts of the first Physicians, and may frequently, with some few others, be justly stiled the *Opprobria Medicorum*. It was these frequent disappointments naturally led me to the study of the Botanic practice; an undertaking, though difficult and arduous, has amply, as it will all others who will seriously and anxiously engage in it, fully compensate for all their solicitude and labour therein.

As I would wish to pass over the shades of every one with that veneration and respect, I could desire the present undertaking should be viewed in, in the course of a very few years, well knowing, that however scientific men may plume themselves upon superior knowledge and understanding, the grand and great truth lies here, as I have observed in my Gout Treatise, and which shall be forwarded gratis to any Gentleman requesting it, “That
 “Phyfic, like Natural Philosophy, is a science wholly supported by experiments, in the pursuit of which we are often foiled in our intended aim,
 “but are frequently recompensed by some valuable and unexpected discoveries.” All Arts and Sciences are, in the present day, in a rapid state of progress and improvement, which must, in a great measure, be attributed
 to

to their Majesties' paternal regard for the advantage and happiness of their People, and who have upon all occasions stood forward the avowed Patrons and liberal Promoters of the Fine Arts. Time and experience bring forth knowledge; it has so from the first formation of all things, and in all human probability will continue till time shall be no more; the Universal Fountain of all Goodness has, in his admirable and astonishing display of Nature and Providence so decreed it, and who shall stay his hand?

Under such ideas I must observe, that the first of Sir John's prescriptions, (*See No. I. page 4.*) has often proved inadequate to the complaint; indeed he hinted as much himself in introducing his second prescription (*No. II.*) and even this has in certain cases disappointed me. After many trials and repeated experience, the best and most certain method I have found of using this valuable herb Agrimony, for the Jaundice, is its own natural juice, a weaker preparation of it proves generally not so advantageous, neither sufficiently powerful: After bruising the plant, express from it the juice, which I would advise first to be taken to the quantity of four table spoonfuls night and morning, and which may gradually be increased, if occasion, to double that quantity.

When the green plant cannot be obtained, moisten the dry herb cut in small pieces, with white wine or cyder, barely to cover it, and after it has so lain for 24 hours, express the moisture and administer it in the same manner as the juice of the plant before directed. I have often experienced, that wherever the juice, or this expression, as it will sometimes, bind the body and render it costive, that a drachm or two of soluble tartar added to each dose, has often proved highly useful, and in my opinion, generally hastens the cure. I have frequently observed in the Jaundice, an inclination to, or frequent vomiting attending it, in which case I should recommend it, being generally an observer of Nature, and usually endeavour to assist her in her efforts, to take a draught of strong warm tea of the *Cardus Benedictus*, or *Blessed Thistle*, which will cleanse the stomach, or if the sickness should notwithstanding continue, a dose or two of strong fumitory tea after, will effectually prevent it.

Before I leave the virtues of this celebrated plant, Agrimony, I think it would be doing injustice to the subject, not to mention what other cases other Authors, as well as myself in some of them, have experienced from its use.

In the Stone and Gravel, a decoction of this herb is said to be very useful; at least I should suppose it a very good vehicle to convey any other specific for those diseases in. So likewise in a Diabetes, or preternatural discharge of urine, a drachm or two of the powder of the dried herb in red wine, or a decoction of the leaves in the same, is judiciously recommended. In habitual Diarrhæas, or natural lax state of the bowels, internal Hæmorrhages, or bloody urine, this last preparation of this valuable Plant, has seldom or ever disappointed me in my expectations.

Before I close my observations upon the Jaundice, I shall lay before my Readers such other prescriptions from my Botanic practice as I have generally found useful in this trying disease, and particularly for those where this Plant may not easily be obtained.

Take a new laid egg, beat it up fine, and with two table spoonfuls of the juice of Dandyion, and one table spoonful of the tincture of Saffron, give it morning and evening. Or take half a drachm, or 30 grains of the powder of the herb Nep, or Catmint, with a table spoonful or two of wine, or cyder, and the yolks of two eggs beat up, which should be administered twice a day. Or give of the powder of the root of Lovage, or Masterwort, from half a drachm to a whole one, or one drachm of Columbine seed, either of these most convenient to be obtained, in a draught of strong Agrimony or other tea, night and morning.

Or give a strong decoction of Nettles, or of the roots of Burdock, to the quantity of half a pint twice or thrice a day, all which I have found very useful in this disease.

I shall close these observations, with giving an elegant form or two of Medicines, which I have frequently experienced highly useful in this disorder, to those who can afford them.

Take

Take of the roots of Madder and Turmeric, grossly powdered, of each two ounces, of the roots of Celandine, cut small two handfuls, Columbine seeds, one ounce, boil them in Rhenish wine and water, of each one quart to two pints, strain it off, and administer first four table spoonfuls night and morning, augmenting the dose, if necessary, by degrees to double that quantity. Or take of Turmeric or Madder, its roots grossly powdered, of each one ounce, Saffron and Columbine seeds, of each half an ounce, infuse them in a gentle heat for four days, in a quart of the best Rhenish wine that can be obtained, shaking it twice every day, then strain out the liquor, and take of the clear tincture four or six table spoonfuls, twice or thrice a day.

DIRECTIONS TO THE AFFLICTED,

As to the Cause and Symptoms of the Jaundice.

The Jaundice is a copious effusion of the bilious fluid, which is apparent throughout the whole habit of the body. The cause is most commonly an obstruction of the bile, or of too profuse secretion thereof. The patient feels a continued anxiety, and a disgust to all exercise or motion, the body generally costive, the stools either white or yellow; the urine is high coloured, bright and fiery, which will tinge any linen dipt therein as yellow as if dyed: Is often times attended with a Diarrhœa, bilious vomiting, pain in the stomach or bowels, tumour at the pit of the stomach, after eating increased in size and hardness, the skin grows perfectly yellow, particularly the white of the eyes. There is a frequent heart-burn, which attends at times, and some have often fainting fits.

Sir John Hill observes, “ When this disease has held a person for any considerable time, there is a bitter taste continually in the mouth, and the very sweat is sometimes bitter; to some persons in this stage all objects seem yellow, and the sweat in others will stain the sheets and linen to that colour. In the worst degree of the Jaundice a hardness is perceived on the right side, the pulse is weak, the stools are clayey and pale, the urine is dusky, and at times brown, or almost black, and a vast quantity of dis-tempered gall, green, livid, or black, is at times thrown up by vomiting: “ there

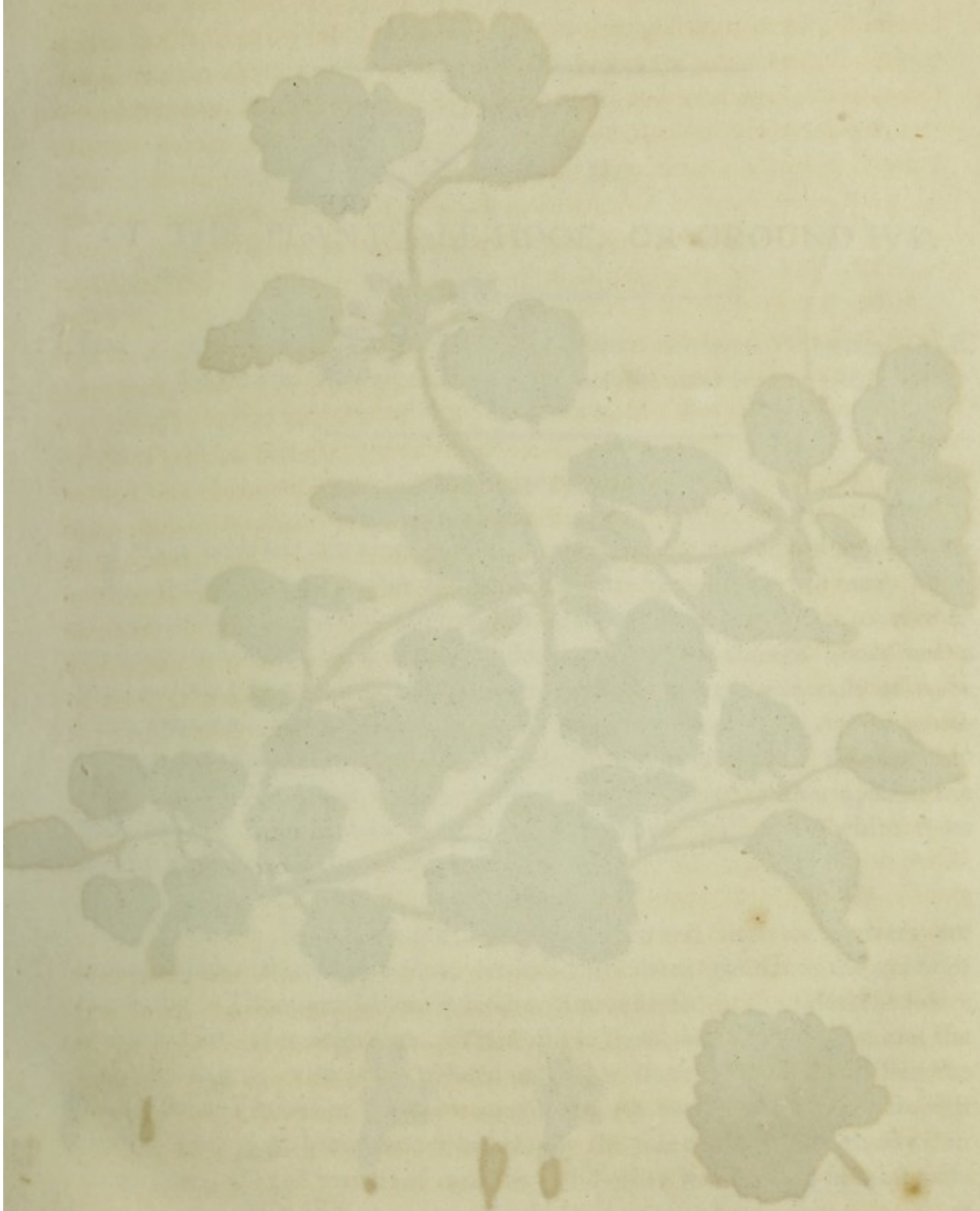
“ there is great thirst, little appetite, universal weakness, and continual
 “ anguish. Costiveness grows upon the patient, and at length his ancles
 “ swell. This is the beginning of a Dropsy, a disease most of all to be
 “ dreaded, following a Jaundice of that confirmed kind. Sometimes blood
 “ is voided toward the end, by stools, by urine, by spittings, and often from
 “ the nose, in the most alarming manner.

NECESSARY AND USEFUL DIRECTIONS,

As to Regimen to be observed in the Jaundice.

High seasoned dishes, or sauces, should be carefully avoided, nothing stronger than wine must be taken, and of that the usual quantity, if considerable, is to be diminished gradually. The best drink is butter-milk, or whey, made from new milk, sweetened with honey, and of this the more is taken the better. Exercise is to be used, and Spa water may be drank moderately with advantage. A piece of flannel should be constantly worn next the skin, over the whole part of the body where the hardness is felt. Let the patient live in a temperate air, for too much heat still increases the disease. The diet ought to be sparing, and easy of digestion; brandy, and other strong spirits should never be taken, and moderate exercise should above all things be used, and when the body is not naturally open, such helps should be administered by art, as will contribute thereto. The most proper for this purpose, are such things as are of a cooling, light, and diluting nature, such as ripe fruits, and mild vegetables: As apples boiled or roasted, stewed prunes, or preserved peaches, which I have experienced very useful, preserved plumbs, boiled spinnage, &c. The best animal food is veal, boiled mutton, or chicken, though the broth or jelly of these have been found more useful, yet the others I have admitted sparingly, and without any improper effects.

A brother Physician, and fellow Collegian, who has nobly and generously offered me his assistance, informs me, that many of his patients have been cured of this disease by taking a long journey, after every other means in the regular course of the *Materia Medica* had proved ineffectual: to which I shall add, from my own experience, that, when this cannot be complied with, I should earnestly advise the frequent and repeated changes of situation, in a light, mild temperate air, which I have often known as effectual.





Glechoma Hederacea.

Common Ground Ivy.

 C H A P. II.

 OF THE PLANT ALE-HOOF, OR GROUND IVY.

Hedera terrestris Chamæciffus, Offic. *Hedera terrestris* Vulgaris, C. B.
Glechoma. *Hederacea*, Linn. Alehoof, Ground Ivy, or Gill.

DESCRIPTION.

THIS herb lies creeping upon the ground, shooting forth white thready roots, nearly as warm as Horfe Radish, from which rise many stalks of uncertain height, some being not above eight, others perhaps, twelve or fourteen inches high; the stalks are slender and green, though sometimes a little inclining to red, set all along with two round leaves, generally at every joint, somewhat hairy, and unevenly dented about the edges. At the joints likewise, with the leaves toward the end of the branches, come forth hollow long flowers, of a purple colour, rather inclining to blue, rather open at the end, and not much unlike to those of Germander, with small white spots upon the label or lips that hang down.

A Judicious Botanist more accurately observes, that the flowers are monopetalous, labiated, and blue, set in a verticilated manner at the joints of the stalks. The upper labium is bifidous and reflected to the sides, the lower is divided into four Segments. The Pistil is small, with two horns, and the Calyx is oblong, with edges divided into five short Segments. When the flower decays, it bellies out and is pregnant with four oblong, small, smooth seeds. This plant grows under hedges, by the side of ditches, highways, in shady lanes, and the borders of meadows, and other waste places in most parts

of the kingdom, and if the Spring is mild, begins to put forth its blossom as early as the month of April, and continues flowering for a long time, even to the end of the Summer, after which the green herb remains during the Winter, if it is not too severe.

VIRTUES.

“ GROUND IVY is said by an old and valuable Author, to be hot and dry
 “ in the first degree, from its quick, sharp, and bitter taste, that it is ape-
 “ ritive, absterfive, and vulnerary, by appropriation, pectoral, nephritic, and
 “ arthritic: and operates only as an alterative. That it is a singular herb
 “ for all inward wounds, ulcerated lungs, or other parts, either by itself,
 “ or boiled with other like herbs, that the decoction taken for a short
 “ time, easeth the Colic, and all griping, and windy pains of the stomach
 “ and bowels; that it is excellent in all obstructions of urine, monthly terms
 “ of women, the gout, &c. and that it speedily healeth all green wounds,
 “ being bruised and applied thereto.” I am well aware this antiquated
 manner of writing, may be laughed at by some of the modern Botanic Writers
 of the present day, though for my own part, I think it goes only to prove
 that their risibility is more easily affected than their understandings, and that
 when beauty, or usefulness, may in a future day be examined in the strict
 scale of justice, these poor antiquated, useful Authors, will then have the
 preference, and be more highly valued.

A late Writer observes, “ That Ground Ivy, from its sub-acrid and bitter
 “ taste, is of a smell somewhat heady, when it is fresh, resembling a mix-
 “ ture of mint and dead nettles; that it is diuretic, and reputed a singular
 “ vulnerary, because it contains resinous particles, that it is commended in
 “ viscid phlegm of the lungs, intestines, and kidneys, which it dissolves and
 “ carries off, and from hence is highly extolled in Consumptions, Colics, and
 “ nephritic cafes. Its juice being given internally, has freed many, labouring
 “ under bloody fluxes in a dangerous manner, from the jaws of Death: That
 “ from its nature it opens, assuages, and tempers the juices, and is therefore
 “ reckoned good for so many diseases.

Mr.

Mr. Boyle relates an observation of “ Persons subject to Colics, from
“ the steams of lead, cured by its use in tincture ; that England knows not a
“ better plant than this, for its virtues are many and effectual.” The same
Author concludes with observing, “ That an infusion of this Plant in Colics
“ and childrens’ Gripes, he has experienced in numberless instances to be of
“ very great use, either externally or internally administered.”

An ancient, though valuable Author, has many excellent preparations from
this Plant, some of which I should think I did injustice to in this work were I
to omit them, having experienced some of them myself highly beneficial and
useful. He first recommends “ An infusion of Ground Ivy as tea, or in weak
“ lime water, and taken three or four times a day, to the quantity of about
“ half a pint, as excellent for Colds, Coughs, &c. The decoction likewise
he observes, “ is a good vulnerary, more especially if two ounces of spirits of
“ wine or French brandy be added to every pint thereof, and which is very
“ conducive to heal old stubborn Sores, Ulcers, and Fistulas, if taken in the
“ quantity of a quarter of a pint, three or four times a day. This decoction,
“ he further observes, mixt with a little allum and honey, is exceeding good
“ to wash Sores, and ulcerated Mouths, or Ulcers in any other part of the
“ body. That the syrup of Ground Ivy is peculiar against an old Cough,
“ and other diseases of the breast and lungs, as Catarrhs, Asthmas, Ulcers
“ of the Lungs, Spitting of Blood, &c. that it should be taken a large spoonful
“ at a time, as oft as need requires it.” He remarks the following mixture
to be a very useful preparation. “ Take of the juice two ounces, honey,
“ one ounce, burnt allum, three drachms, purified verdigrease, half a
“ drachm, mix them well together, which effectually cures Sore Mouths,
“ Ulcers of the Gums and Tonfils; and indeed useful in all Ulcers, and
“ running Sores in any part of the body.

“ That the conserve of this Plant is a useful medicine, as it opens the
“ breast and lungs, and gives great relief in Coughs, Colds, Shortness of Breath,
“ and soreness of the Breast and Stomach, and that a useful diet-drink may
“ be prepared for all these purposes, by putting three large handfuls of the
“ green herb to every gallon of ale whilst working, which will clarify and
“ make

“ make fine the drink in about twenty-four hours, from whence came the
 “ name frequently given this plant of Alehoof, or Tunhoof, and in the old
 “ time, supplied the place of hops, as it makes the drink very fine, opening,
 “ and diuretic.” The Author of these sheets, recommends this herb there-
 fore to all, who with Mr. Westly thinks Hops to be possessed of a noxious
 quality, or as a very useful succedaneum, not that he by any means subscribes
 to this opinion as justly founded, and which he will endeavour to prove in
 the course of this work. But to return to our ancient Author: he observes
 “ That the powder of the dried leaves, if given from half a drachm to one
 “ drachm, in four ounces of distilled water of the same Plant, is said to ease
 “ the Jaundice in seven or eight days, and the Sciatica in forty or fifty.
 “ That the troches made with the powder of Ground Ivy, with isinglass and
 “ white sugar candy, are of excellent use against Coughs, Colds, Phthificks,
 “ Consumptions, and Shortness of Breath, being held often in the mouth, and
 “ suffered gradually to dissolve, the sick also drinking milk every day, in a
 “ pretty large quantity.

He remarks, “ That a Balsam formed by boiling the the juice of this Plant
 “ to the thickness of new honey; four ounces thereof mixed with turpentine
 “ of Chio, and oil of sweet almonds, of each two ounces, will heal all green
 “ Wounds, running Sores, old Ulcers, Fistulas, &c. after an admirable
 “ manner, being applied to the part.

That the following Cataplasim gives excellent relief in the Gout, and
 other pains of the joints, which is made in the following manner: “ Take of
 “ turpentine two ounces, yolks of three new laid eggs, mix them well
 “ together, and then add of the green herb of Ground Ivy, cut small and
 “ beaten in a mortar, thee large handfuls, mix and apply it; that the above
 “ Cataplasim applied hot to the region of the liver or spleen, it eases their
 “ pains; and upon the abdomen it is said to be a present remedy in the Colic.

He observes, “ The spiritous tincture, of this Plant prevails against Catarrhs,
 “ coldness of the Stomach, Spitting of Blood, Wind, Pains, Gripings, and

“ other like difaffections of the Stomach and Bowels. Dose from one drachm
 “ to two, in its own distilled water, or other fit vehicle.

“ That a spirit made of the fermented juice, is of singular use against the
 “ Scurvy, whether in hot or cold constitutions, that it strengthens the
 “ stomach and causes a good appetite. Dose from half an ounce to one
 “ ounce, mixed with wine, or with the syrup of the juice.

The Author concludes these his remarks upon this useful Plant, with
 the following Ophthalmick, or Eye Water. “ Take of juice of Ground Ivy
 “ three ounces, of the juices of Celandine, Daisies, Rose Water and Honey, of
 “ each one ounce, mix and dissolve, and then drop it into the eyes: He
 “ says this Eye Water helps all inflammations, spots, pin, and web, itching,
 “ smarting, and most other difaffections of that part, and cures though
 “ almost blind. Use it five or six times a day, or oftner.

I have now only gone through part of the judicious observations of this
 valuable Author, who having been now dead about half a century, the London
 Bookfellers inform me, his Works are much rising in estimation, and which
 I could have wished to have been more brief in, could I have done it with
 justice to the Author, or to the purchasers of this Work.

A judicious and modern Author, but who is very sparing of his com-
 mendation of Plants, yet allows “ Ground Ivy to be a good and valuable
 “ herb, and that it is an excellent vulnerary, that it should be recurred to
 “ for inciding and resolving the gross tartarous matter of the lungs,
 “ kidneys, and other parts, and consequently is efficacious in all obstructions
 “ thence proceeding, as also in the Jaundice, and that the syrup made of
 “ this Plant, is good against a convulsive Cough, but chiefly against Spitting
 “ of Blood and bloody Urine.”

Having closed my traditionary account of the virtues of this celebrated
 Plant, the generality of which, I believe to be truly useful, I shall now proceed
 with my observations, and to shew, both from my own experience and
 practice

practice, as well as what I have been an eye witness to in that of others, of the certain virtues and efficacy of this valuable herb.

OBSERVATIONS BY THE AUTHOR.

GROUND IVY appears, upon a chymical analysis, to be possessed of a considerable quantity of oil, earth, and phlegm, the latter of which is partly acid, and partly pungent, but very little of volatile concreted salt could be obtained from it, yet notwithstanding it afforded some small quantity of an urinous spirit, from which it appears to be possessed of aromatic, though not very agreeable powers, and which may be discovered by its quick, bitterish, and warm taste. This herb is certainly an useful corroborant, aperient, and detergent, and consequently must be highly serviceable in all Laxity, Debility, and Obstructions of the Viscera, for purifying the blood and juices, and for cleansing and healing all internal Ulcers, even of the Lungs, which it does in an effectual manner, by removing at the same time the cause thereof.

In the following observations, I shall confine myself chiefly to the virtue of this Plant in all consumptive cases, even where the Lungs are ulcerated, and sorry I am to be so confined for room, as not to be able to make all those necessary and just remarks, a disease so fatal, and habitual to this climate, naturally demands, not but that I may be enabled under some other Plant, specifically appropriated to this malady, more fully to enlarge thereon, at a future period.

The Consumption is a disease so frequent and fatal to the inhabitants of this kingdom, that very few, if any, may comparatively speaking, be said to receive a cure, that are once afflicted therewith, particularly if the Lungs become ulcerated, which sooner or later is generally the case. What is still worse, I am very fearful the grand cause of this disorder is too little known or attended to; and what renders the case still more deplorable is, that our general food, and also our very atmosphere contribute thereto. Various Writers have pointed out several kinds of Consumptions, but I am led to believe the principal difference arises from what part of the Viscera is chiefly attacked, and the degree

degree of virulency, this fatal disease has taken root in the part so principally affected.

Among the many Authors I have examined upon this subject, and the great practice I had an opportunity of experiencing under several of the first Physicians in this kingdom, in the metropolis, I do not recollect to have read, heard, or by few suspected, that a latent scorbutic humour was the essential cause of Consumptions, and yet this opinion will appear no paradox, if the causes and symptoms of this disease are duly weighed. If we consider the natural tendency of the English constitutions to the Scurvy, from the great quantity of animal food taken, and from the unhealthy vapours of our uncertain atmosphere, which so frequently varies even in the space of twenty-four hours, and proves so prejudicial to its inhabitants, particularly in all the complaints of the Breast, it may consequently be concluded that few in a comparative degree are free from a scorbutic taint. If we also examine the prescriptions of the most eminent Physicians, we shall find that bleeding, balsamics, and restoratives, are the chief, I might add the only reliance placed in the treatment of this disorder, a treatment but barely sufficient for only the apparent symptoms of this disease, much less for eradicating the latent grand cause which ought chiefly to be attended to in all consumptive cases.

If I may be pardoned for the presumption, it should be our principal concern, to attend to the purifying the habit, and restoring it to its pristine state, and was this once effected, the cure would consequently be established, as by removing the great latent cause, the symptoms attending it, which are now only principally attended to, would vanish of course. I could wish this idea, for the benefit of mankind, was more minutely examined, in respect to the principal cause of many other diseases, particularly the Gout, Rheumatism and some others, for which no relief is said to be attainable, but patience, and warm flannel, yet my medicine for the former of these disorders has now been established for ten years past, in favour of which

I have had the honour to receive attestations from some of the first characters in this kingdom.

Having now endeavoured to explain the essential cause of Consumptions, I now intend to shew a method of cure, and that particularly by the use of that valuable herb, Ground Ivy.

I before observed, the particular properties of this Plant arose from its aperient and detergent powers, in purifying the habit, removing all obstructions of the viscera, and in cleansing and healing all internal Ulcers, even of the Lungs: I am not alone in this opinion, being exactly consonant to one of the first Medical Writers we have extant upon this subject; but I proceed to shew the best and most approved manner of administering the virtue of this Plant, in all consumptive cases.

Take any quantity of the green Plant with its root, sprinkle it with wine or water, very slightly, pound it well in a mortar, and immediately press out the juice, and let it stand to settle for twenty-four hours, and carefully pour off the clear liquor from its settlements. Take of this neat juice half a pint, of the best new honey well clarified, and sugar-candy in powder, of each four ounces, put the whole together into a pint basin, and set the basin into a pan of boiling water, so that the water may rise to full three parts the height of the pint basin, continue the well mixing all these together in that heat, for the space of about half an hour, by which time it will be properly united, put it then into a bottle lightly corked, which keep in a cool place, and take of the mixture from three to five table spoonfuls, three or four times a day, as the urgency of the case may require. N. B. If the sugar-candy was clarified with the honey, it would be better.

In very desperate cases, I have frequently found great benefit by adding three or four table spoonfuls of the juice of the herb Fox-glove, to

to the above preparation, which has seldom disappointed me in my expectations.

Those to whom sweets are disagreeable, I shall add the following elegant formulæ, from which I have experienced the most desirable consequences. Boil slowly in a pint of the best red port wine, and four ounces of the juice of Ground Ivy, half an ounce of powdered Cinnamon, and one ounce of red Saunders, close covered for about half an hour, strain it off, and add to it, an equal proportion of the fresh juice of Kentish or Golden Pippins, or if these cannot be obtained, of smart rich Cyder, and the same quantity of tincture of Roses, unite these together, and keep them in a bottle for use. Then fill a quart bottle up to the neck, slightly pressed down with the fresh herb and root of Ground Ivy a little bruised, and pour upon it four table spoonfuls of the juice of the herb Fox-glove, and as much as it will take of the above mixture, and let it stand for three or four days, at some distance from the fire, shaking it twice a day, then take all out of the bottle and strongly press out the moisture, and take the quantity of four to six table spoonfuls of this preparation, three or four times a day.

DIRECTIONS TO THE AFFLICTED,

As to the Cause and Symptoms of a Consumption.

IT is observed, a Pulmonary Phthisis, or Consumption, proceeds from an Ulcer in the Lungs, whereby not only that part principally affected, but the whole body is gradually emaciated and consumed, and this is occasioned by the blood being stagnated in the lungs, till it becomes a purulent matter, and at length the Miasma is dispersed through the whole frame. This disease is said to arise from various causes, as a ne-

glected cold, lying in damp linen, or even putting damp linen on, which has been the death of many, or it may be owing to a teneritude of the arterial vessels, a debility of the fibres of the viscera, a strait chest, or even a neglect of habitual exercise. I readily grant these, or some of them, may be the leading causes of this disease, but I am well assured, from long observation and experience, that the first and principal cause generally arises from an impure and acrid state of the blood, from a latent scorbutic humour. From hence in the beginning, proceeds from some of the preceding causes a dry and teasing Cough, a decay of the stomach and appetite, with a disposition to sickness after eating, a quickness of the pulse after meals, and flushing of the cheeks, which is attended with an hectic Fever, generally increased towards the evening, and succeeded at bedtime by night sweats, which become profuse towards morning, is oftentimes followed by a Diarrhœa, a bloody frothy or foetid expuition, and end in a general waste of the whole body. If the Cough is very troublesome, the respiration operose, the saliva stinking, the ancles swelled, the body consuming, and the evacuations colliquative, death seems to be hastily approaching; but if, on the contrary, the vomica breaks suddenly, and the expuition white and cocted, and the appetite tolerably good, there is every reason to hope for a cure.

Necessary and useful Directions as to Regimen and Diet to be observed in a Consumption.

THE cure of a Consumption depends in a great measure upon a purifying, restoring, and balsamic diet, therefore the non-naturals require peculiar attention.

Chocolate, Jellies and Sago form a very useful diet, but I could rather wish a milk diet to be persisted in as much as possible, at least however for breakfast and supper, if it should purge, boiling will in a great measure prevent it, and I have known very happy effects to arise from

from mixing with the milk about a fourth part of lime water; with this assistance it may be drank liberally, and which, if persisted in, will produce the best consequences. Asses milk is highly esteemed in this disorder, but I have experienced much greater effects from cow's milk, particularly when assisted with the lime water, as it then becomes a powerful restorer, and sweetener of the blood and juices.

Shell fish, wild fowl, and fresh meats may be taken; as chicken, veal, or mutton, tho' jellies prepared from any of these are rather more eligible, as they are more nourishing and restorative, and will pass the stomach more readily.—Conserve of red roses acidulated, with a few drops of oil of sulphur, or of vitriol, may be taken to the quantity of two or three ounces a day, with great advantage.

For common drink, fresh cow's milk with a fourth part lime water, the Bristol Hotwell water, Spa water, an infusion of Linseed, or a decoction of Bran, or strong tea, made of Ground Ivy and sweetened with honey, or snails and earth worms boiled in milk, I have great reason to recommend.—I have generally found the use of opiates exceedingly good in this disease, not only as they calm and quiet the frame and spirits, which is highly useful, but as they prevent in a great measure the danger of a Diarrhoea taking place, which above all things should be dreaded. I generally direct about ten drops of liquid laudanum to be added to the medicine last taken at night, and if occasion to be increased to thirty or forty drops.—The patient ought to be kept cool and perfectly at rest, avoiding even the exercise of the voice, but above all things riding on horseback every morning should by no means be omitted; if even they are too weak to sit alone, a person should attend to support them, for riding in a morning, in the spring and Summer months, is absolutely necessary.—The best air is that which is moderately warm and dry, the change of which is highly useful, and have been often known to expedite the cure, particularly the Bristol Hotwell and its beautiful environs, the south of France, Portugal, and some parts of Italy.

I shall conclude this chapter with a valuable direction for making a diet bread and drink, superior to all asses milk for consumptive persons.

THE DIET BREAD.

Take of the flour from ground wheat, from which only the bran is taken one pound, of the powder of farfaparilla and liquorice root, as finely sifted as possible, of each three ounces, honey two to four ounces, to your palate, mix the whole into small cakes with milk, and bake them very hard in a slow oven; they should be eaten freely.

THE DIET DRINK.

Take of farfaparilla sliced, and guaiacum shavings, of each two ounces, hartshorn shavings, and root of liquorice sliced, of each one ounce, boil it four quarts of water to one, strain and sweeten it with sugar candy, or honey to your mind, and take a quarter of a pint warm three times a day, with three or four table spoonfuls of milk.





Garden Angelica.

Angelica Archangelica.

C H A P. III.

OF THE PLANT ANGELICA.

Angelica, Offic. Angelica Sativa, Raii Hist. Boerh. Angelica Archan-
gelica, Linn. Garden Angelica.

THIS umbelliferous Plant, is not only, as it is said by various Botanists, to be the spontaneous production of the northern climates, and with us cultivated in most botanic gardens, but is originally a native of this climate, though somewhat different in growth and appearance to what we have brought from abroad, and therefore differently distinguished, which in my opinion is more owing to cultivation and soil than any distinct virtue and power in either; and notwithstanding that which we import from Spain appears to be possessed of somewhat more aromatic powers, yet in other medicinal virtues I believe ours full as efficacious, and in this I am warranted from experience.

But for order and brevity I must confine myself to that cultivated with us in gardens, which I am well assured, not only from my own experience, but from one of the first Botanists in the kingdom, that it is equal if not superior in medicinal power in some respects, if carefully attended to, to any we have imported from abroad.

DESCRIPTION.

GARDEN ANGELICA has a root about three inches thick, furnished with a number of fibres, black without and white within, something
pulpy

pulpy before flowering, but after more firm and woody, which extend themselves into many and long arms or branches that perish after seed-time, but I would advise those who would wish to have this root in the greatest perfection, to cut it down every year, and not permit it to feed. It is then possessed of a very fragrant aromatic smell, and a pleasant bitterish warm taste, glowing for a considerable time upon the palate. If the fresh root is wounded in the beginning of April, it produces a yellowish odorous juice, which being slowly evaporated over a gentle fire, the residuum consists of an elegant gummy-resin containing the essential virtues of this noble plant, which I shall more particularly explain hereafter.

From this root spring forth divers large and fair spread winged leaves, some near half a yard long, set usually one against another on a middle rib, of a pale but fresh green colour, which are dented upon the edges; from near the centre of which usually arises one round hollow stalk, very thick, from three to five feet high, with many great joints and leaves set on them, whose foot stalks encompass the main stalk at their bottom, but towards the top, the branches with their leaves become less, and at the top produce large round spread umbells of white flowers in the months of July or August, which are disposed in tufts, being rosy and composed of five white leaves, with a cup dwindling away into rather long and streaky seeds, which is somewhat flat, thick, short, and of a light brown colour, environed with a small foliaceous or leafy wing.

VIRTUES.

A valuable author observes, " That Angelica is distinguished from
 " other umbelliferous plants, by its angular fruit, always having three
 " furrows, and the flower is equal, with incurved Petals. The root
 " heating, attenuating, resolving, discussing, strengthening, diaphoretic,
 and

“ and diuretic, whence it is good in ferous, catarrhal, and cachectic
 “ cafes, difficulty of breathing, Coughs, and Aftimas, from thick pi-
 “ tuitous, vifcid humours.” I am forry to add, he gives us but one
 preparation of this Plant, which is of the feeds, which he directs to be
 taken in powder, in an oxymel of two parts honey to one of vinegar,
 from half a drachm to two, though the largeft dofe is not too much.

Another useful ancient author, who has many valuable preparations
 of this Plant fays, “ That it is hot and dry in the fecond degree,” tho’
 Schroder’faith in the fecond “ That it opens, incides, attenuates, digefts,
 “ difcuffes, and is fudorific, and the beft of all vegetable alteratives.
 “ That it is a peculiar antidote againft the plague, and all malign and
 “ infectious difeafes; as alfo againft the bite of a mad dog, vipers or other
 “ venomous creatures, and is fingular againft the fcurvy in a cold con-
 “ ftitution.”

“ The dry root,” he obferves “ ufed as a maflicatory, attracts cold
 “ and moift humours from the head, and gives eafe in the Tooth Ach;
 “ or the powder thereof taken to one drachm, is good for the bite of
 “ a mad dog, viper, or other venemous creatures, the Plague and all
 “ peftilential difeafes, as well as in all pleuritic cafes. That the feed is
 “ endued with the fame virtues, but not in fo powerful a degree, but
 “ may be taken from one to two drachms, to promote perfpiration,
 “ and as an excellent prefervative againft all contagious difeafes. That
 “ the diftilled water of the whole Plant, is a very good alexipharmic
 “ and againft all ficknefs, which it often very foon removes, but is
 “ more commonly ufed to convey other preparations of this Plant, as
 “ well as others of the like virtue.

“ The extract prepared with fpirit of wine and given from one drachm
 “ to two” he obferves, “ is a powerful fudorific, and is effectual againft
 “ the Plague, Meafles, Small Pox, Spotted Fever, or thofe who have
 “ taken poifon. He recommends the candied root as very agreeable,
 “ and that eating it often is good againft Coughs, Hoarfnefs, and
 VOL. I. E “ ftrengthens

“strengthens, heals, and comforts a cold and weak stomach, helps digestion, and is highly useful in all flatulences of the stomach and bowels.”

“That the distilled oil is very powerful against the Pleurisy, Obstructions, and Wind in the Bowels, Colic, Poison of all kinds, the Plague, and most diseases of the Breast and Lungs, that it opens all obstructions of the urinary passages, provokes urine, and the monthly terms, and expels both birth and after birth. Dose from three drops to ten, first dropt upon sugar and mixt well therewith, and then united with a glass of wine,

He also recommends “the fixed salt of the whole plant, as a singular thing against the Pleurisy, Colic, Stranguary, stoppage of urine, and all obstructions of the Lungs. Dose from one scruple to one drachm, in the distilled water of the Plant, or in wine, or any other proper vehicle. That the syrup is an excellent pectoral, particularly against all Coughs, and every obstruction of the Viscera, though chiefly of the Lungs, but is used most commonly as a vehicle to administer other medicines in, dose from one ounce to two ounces.

“The decoction taken from a quarter of a pint to half a one, is useful against all inward bruises, strengthens the stomach, and is effectual in all Hysterick cases, and is excellent against all Wounds, either Gunshot, or contused, old Sores, and stubborn Ulcers and Fistulas, disposing them to a speedy healing.

He remarks “That the simple spirit is a most useful cordial, as it removes all sickness of the stomach, and prevails against all fainting and convulsive Fits, whether in old or young, warms and comforts a cold and weak Stomach, and as much as possible invigorates even old age. Dose from one drachm to half an ounce, dulcified with fine sugar in a glass of wine.

“ That the spiritous tincture is a great cordial, restorative, and
 “ highly useful for all who are troubled with old stubborn Sores or
 “ Ulcers, which have been of considerable standing and difficult of cure,
 “ as it alters and changes the blood and juices from its impurities, and
 “ so contributes to its healing. It may be taken three times a day for
 “ some considerable time, from two drachms to half an ounce in some
 “ proper vehicle.” That an excellent balsam for Wounds is prepared in
 the following manner :

“ Take of the juice of the whole Plant inspissated to the thickness
 “ of new honey six ounces, gum Elemi three ounces, balsam of Capivi,
 “ balsam of Peru, of each two ounces, Chio turpentine one ounce,
 “ melt and mix these well together till they are nearly cold. Or take
 “ of oil of olives a pound and a half, of the root, stalks and leaves of
 “ Angelica well bruised together four handfuls, boil them till they
 “ are crisp, and press out the oil; this should be repeated three
 “ times, with the same quantity of the bruised roots; and lastly, press
 “ forth the oil, and then to every six ounces of this oil, add gum Elemi,
 “ three ounces, balsams of Capivi, Peru and frankincense of each two
 “ ounces, Chio turpentine one ounce, mix them well.

The author observes “ these balsams, whether the first, or second, cure
 “ all simple Wounds, cleanse running Sores, and stubborn Ulcers and
 “ Fistulas, then incarnate, and in a very short time heal them, almost
 “ to a wonder.

“ That a cataplasm made of the roots and stalks of Angelica, shred
 “ small and beaten to a pulp, and mixed with hog’s lard and crumbs of
 “ wheat bread, till it is of a proper consistence, is very good for any
 “ external pain, from a cold cause, and is of singular use, being pre-
 “ sently applied to the bite of a mad dog, or any venomous animal.

He concludes his observations with the following Errhine. “ Take
 “ of the fresh juice drawn out of the roots and stalks six ounces, in
 “ which dissolve of sal nitre in fine powder, three drachms. Being
 “ drawn up the nostrils evening and morning, it admirably purges the
 “ head of cold, thick flegm and other humours, which are the foun-
 “ dations and causes of many pernicious diseases.

A more modern author, who is sparing in his commendation of Plants, observes, “ That Angelica is a Plant of an highly penetrating, aromatic,
 “ and agreeable flavour. That those roots are best which, when
 “ chewed, have the taste and smell of ambergrease and musk mixed
 “ together, and spread a kind of penetrating gratefulness all over the
 “ mouth, without exciting any inflammation: Hence an infusion, or a
 “ gentle decoction of it, is useful against a foetid breath; and, when
 “ used in the same manner, is beneficial in coughs arising from cold
 “ or a viscid mucus: That the root, macerated in vinegar, is useful in
 “ the Plague, as a preservative to those who keep a piece of it in their
 “ mouths when they go to visit the infected: That the roots and stalks
 “ preserved answer the same intention, and a confection of the seeds is
 “ highly proper for those who would guard against the injuries of a
 “ malignant air; and that a water distilled from the leaves, roots, and
 “ seeds of Angelica, contains the volatile parts of the Plant, and is
 “ gently stimulating and diaphoretic, and may be properly used as a
 “ vehicle for many remedies.” But I must hasten to my own observa-
 tions.

OBSERVATIONS BY THE AUTHOR.

IT is certain that Angelica, particularly its roots, is one of the most elegant aromatics that Europe produces, and it is highly to be regretted a Plant of so much virtue should be so little known or attended to, by the gentlemen of the medical profession.

Upon

Upon a chymical analysis, Angelica appears to be possessed of very warm aromatic and resinous parts, to consist of volatile salts and oil, to be endued with very great attenuating, inciding, diuretic, deobstruent, and carminative powers, and, consequently, highly useful, not only in all acidities of the first passages, but in all those acidities of the blood and juices from which most contagions arise, as well as some diseases of the Womb, and great part of the complaints of the Head and Nerves, which frequently originate from the same cause.

But this power is not to be expected from the usual preparations of this Plant: They are all too weak to answer these valuable purposes. All its decoctions, extracts, and some other preparations, may be said to have lost its most essential and valuable parts; or, indeed, if it was not thus robbed, would not be sufficiently powerful to answer the intended purpose, particularly in the manner directed to be administered: For, though this valuable root is endued with these fine virtues, yet it is but in a particular degree; therefore, I do not wonder gentlemen of the faculty have been disappointed in their expectations; and, consequently, laid it aside as almost useless, or, at least, of but little value or efficacy. Being thus disappointed myself, and convinced of this fact, I was led to consider of a more eligible and advantageous method of preparing a medicine herefrom, so as to retain its full power and efficacy.

How far I have improved its preparation and virtue, I must leave to the judgment of others, whose particular province it ought to be, to be acquainted with these things, only observing, that in all those diseases which owe their origin to an acrimonious or scorbutic humour in the blood, such as the Scurvy, Rheumatism, &c. and those hereafter described, I have been sufficiently successful to answer all the pains and trouble I have been at upon this occasion.

My original usual process was more particularly adapted for the chymist or apothecary, as in some measure is the following; but, to

render it useful to all, I am obliged to alter somewhat its manner, though not its usefulness, which is the chief thing we now aim at, and which I now proceed to shew.

Take early in the spring the roots of Angelica newly taken up, and beat them in a mortar to an impalpable mass, after which press its odorous yellow juice, which when you have a sufficient quantity, let it be slowly exsiccated over a gentle fire, in an earthen or tin vessel, till the aqueous part is evaporated, and the residuum becomes an elegant aromatic and gummy resin, which reserve for use: Take then of the same odorous juice, obtained in the same manner as at first; and to every four ounces thereof, add one quart of the best rectified spirits of wine, shaking them well together for three or four days; put this into a still, and, in a balneo Mariæ heat, bring all that will come over the helm. Join this distilled odoriferous spirit with two ounces of the aromatic gummy resin, to which add oil of Angelica half an ounce; shake them frequently together, and when the whole is properly dissolved, which will be in the course of about ten or twelve days, filter the clear essence, which keep close stopped, and take from half a table spoonful to one and a half thereof, in a glass of wine, or Angelica water, three or four times a day, as the case may require.

But it is necessary I should enter more fully into those diseases, wherein I have experienced this aromatic preparation so highly useful.

In all those debilities and relaxations of the stomach, which proceed from too predominant an acid, in the first passages, as well as those flatulencies of the bowels, which are oftentimes so troublesome, I have generally found great advantage from this warm aromatic medicine.

From its deterfive and diuretic power, it is excellent for all obstructions of the viscera, as well as those habitual head aches, vertiginous, paralytic and lethargic disorders of the nerves, which owe their origin to
some

some preternatural relaxation of their system, as likewise in those fumes and vapours, arising from indigestion and a cold stomach, which by consent of parts frequently affect the head in a very particular manner, this warm aromatic, will afford great relief.

It is likewise useful from its deobstruent powers, in a chlorosis, suppression of the menses, and all Chachexies, and from its warming and invigorating faculty, is greatly instrumental in restoring a decayed and weak constitution.

From the general predominance of acidities in the stomachs of young children, and for their fevers, and many other disorders, which originate from the same cause, I have prescribed from half a tea spoonful to one and a half, according to their age, in a pap boat of their food in the course of a day, with very great advantage.

But I cannot sufficiently recommend this valuable aromatic, in all those fevers of a low depressed or nervous kind, particularly if about a table spoonful of tincture of saffron is added to each dose, as it will then contribute to the raising the pulse, and to the expulsion of the morbid matter through the pores of the skin, by a continued diaphoresis, at the same time remarking, should any twitchings of the tendons shew themselves, blistering to a great degree, ought to accompany the use of these medicines.

I shall conclude these my remarks with a valuable preparation of this Plant, in the following dangerous and trying diseases: Take of the above yellow odoriferous juice, produced as before directed, six ounces, saffron, and cinnamon, of each three drachms, French brandy, red port, and distilled vinegar, of each six ounces, put them into a quart bottle, and at some distance from the fire, frequently shake them for four or five days, and then filter the clear febrifuge tincture, for use.

In all inflammatory Fevers, I have seen the happiest effects from this extraordinary medicine, by giving from two to four table spoonfuls, in a glass of distilled Angelica water every three, four, or six hours, which not only supports the *Vis Vitæ*, generally in this case too far depressed, but contributes to forward a gentle diaphoresis, so desirable in this disease.

It is too well known, these inflammatory Fevers degenerate into those of a putrid malignant class, so that the pulse is exceedingly depressed, attended with a delirium, the parts convulsed, and the circulation seemingly on its last ebb.

In this deplorable situation, this valuable medicine, from its warm invigorating nature, with blistering largely, has produced such surprising effects, that in all these cases I cannot sufficiently recommend it.

Among the many diseases innumerable, for which the valuable preparations of the Plant is peculiarly useful in, we have not an opportunity of giving those necessary and useful instructions, with respect to regimen, diet, &c. under them; but can assure our readers shall be not omitted, in its proper time and place.





Biting Arsmart.

Polygonum Hydropiper.

C H A P. IV.

OF THE PLANT ARSMART.

Perficariæ Urentis folia: Perficariæ vulgaris acris, five Hydropiperis,
Raii. Polygonum. Hydropiper. Linn. Arsmart, biting.

DESCRIPTION.

THIS plant is of an acrimonious and biting, or caustick taste, has a root somewhat long, with many fibres proceeding therefrom, from whence springs forth a jointed crooked stalk, but neither so high or so large as the mild Arsmart, but with a much larger store of branches and leaves, somewhat like peach leaves, but much smaller and more narrow; of a pale green colour, they are also long, but somewhat narrower than those of the mild Arsmart, and without any spots, yet it is said they have sometimes been found with reddish marks upon them. The stalks most commonly are about a foot and a half high, round, smooth, and jointed, with a kind of knee at each joint: At the greater joints, as well as towards the top of the stalks and branches, come forth small spiky heads of a blush or reddish colour, and sometimes as it were mixed with red and white, which appear from June to August, and then falling away, there comes little blackish seed, somewhat broad or flat, and sometimes of a red colour inclining to yellow, which like the Plant, are of a hot and biting nature, similar to pepper.

This Plant grows very common throughout the kingdom, particularly in moist and watry places, or near rivers and ditch sides, especially where standing water has been, running brooks, and such like.

VIRTUES:

“HYDROPIPER,” says an old valuable Author, who had well experienced it, “is hot and dry in the fourth degree. It attenuates, incides, and is diuretic, cephalic, and nephritic, and is known by long experience to be a peculiar Plant against all Gravel and Stone, whether in the reins or bladder.

He observes, “That the herb is used chiefly in Wounds, hard Tumours, and inveterate Ulcers, and that the juice thereof applied, removes all cold swellings and extravasated blood, whether occasioned by bruises or falls.

“That the distilled water is a specific against Stone and Gravel in both reins and bladder, and has cured to admiration, when all other things had failed; and so great things have been some hundred of times experienced, from this simple distilled water, as have been astonishing, and which much greater reputed medicines, never could effect.

“I write not,” says he, “This from my own experience only, which in this case has been very considerable, but we have also the concurring testimony of very great and learned men to establish the facts. That the juice given from one to two table spoonfuls in white port wine, provokes the terms, facilitates the birth and after birth, and given in a quarter of a pint of the distilled water, it provokes urine, and opens all obstructions of the urinary passages.”—He further observes,

serves “ that the juice made into a fyrup is a very good pectoral, that
 “ it comforts the head, nerves, and stomach, and causes a good diges-
 “ tion, and that the oil (which is the herb boiled in olive oil) dissolves
 “ and discusses all cold Swellings, Scrophulous, and Scirrhus Tumours ;
 “ Quinsies, Pleurifies, &c.”

“ That an ointment which is made of the herb and hog’s lard, is
 “ good against bruises in any part, and prevails against Oedema’s, and
 “ other cold Tumours of the Joints, King’s Evil, and swellings in either
 “ neck or throat.” And concludes with observing, “ That the root or
 “ seed bruised, and applied to an aching tooth, gives present ease, and
 “ in a short time perfectly cures it.”

A modern and judicious author informs us, “ That biting Arsmart is
 “ an excellent deterfive, and vulnerary herb ; as also diuretic, and proper
 “ to cleanse the urinary passages, and therefore recommended for the
 “ Jaundice, and the Dropsy, in doses of the powder of the leaves, to
 “ one drachm, made into a bolus, and that some bruise the leaves, and
 “ apply them to old Ulcers, to cleanse them, and consume fungous
 “ flesh.”

Innumerable virtues are by different authors ascribed to this Plant,
 many of which are fabulous, and beneath either our attention or en-
 quiry, Helmont in particular relates incredible things of the magnetic
 power of this herb in curing all kinds of wounds ; though if what is said
 of it by many authors be true, may be worth reciting, namely that this is
 called by some Pullicoria, by reason the aversion fleas have to it, since
 placing it in a room, they won’t approach it, neither can they bear it.
 But it is necessary I proceed to shew wherein I have experienced the use
 of this Plant jointly with others, and wherein further I could wish its
 virtues to be ascertained, as it certainly is an herb of very considerable
 power and might reward us for all the pains and trouble taken con-
 cerning it.

OBSERVATIONS BY THE AUTHOR.

BITING ARSMART, or Water Pepper, upon a chymical analysis produces a great quantity of salts, some parts fixed, and other parts volatile, and some small part viscus. From its salts it must warm, incide, and attenuate, and be a powerful acrid stimulating medicine, particularly in phlegmatic habits, inciding the mucilage of the lungs, and promoting the urinary discharges.

Hence in scorbutic complaints, arising from inactive, pituitous, and mucous humours, both from its inciding, and diuretic virtue, it is sufficiently obvious, it cannot fail to be highly useful, but which I shall more fully point out.—I could greatly wish the virtues of this valuable Plant, were made trial of in those moist asthmas, hydropic, and rheumatic cases, which arise from the same cause; as I am of opinion it would be found to have sufficient power to resolve those viscid humours, and to increase the urinary secretions, so desirable in these diseases.

But I must proceed to consider the vulnerary properties of this Plant, and I wish I was more master of this subject, having never much studied surgery; probably I may be allowed notwithstanding to have made some useful observations, as it is said of a dwarf seeing further than a giant, by being placed upon his shoulders.

And here, whether I give umbrage or not, though I would not designedly to any person, much less to any gentlemen of the profession, I think it my indispensable duty to offer my sentiments freely, as every author is bound who writes for the general public good, neither do I see any just ground for their displeasure, unless it is at my endeavouring to be useful, and presuming to point out a method whereby our distressed

treffed fellow creatures might reap an advantage, without being sent from our Hospitals under the cruel term of incurables, as is too frequently the case.

But lest any unjust prejudice might arise in the breasts of any, I think it necessary to inform my readers, that these cases do not arise from any want of care or knowledge from the gentlemen of the profession, far otherwise; the Hospitals and Infirmaries of our different Counties throughout the kingdom, in their present regulated state, are an honour to this country; but it is in a great measure owing to the sophisticated drugs and medicines with which they are imposed upon, which call loudly for redress, and unless the gentlemen of the faculty will exert themselves upon so momentous an occasion, in a short time the practice of physic in this kingdom will become the derision of the other parts of Europe.

But to the point—I shall hint at one only for the present out of many, which is a very principal ingredient made use of in the ointments that are commonly in use. This article, if properly prepared, could not be sold in London for less than fourpence or sixpence per pound wholesale, which considering the quantity necessary by every individual need to be used, one should suppose to be of no great consequence, yet it is a fact, surprising as it may appear, that I knew when in London, both a manufacturer and a wholesale Druggist, the former prepare, or pretend so to do, of this adulterated article, from twenty to thirty tons annually; and the other purchase many tons in a year at a trifle more than one penny halfpenny per pound.

I am also well assured that many more Chymists and Druggists, of the first consequence, vend this very article so generally used, and on which such reliance is placed in the cure of Ulcers, Wounds, &c. that I believe, that an hundred tons per year and upwards, are sold and used.

used of this article; which I am well assured had not two ounces, nay, I believe not one ounce of the genuine article, to every pound of this adulterated composition.

Is it any wonder then such disagreeable disappointments should arise to the gentlemen of the profession from the use of such articles? Or is it not rather a matter of surprize, they are enabled to do so much good as they do?—These frequent disappointments, as I before observed, naturally led me to the study of the botanic practice, a method wherein I could not possibly be deceived, and wherein I was well assured so much might be depended upon; and happy would it be for this nation if this practice was more universally adopted, and that some person who was properly qualified in the practical knowledge and virtue of the vegetable kingdom, were to instruct the rising gentlemen of the profession in an art which would redound so much to their honour and advantage.

I beg pardon of those who may have thought my time ill spent in such a digression, which from its consequence and usefulness I judged necessary, or at least my indispensable duty, and shall immediately proceed with my observations.

A very learned and judicious modern author has informed us, “ That
 “ Monsieur Tournefort assures us, that the spotted Arsmart in his
 “ Memoirs of the French Academy (1703) is one of the best vulneraries
 “ and antiseptics he knows, and that a decoction of it in wine, stops
 “ gangrenes in a surprizing manner, and that the farriers are said to
 “ use the biting Arsmart, or Water Pepper externally, for cleansing
 “ fistulous Ulcers and consuming fungous flesh, by whom they have
 “ been principally made use of.”

Having Monsieur Tournefort's accurate and demonstrating uses and virtues of simple medicines, I referred to this work, and am
 sorry

sorry he only observes, that Arsmart, after describing both Plants and not informing us which, is used in vulnerary decoctions and ptisans. Being thus left in the dark which of the plants he alluded to, I was determined, being well assured of the powers of the biting Arsmart, to try both jointly in those few difficult wounds which accidentally came under my care, and perhaps happy it was for the benefit of mankind I was thus left in the dark, as all old stubborn Wounds and Ulcers, even of the worst appearance, will be found in general to give way to the following treatment.

Take of the mild spotted Arsmart and biting Arsmart fresh, of each two handfuls, bruise them in a mortar to an impalpable mass; of the best Peruvian bark, grossly powdered (for do not trust to the adulterated powder) two ounces, of the best French brandy, and the best old red port, of each fourteen ounces, and of the dulcified spirit of sal ammoniac four ounces, digest these in a close stopp'd phial or bottle, frequently shaking the vessel for about twenty days, and then strain the clear tincture off for use, and give the patient of this tincture from one and a half to three table spoonfuls in any liquid, twice or thrice a day as the urgency of the case may require, or even more often if necessary.

It will be then proper to procure of each Plant four handfuls, of the best Peruvian bark grossly powdered two ounces; boil first the bark close covered two hours in three quarts of water, and then add the herbs bruised in the manner above described, and continue the boiling gently for an hour longer, but take great care that no steam do evaporate, foment the wounds well with this for a quarter of an hour warm night and morning.

It remains only to shew what dressings are necessary in this practice, for generally the most common are sufficient with the above treatment, nevertheless for very stubborn obstinate cases, the following will be found very useful.

Boil

Boil in the best olive oil, and hog's lard, of each one pound, a sufficient quantity of the above herbs, so as to be strongly impregnated with their virtues, strain it off, and add so much white wax as will bring it to a sufficient consistency for a soft ointment, a plaister of which should be applied to the wound about once every twenty four hours, unless the case should require it more frequent, but in general, this treatment will be found amply sufficient.

I now proceed to shew the physical properties of this valuable Plant, Biting Arsmart, or Hydropiper, and that particularly in the Scurvy and Stone.

I have in a former chapter observed the dreadful nature of the former of these diseases, how subject the inhabitants of this kingdom are to it, from air, and diet, I shall therefore only add, that from the observations I have made, I am fearful the Scurvy is the latent grand cause of the major part of the diseases we are in this country subject to: It becomes therefore a matter of infinite concern to examine it minutely.

The following formulæ I am sufficiently convinced is excellent for this purpose, but it would be doing injustice to the subject not to inform the Public, I am in possession of one of the most valuable medicines in the world, for removing every degree of this disease, and cleansing the blood and juices of every impurity, but being a particular chymical process it can only be prepared and furnished by myself.

It is but justice to affirm notwithstanding, that I have found great benefit from this valuable Plant I am now treating of, tho' in difficult cases it requires the whole power of medicine, for the subduing that obstinate disease the Scurvy, for which the preparation I have above prescribed, as prepared by myself, but the following useful medicine from this plant is thus prepared.

Take

Take of the herb biting Arsmart what quantity you please, and fill a vessel three parts full with it lightly pressed down, upon which pour of the dulcified spirit of Sal Ammoniac, as much as will exceed the height of the ingredients, about the breadth of three or four fingers, let the vessel be closed stopped, shaking it once or twice a day for six or eight days, then pour off the fine essence, and give thereof from half a tea-spoonful to one and a half, in a glass of the distilled water of the same Plant, three or four times a day.

In the Stone and Gravel I have experienced also astonishing virtue from this Plant, both from the distilled water alone, as well as the following useful formulæ, which in bad cases I think superior to the former.

Take a vessel, and fill it as in the last prescription three parts full of this Plant, fresh as possible, and lightly pressed down, pour thereon of the sweet spirits of nitre a sufficient quantity as in the last directed, let this remain for ten or twelve days, during which time keep the vessel close stopped, and shaken two or three times a day, then pour off the clear, and give from one to two tea spoonfuls, twice or thrice a day in a glass of the distilled water, or in two table spoonfuls of the following mucilage, which I have experienced highly useful in this disease, and which is thus formed.

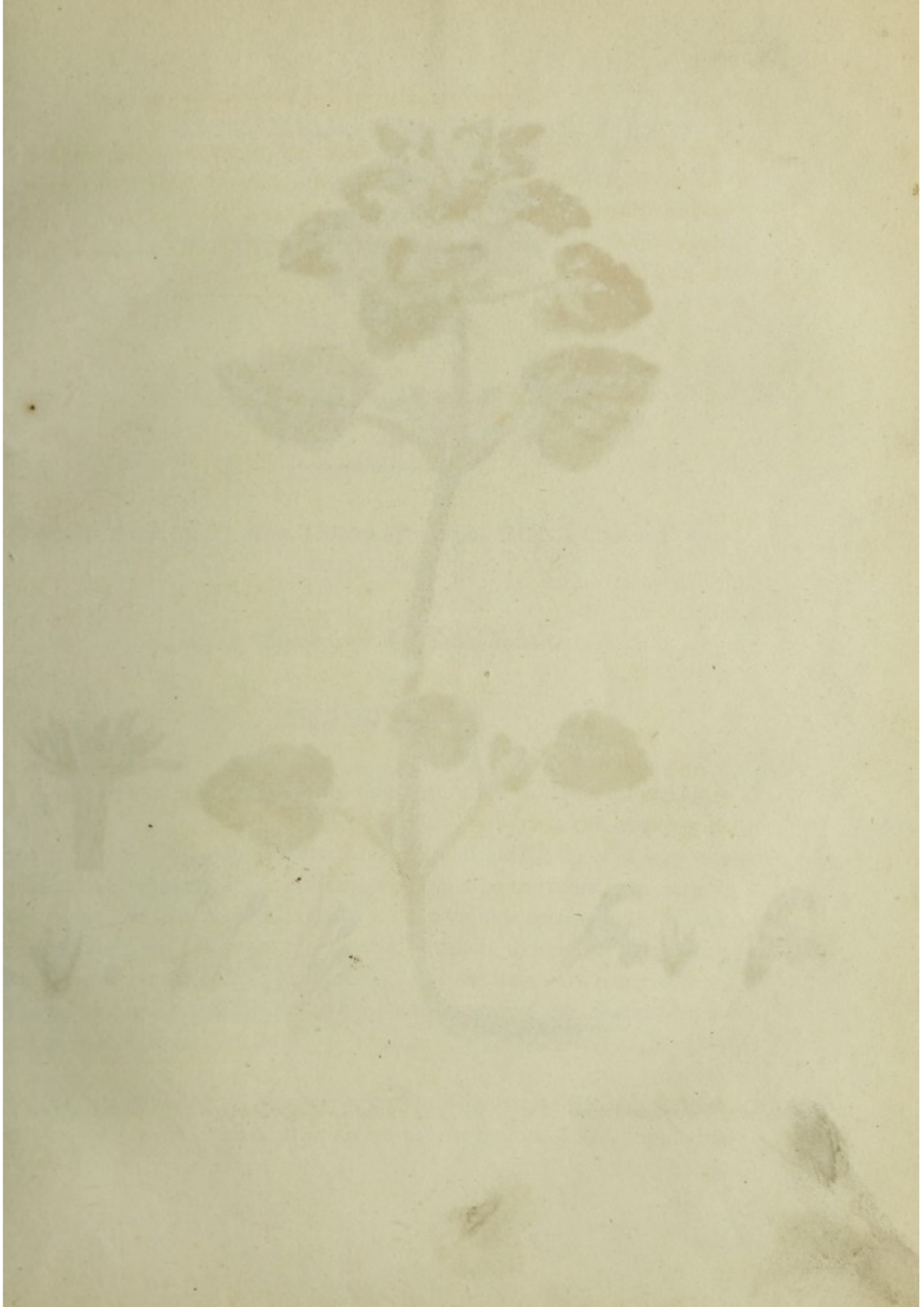
Put into a pint china basin one ounce of Gum Arabic finely powdered, pour thereon, gradually stirring it all the while, six ounces of boiling water, which when dissolved will form an useful mucilage for this purpose.

I am sorry I must conclude this chapter without being able to give the usual symptoms of these diseases, or the necessary regimen to be

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observed

observed under them as I have in most of the other cases, yet I shall have ample opportunity of treating this subject under the virtues of other Plants; and I would once more earnestly recommend in the hands of the judicious, a trial of this valuable plant, in the different cases I have before hinted at.





Lamium Purpureum.

Red Archangel or Dead Nettle.

 C H A P. V.

 OF THE PLANT RED ARCHANGEL.

Lamium Purpureum, Salm. Lamium Rubrum, Offic. Lamium Purpureum. Linn.

Red Archangel, or Red Dead Nettle.

DESCRIPTION.

AS there are various species of this Plant in this kingdom, some bearing a white, others a palish yellow, and others as the above, with palish red blossoms, while there are some of these Plants of a very unpleasant strong smell, it is necessary we should be the more particular in describing the above, which above all we would recommend: Which though the whole Plant is of a strongish smell, somewhat resembling horehound, yet is far from being foetid, as is the case with many others, so that by some, for distinction, this Plant is termed the Sweet Archangel or Red Dead Nettle.

This useful herb has a root very small and fibrous, and which perishes every year, from which arise divers square hollow stalks, somewhat hairy,

hairy, with joints at a considerable distance from each other, with two leaves dented about the edges and placed opposite to each other, the lowermost upon long foot stalks, but without any towards the top, which are somewhat round; though a little pointed at the ends, and are a little crumpled and hairy; round the upper joints where the leaves are set very thick, appear many open flowers of a palish red colour, which blossom from May to July, not much unlike to Botany flowers, which change into seed vessels containing three or four seeds in number.

Or to be more particular, Archangel has a hollow galea, and an heart-fashioned barb or beard, an oblong tubulous calyx, cut into five segments; and triangular seeds which are somewhat large, and soon fall off.

This Plant is to be found almost every where, by ditch and hedge-sides in common throughout the kingdom, particularly the environs of London, as Hampstead, Greenwich, &c. but that none may be disappointed, may be procured at a very easy expense from Mr. Dixon, Botanic Gardener at the Museum, or at his Botanic Repository, Covent Garden London, whom I would in a very particular manner recommend to those, who would not wish to rely upon their own judgments.

VIRTUES.

Red Archangel is said by a learned and valuable Author “to be hot and dry in the first degree, attenuating and astringent, and by appropriation Cephalic, Splenetic, and Hysterick, and operates only as an alterative.”

“That

“ That the powder of the seed taken from half a drachm to one drachm
 “ in red wine, is dry and binding, and of good use in stopping Fluxes
 “ of the Bowels, as the Diarrhœa, Dysenteria, Lienteria, and Hepatic
 “ Flux.

“ The conserve of the flower eaten morning, noon, and night, the
 “ quantity of a large walnut at a time, has been found by long experi-
 “ ence to be effectual against the overflowing of the courses and all
 “ Fluxes of blood, whether by the mouth, stool, or urine.

“ That the juice of the Plant is anti-hysterick, represses vapours in wo-
 “ men and fits of the mother, opens obstructions of the liver and spleen,
 “ and is good for wounded persons to drink in doses of two or three
 “ ounces in wine.

“ That the spiritous tincture of the Plant stops Fluxes of the belly,
 “ of what kind soever; and the overflowing of the courses of women,
 “ that it quickens and cheers the spirits, drives away melancholy, and is
 “ an exceeding good cordial given in about the quantity of three drachms.

“ That the distilled water is used chiefly as a vehicle to convey the
 “ other preparations of this herb, as the spirituous tincture above, and
 “ might be given in doses of six ounces.

The same Author further remarks “ That the decoction made in
 “ wine and drank to six ounces, strengthens the bowels much, that it
 “ is good to open obstructions and softens the hardness of the spleen;
 “ fomenting also hot with the same upon the region of the spleen, or ap-
 “ plying the hot herb also thereon for some time.

“ That the oil made by boiling the bruised herb in olive oil, &c. is
 “ good to discuss or resolve cold and hard swellings in any part of the
 body

“ body, chiefly those in the neck and throat proceeding from the King’s
 “ Evil.

“ That the ointment has the same virtues, if well rubbed upon the
 “ parts affected two or three times a day, besides which it is very good
 “ to discuss Inflammations, and heal all green wounds by cleansing
 “ them, drying and closing up their lips.

“ That the cataplasim made with the beaten herb and hog’s lard, vinegar
 “ and salt, boiled to a softness and consistency, and then applied to hard
 “ and scrophulous Tumours, whether in the neck or other parts, it helps
 “ to discuss and resolve them; gives ease in the Gout, Sciatica, and
 “ other joint-aches, strengthens the nerves, and eases their pains caused
 “ by Cramps, Convulsions, &c. and is good against Inflammations, and
 “ the malignity of old and stubborn Sores and Ulcers.

“ That a cataplasim of the raw herb, beaten up with vinegar being
 “ applied to the nape of the neck, stops bleeding at the nose, and helps
 “ Whitloes being applied to the roots of the nails.

“ That the cerate or emplaster heals all green Wounds, cleanses
 “ old Ulcers and resists their malignity; puts a stop to their fretting,
 “ corroding, and spreading, and brings them to a speedy healing.”

I have now taken the most useful parts of the preparation of this
 valuable Author, several of which I know by experience to be highly
 useful, particularly with the additions we shall hereafter explain in
 our observations.

A more modern Author remarks, “ That the flowers of the Red
 “ Archangel are astringent and beneficial in a dysentery and hæmorrhoids,
 “ and that the herb bruised is discutient and serviceable to Wounds,
 “ putrid

“ putrid Ulcers and Inflammations, and is recommended for an excess
“ of the catamenia.”

The same Author, speaking of the virtues of the white Archangel observes, “ The Plant is emollient, inciding, diuretic, and lithantriptic, and good against Hysterick Fits, and that the root is good against
“ the Jaundice, and the flowers in the fluor Albus.

A still later writer, who is very sparing in recommendation of the virtues of Plants, observes notwithstanding, the white Archangel, which he only treats of, “ That the flowers have been always particularly serviceable, and celebrated in uterine fluors and other female
“ weakneses, as also in disorders of the lungs; but they appear to be
“ but weak in virtue.

A very ancient though useful Author remarks, “ That the Archangels
“ are hotter and drier than nettles, and near to horehound, and that
“ bruised with vinegar, and applied as a poultice, and the parts bathed
“ with a decoction of the same, is very useful for Wens, inflamed Kernels under the Ears, Throat, or Neck, or any part of the body.

“ That the white flowers conserved and taken, stops the whites;
“ and that the distilled water causeth a good colour, mirth, and refresheth the vital spirits.”

Having given such extracts from many valuable Authors as I thought necessary for this work, I shall now proceed to my own observations and improvements thereon, as usual.

OBSERVATIONS BY THE AUTHOR.

We are now come to consider a very trying part of our profession, viz. the diseases, &c. of the female sex, and as it has pleased the universal dispenser of all things in the wisdom of his providence, to lay upon this beautiful part of his creation, certain complaints, which he has in his goodness exempted us from, I think it should be our particular attention, at least it will be mine in the present undertaking, to render them all that assistance from the Botanic World, the same wise and gracious benefactor has created and assigned for their particular cases, as well as such useful lessons and instructions for their benefit and advantage through life, as their situation more necessarily require.

But before we enter thereupon it may be very useful, and I think it will be found necessary, and not intruding upon your time, to define those diseases which arise in the common course of nature, or are the effects of our own imprudent customs, as I am well assured from long observation and attention, we shall find the latter, far to exceed the former.

If we reflect but for a moment, upon the beautiful and astonishing frame of human nature, even in the more external parts thereof, much, less minutely survey with an anatomical eye, the surprising and wonderful fine vessels through which the finer fluids is conveyed to the most minute recesses of the human body, we must be naturally led to conclude, that whatsoever compresses these small organs, or impedes the necessary circulation in these exquisitely fine tubes, must be highly injurious to our frame.

If we consider also, the dress, manner, and appendages, of the more refined customs of the present day, particularly among the more modern
modern

dern ladies of this age, we shall no more be surpris'd at the multitude of complaints, the far greater part of them are subject to, from such improper treatment, but rather have reason for astonishment, that they pass through life with so few, which such a conduct naturally subjects them to. Indeed, to such alarming lengths are these evils arriv'd, that there is but little probability of totally removing them at once, such an amazing power has custom to fetter the human mind; yet it is necessary we should point out the ill consequences of some of the most dangerous, that in a future day, the rising generations foreseeing their direful effects, may probably learn to avoid them.

It is as much the duty of a Physician to give useful and salutary advice, as medicine; indeed, they are as necessary, the one as the other; for without it, medicines would be but of little consequence. What I am now about to offer is intended for general advantage: Therefore I hope, and doubt not, it will as such be favourably accepted.

The first and great objection I have to offer, is against those pernicious coats of mail, called stays, still so prevalent with ladies that are any ways corpulent; and which I am inform'd, the whole strength of the whale is not sufficiently powerful to crush the tender frame, without the aid of Vulcan, who, to accommodate the ladies, has lately extended his friendly additional aid, to complete the formation of their shapes.

Such conduct might be excusable for those, who from any defect in nature, might have occasion for such assistance of art; though, if the truth was minutely examin'd into, I am of opinion we should find nine tenths of these cases proceed from the very cause I am now complaining of; neither can I account by any other reason, for such a horrid practice being brought into use, which in itself is sufficient to affect the most strong constitutions, much more the delicate and tender frame the ladies are generally endowed with. But what can be offer'd in

extenuation of those, whose natural beautiful shape and symmetry form the most engaging and loveliest part of the creation, but that common and ridiculous term, called fashion, or to appear, as it is called, more elegant and genteel, which, believe me, ye Fair! will in the end, upon more mature reflection, be found, at least by the discerning part of mankind, totally useless, and highly destructive of the healths, and lives of many of the human race.

Let us for example look upon those who are brought up at a distance from cities and towns, where this baneful influence has not spread its evil; we shall then soon find ample justification of the truths of these my assertions. Here, in nature's true excellency, we find no occasion for such addition of false ornament; unadorned by art, behold her native beauty and simplicity, decked with all its alluring charms of health, shape, and comeliness; here the intelligent beholder may soon learn wisdom, and that all the endeavours of art to assist Nature in her first and most beautiful productions, are the height of folly and madness.

But lest I might be thought singular in these my ideas, I shall close them with considering also what has been offered by a very learned and great physician, upon this subject, whose writings are much admired and esteemed.

He justly observes, " Stays are the very bane of infants. A volume
" would not suffice to point out all the bad effects of this ridiculous
" piece of dress, both on children and adults; yet it is to be hoped
" the world will in time become wise enough to know, that the beauty
" of the human shape does not depend upon whalebone," &c.

Among many other evils which custom has introduced, it was my intention to have considered also the bad consequences which have arisen to the sex, for want of air, and proper treatment in the bringing them up, from the birth, as well as the multitude of complaints brought on for want of
necessary

necessary and proper exercise; yet necessary and useful as such observations are, I must leave it for the present, to proceed in my usual manner, with the virtues and use of the valuable Plant, Red Archangel, or Dead Nettle, assuring my readers, in a future time, I shall not overlook a matter of such importance, and which a subject of such magnitude necessarily demands.

ANALYSIS OF THE LAMIUMS OR ARCHANGELS.

ALL the Lamiums agree in their generical marks, all of whose parts are fetid; but the Red Archangel, as has been before observed, much less than the other species of this Plant. Upon a chymical analysis, they produce an oil, which is both fetid in smell, and ungrateful to the taste, and a considerable quantity of an alcalious salt, which, upon tasting, provokes a considerable quantity of saliva to be discharged from the mouth. It appears likewise to be possessed of considerable astringent powers, and therefore promises to be of service in those relaxations of the system which indicate its use, as the various fluxes and hæmorrhages of the human body; but I shall confine myself to its valuable use, which I have experienced in those monthly evacuations of nature, which are frequently too profuse in the female sex.

This more usually happens to women from the age of forty-five to fifty, and then becomes more difficult to cure; and this may be occasioned by a weakness of the solids, from a too sedentary life, and consequently a want of elasticity in the fibres of the mouths of the uterine or vaginal arteries, and a deficiency of vital heat in those parts. Or, it may arise from the continued use of salted or high seasoned diet, over-exertion, or above all, the too accustomed use of spirituous liquors, and violent passions of the mind. When the menstrual flux is not only profuse, but of long continuance, and the patient under forty, it is absolutely necessary to restrain it as soon as possible, as the most alarm-

ing consequences are to be dreaded; for it then frequently happens, the patient becomes weak, pale, and almost lifeless, which are often the forerunners of œdematous swellings of the legs and feet, and too often end in dropsies, consumptions, &c.

Practitioners, and men of real skill and ability, are much divided with respect to bleeding, in this disease, which the major part think absolutely necessary, in order to create a revulsion in nature, while others insist such practice cannot be too much execrated; for my own part, as I would wish above all things to avoid disputes, my opinion is, that undoubtedly there may be cases and circumstances in which either practice may be judicious, though I must confess, for my own part, (and I have been called in in some trying situations of this kind) that I never recollect to have found any ill effects to arise from the use of phlebotomy. Indeed, nature here should be our principal guide and director; if any imprudence in the patient's diet, &c. has been the cause, it naturally points out this useful instruction, to pursue an opposite conduct; or if from any morbid affections of the system, which is of high importance to be enquired into, a judicious Physician, who is most proper to be consulted upon these occasions, particularly if the case is violent, cannot but then see his way clear before him.

This complaint frequently happens likewise to the sex after childbirth, and may then very properly be termed immoderate child-bed evacuations, or more usually purgations, and is caused often times by the placenta uterina being separated from the womb; and this frequently happens after delivery, and continues often for a considerable time, and to a violent excess; or it may arise from a plethora, as some will have it; though I rather think it more usually proceeds from a thin acrimonious state of the blood, and a violent motion thereof, from a perturbation of the animal spirits; or it may be occasioned from the anastomosis of the arterial vessels being injured from the force frequently made use of in separating the after-birth from the womb, and which frequently brings
on

on a great effusion of blood. But as these cases come more particularly under the care of the gentlemen of the faculty, I shall leave it to their own judgement, only recommending the two following prescriptions, from which I have experienced the greatest benefit.

Take of the conserve of the flowers of red archangel, and of the old conserve of red roses, of each an ounce; of the best nutmegs, in powder, a quarter of an ounce; juice of limes, or if that cannot be obtained, of oranges or lemons, a sufficient quantity to make it of a grateful acidity; mix them well together, and take the quantity of a tea-spoon-full frequently.

OR

Boil in the neat juice of the plant red archangel, and of the best red port wine, of each one pint; half an ounce of cinnamon, and a quarter of an ounce of nutmegs, grossly bruised for half an hour, close covered, over a gentle fire; strain it off, and add thereto the juice of two middle-size lemons, and four ounces of the best loaf sugar; and take thereof from four to six table-spoonfuls every three or four hours, as the urgency of the case may require.

The above prescriptions I have experienced extraordinary useful in those more natural and usual profuse monthly evacuations, as also the following, which I cannot too greatly recommend, and which in those cases has seldom disappointed me in my expectations.

Take of the juice of the red archangel, and of the juice of plantain, of each six ounces, of the best French brandy from two to four ounces, of the best loaf sugar one ounce, mix them together, and take three or four spoonfuls every three or four hours.

OR

Dissolve in a gentle heat over the fire, in the juice of the plant red archangel one pint, of the best verjuice and tincture of roses, of each
half

half a pint, gum arabic two ounces ; when cold add thereto, fyrup of white poppies two ounces, and spirituuous cinnamon water three ounces ; to be taken from four to six table spoonfuls every three or four hours.

A valuable author has given us in this case a prescription, which he observes never failed him, and though it is rather out of our Botanic plan, and in its proper place overlooked, I thought it would be injustice to withhold it.

Take of the conserve of red roses one ounce and a half, of yellow wax half an ounce, rhubarb two drachms, galingal and filings of iron, of each one drachm, fyrup of ginger a sufficient quantity to form an electuary ; to be taken the size of a nutmeg twice a day.

The author of this work is truly happy, in having thus early an opportunity of returning his best acknowledgements to his good friend F. P. of or near Bath, for the following prescription from this plant, and could have wished he had been enabled to address personally : but whose future favours, or from any other friend that can advance his Botanic undertaking, will be most highly esteemed and regarded.

THE ARCHANGEL CATAPLASM.

“ Procure of the tops of this herb that bears a white blossom, and
 “ are green all the year, four large handfuls ; cut them a little, and
 “ boil them in a pint of new milk till tender ; to which add of mut-
 “ ton suet shred fine one handful ; when nearly melted, put thereto one
 “ table-spoonful of fine oatmeal ; give it a gentle boil, and well mix
 “ the whole together, and apply in the following cases warm twice or
 “ thrice a day.”

The author of the above remarks, that “ the excellent use of this
 “ cataplasm has been experienced by him in all biles, imposthumes,
 “ or

“ or swellings in any part of the body, for these thirty years past; and
“ will totally exclude the use of any instrument, as it effectually
“ gathers, breaks and heals; but should never be applied to any swell-
“ ling, &c. that is not to be broke.” But I must now proceed with

*Necessary and useful Advice, as well as proper Regimen and Diet, to Patients
under too profuse Evacuations of the Menstrual Flux.*

It is highly necessary persons of this description should duly weigh their state and situation, for though those natural evacuations frequently run to excess, yet they are not to be immediately and hastily checked, without due consideration and regard; and in forming our judgement we ought principally to compare it with former periods, accidents, preceding diet, and other circumstances, as we may otherwise be led into great errors and mistakes, and proceed to stop and prevent what nature has wisely intended for our advantage.

And here the great point I would direct, and which indeed will seldom mislead us, if we duly consider how far the patient is capable of sustaining, consistent with their strength, such a loss of so necessary a part of life: and indeed this will be our best and most certain criterion, for if nature has strength sufficient to encounter therewith, by no means to interfere, she will work her own deliverance.

If on the contrary, a weakness, anxiety, syncope, coldness of the extreme parts, convulsions, &c. which usually happen while the disorder is recent, it will be then necessary to have recourse to the medicines already prescribed. If the case is any way violent, I should first earnestly advise, having so often experienced its useful effects, two ounces and a half of oak bark, and half an ounce of allum, to be boiled in two quarts of the best vinegar to one, strain it off when near cold, and wring out a napkin or small towel therein, and apply all round the loins and abdomen, which should be frequently repeated, lying in bed
with

with the head low, and very high covering, bathing the feet frequently in cold water; and if the weather will permit, receiving the open air will be found very useful.

For regimen I would advise those things which are both nourishing and restorative, particularly light food, such as roast chicken, veal, or mutton, &c. &c. or the jellies prepared of either is very useful; so also those formed of hartshorn, isinglass, &c. will be found very advantageous; but above all a milk diet I would earnestly recommend to be persisted in.

For common drink, whey made from two quarts of new cow's milk, turned with two ounces of the juice of red archangel, and one drachm of roch allum, and sweetened to the palate, will form a very useful beverage; or the best red port wine that can be obtained, mixed with nearly an equal quantity of Pyrmont, Bristol, or lime water; or gum arabic dissolved in barley water, rice, gruel, or panada, will be found exceedingly useful and advantageous in these cases.





Geum urbanum.

Avena or Herb Bennet.

C H A P. VI.

OF THE PLANT AVENS OR HERB BENNET.

Caryophyllata vulgaris C. B. *Caryophyllatæ vulgaris flore parva luteo.* J. B.
Geum Urbanum. Linn. Avens or Herb Bennet.

DESCRIPTION.

THERE are two general kinds of these plants, and nearly resemble each other, though not noticed but by few Botanic writers; the chief distinction consists in the blossom or flower, which in the one is considerably larger than the other; but it is my intention to confine myself to that with the smaller blossom, which by far is the more common and usual in this kingdom. The smaller blossomed, or the more usual kind, has a root that is slender, hard, and woody, consisting as it were of many thick strings, with small fibres, somewhat of a brownish yellow, inclining to red without, but nearer to red within, of an agreeable aromatic smell, somewhat resembling cloves, particularly when dried, more especially those roots which grow in more elevated situations, in the free and open air, and in a warm and dry soil.

From this root shoot up many long rough dark green pennated or winged leaves, somewhat like those of agrimony, every one made of many leaves, set on each side of a middle rib; the three largest whereof grow at the ends, and are dented round about the edges, the others

smaller, being sometimes two, sometimes four, shooting forth from each side of the middle rib, and growing under the others.

From these ascend many rough hairy stalks, from a foot to a foot and a half high, branching forth with leaves at every joint, not so long as those below, but nearly as much indented upon the edges, some divided into three parts, some more.

At the extremity of the branches appear, in May and June, small pale yellow pentapetalous flowers, of a golden colour, consisting of five leaves, like cinque-foil flowers, though larger, which spread open in the form of a rose, with a pointal possessing the middle of them, that is a little prickly, and changing into a small round spherical green rough head, consisting of many seeds, that are long, hairy, and flat, of a greenish purple colour, and running together into a round head, ending in a sharp point like a hair or thread. The calyx or cup of the flower is divided into ten unequal and sharp pointed segments, ranked in an alternate order.

The plant Avens, or herb Bennet, we have now described, is found to grow wild in many places in this country, by the sides of hedges, and by the foot paths in some fields, as also in woods, and copses, preferring rather shady than sunny situations.

The other Avens, with a larger flower, have been seen and gathered in woods and copses in some part of Cambridgeshire, where the plant grew very large and fragrant, whose roots were little inferior in their scent to cloves themselves, as also in Tedford Wood, and some parts of Lincolnshire.

These plants are not only called in Latin Caryophyllata, and Goryophyllata, from the smell of its root, but also Herba Benedicta, Samunda; and Tragus would have it called Nardus Agrestis, not only for
its

its sweet scent, but for its excellent virtues ; and is supposed to be the Geum Plinii, in Hist. lib. 26. Sect. 21.

VIRTUES.

“ THE qualities,” says an old and valuable author, “ of Avens is, “ that it is hot and dry in the first degree ; and is inciding, attenuating, opening, absterfive, discussive, resolute, carminative, alexipharmic, astringent, and vulnerary. Schroder says, “ it is cephalic “ and cardiack ;” and we know by experience, that it is stomachick, hepatick, hysteric, and arthritic.

Schroder further observes, “ that its chief use is in drying up catarrhs, “ and resolving coagulated blood ; and that it is a singular cure for “ wounds and ulcers.”

Our author then proceeds with observing, “ that the powder of the “ dried root given from half a drachm to one drachm, strengthens the “ stomach, opens obstructions, is good against spitting of blood, bloody “ urine, or the bloody flux ; and strewed on moist or running sores, “ or ulcers, dries them up, and disposes them to healing. That the “ dried roots are also used to be laid among cloths, to perfume them, “ and keep away moths.

“ That the decoction made in mead, or half wine and half water, is “ good for stoppages of the breast and stomach, stiches and pains of the “ sides, opens obstructions, and corrects cold and crude humours in the “ stomach and bowels, given in the quantity of about six ounces for a “ dose.

“ That a wine prepared herefrom is very aromatick, and if it be “ drank for some continuance of time every morning fasting, it warms

“ and strengthens a cold stomach, takes away sickness at the stomach,
 “ comforts the heart, expels wind, makes a good digestion, opens
 “ obstructions of the liver and spleen, resists poison, and is a singular
 “ preservative against the plague, or any pestilential disease; given in
 “ infectious times, four or six ounces morning, noon, and night.

“ That the juice of the whole plant is pectoral, warming, comfort-
 “ ing, and strengthening a cold stomach, and is good for inward
 “ bruises and hurts, for it dissolves congealed blood, happening by falls
 “ or bruises, as also spitting of blood; that it opens obstructions of the
 “ liver, spleen, and womb, provokes the terms, and is good against the
 “ cholick, given from two spoonfuls to four or more, in wine, mead,
 “ or ale; and that outwardly it is good to wash old running sores, or
 “ putrid ulcers with, in order to their cleansing and healing.

“ That the essence is good for diseases of the head, breast, and lungs;
 “ is cephalic, stomachick, cordial, hysterick, and vulnerary; eminent
 “ against cold and moist diseases of the head, brain, and nerves; that
 “ it strengthens digestion, and causes a good appetite, taking away
 “ pains of the stomach, from the coldness thereof; that it cheers the
 “ heart, and is good against sickness and fainting fits; prevails against
 “ barrenness in women, by rectifying the cold and moist distempers of
 “ the womb; and that it is also an excellent vulnerary, for by taking
 “ this essence daily, from one to three or four ounces morning, noon,
 “ and night, it causes wounds, ulcers, and fistula's to heal after an
 “ admirable manner.

“ That the spirituous tincture has the virtues of the essence, but not
 “ full so powerful, except in vulnerary cases, in which it may do
 “ full as well, if given from one dram to two, or more, in a glass of
 “ wine or diet drink.

“ That

“ That the saline tincture opens obstructions of the reins, is good
 “ against the plague, and all pestilential diseases, wounds, ulcers,
 “ fores, fistula's, and many diseases of the head, brain, nerves, lungs,
 “ breast, liver, spleen, womb, and reins, carrying off the morbid cause
 “ by urine, if given from one to two drachms, in ale, mead, wine, or
 “ diet-drink.

“ That the oily tincture applied to wounds and punctures of the
 “ nerves and tendons, it cures them; that it helps lameness, numb-
 “ ness, trembling of the limbs, and palsies, being anointed morning
 “ and evening on the parts affected; as pains, aches, and gout, proceed-
 “ ing from a cold cause, or a defluxion of cold humours. And that
 “ inwardly taken from six drops to sixteen, or twenty, in some proper
 “ vehicle, it prevails against lethargies, vertigoes, apoplexies, con-
 “ vulsions, and other cold diseases of the head, brain, and nerves, and
 “ that it eases the cholic, and is good against sand, gravel, stone, &c.

“ That the ointment eases pains from a cold cause, discusses oede-
 “ ma's, scrophula's, and phlegmons, or inflammations, and abates
 “ inflammations in wounds and ulcers, by discussing the cause; and is
 “ good against the piles in ano.

“ That the balsam is a true vulnerary, and cures simple wounds by
 “ the first intention: it cleanses running fores, old foetid ulcers, and
 “ stubborn and rebellious fistula's; washing them first with the juice,
 “ or essence, and then applying of this balsam; as it cleanses, incar-
 “ nates, or breeds flesh, and brings to a speedy healing.

“ That the cataplasm of the plant discusses inflammations in their
 “ beginning, is good against contusions or bruises; eases pains or
 “ aches of any part, and is singular good against a cold gout. He fur-
 “ ther observes he has applied it with great success in vehement head-
 “ aches, proceeding from taking cold, or any recent cause.

“ That

“ That a mixture thus prepared is very useful.—Take of the juice of
 “ the root four ounces, fine verdigrease in powder two drachms ; mix
 “ them. It takes off the callus in hollow ulcers and fistula’s, where it
 “ must be injected with a syringe. But if the callosity is an open ulcer,
 “ the mixture must be thus prepared :

“ Take of the foregoing ointment two ounces, powder of tobacco,
 “ two drams, verdigrease one drachm, mix them. Or thus ; take of the
 “ former balsam two ounces, powder of round birthwort roots two
 “ drachms, fine verdigrease one drachm, mix them. Any of these mix-
 “ tures take off a callus from any ulcer or fistula, cleanses the same,
 “ and induces it to a speedy healing ; and this it will do if the effect
 “ is in the joints.”

I have now gone through the various preparations of the plant Avens,
 or herb Bennet, of this old valuable author, many of which appear
 truly useful for many of the causes for which they are recommended,
 and as such I thought it would be doing injustice to my readers to
 with-hold any part thereof.

A very ancient, though esteemed author by many, observes, “ That
 “ avens is good for most diseases of the chest and breast, for pains
 “ and stiches of the sides, and to expel crude and raw humours
 “ from the stomach and bowels, by its aromatic and warming quality.
 “ That it dissolveth the inward congealed blood, happening by falls
 “ or bruises, and the spitting of blood, if the root, either green or dry,
 “ be boiled in wine, and drank ; as also all manner of inward wounds,
 “ or outward, if they be washed or bathed therewith.

“ The decoction also, being drank, comforteth the heart, and
 “ strengthens the stomach and a cold brain, and therefore is good in
 “ the spring time, to open obstructions in the liver, and helpeth the
 “ wind cholick. It helpeth also those that have fluxes, or have a
 “ rupture ;

“ rupture ; and takes away spots or marks in the face, being washed
 “ therewith.

“ The juices of the fresh root, or powder of the dried root, has
 “ the same effect with the decoction ; and the root, steeped in wine,
 “ in the spring-time, doth give it a delicate flavour and taste ; and being
 “ drank fasting every morning, comforteth the heart, and is a good
 “ preservative against the plague, or any other poison. It is very safe ;
 “ you need have no dose prescribed ; and it is very fit to be kept in
 “ every body’s house.”

A valuable author observes of this plant, “ That if the root is in-
 “ fused in beer, and taken for several days, especially in the morning
 “ fasting, it is excellent for weakness of the joints, which it greatly
 “ conduceth to strengthen.”

A learned author says, “ That in a catarrhus, or catarrh, the
 “ following preparation of avens, &c. is a specific for ;” but as this
 disease is not known to all, I shall first describe it. A catarrh is a
 defluxion or distillation of humours from the head, upon the mouth,
 and aspera arteria, and through them, upon the lungs, wherein, what
 should pass off by the skin, oozes out upon the glands, and occasions
 irritations, coughs, and all the usual symptoms.

PREPARATION FOR A CATARRH.

“ Take of the roots of avens and saffrafras, each sliced, two ounces,
 “ of rosemary, half an ounce ; put these ingredients into a large
 “ vessel, and pour upon them two pints of generous wine ; when the
 “ vessel is close stopped, digest or place it in the heat of boiling-water
 “ for eight hours. When it is cold, let the strained liquor be preserved
 “ in bottles close stopped, and let the patient drink of it, a draught in
 “ the morning, an hour before breakfast, at five o’clock in the after-
 “ noon, and at bed-time. The root cut small, and infused in ale, is
 “ recommended

“ recommended as a remedy of the first rank, to strengthen the bowels,
 “ which in many are naturally subject to pain, weakness, and other
 “ complaints, arising from cold, or wind, &c.”

A more modern author observes, “ That avens is aromatic, sto-
 “ machic, inciding, attenuant, and a dissolver of grumous blood, and
 “ is used as a specific in pains of the head, arising from a gross blood;
 “ that the root has been employed as a stomachic, and for strengthening
 “ the tone of the viscera in general, and is in esteem in foreign coun-
 “ tries, though not greatly noticed among us.”

Having now given so many valuable observations upon this plant, and though of considerable length, yet I thought necessary for my reader's advantage and benefit, I shall now proceed with my own.

OBSERVATIONS BY THE AUTHOR.

UPON a chymical analysis, the plant Avens or herb Bennet, particularly its roots, yields on distillation, a considerable quantity of an elegant odoriferous essential oil, a concreted volatile salt, and a large quantity of acid and acrimonious phlegm and earth, from whence we may naturally imagine this plant to partake of the nature and principle of sal ammoniac, blended with sulphur, and that it is consequently possessed of astringent, cardiac, aromatic, and vulnerary properties, and therefore highly useful in all those complaints of the stomach and bowels, arising from flatulencies, indigestion, &c. as well as in those various hæmorrhages to which the human body is subject.

This useful aromatic, like most others of our cold climate, partakes of this quality but in a slight degree, more especially those cultivated in wet, low, swampy situations, while those produced in dry, mountainous, and healthy soils, are found to possess in a considerable degree
 this

this qualification. The best time for taking up the root, in which part its chief aromatic virtue consists, is in the month of March; the best roots should be then chosen, taken up, and cleansed from the earth, and gently and carefully dried for use.

It is my present intention to confine myself to the use of this plant, in those flatulent complaints of the stomach and intestines, which are so frequent in hypochondriacal and hysterical persons, and for which I have experienced it so useful, particularly with the addition of those aromatics, which assist its virtues, and which shall hereafter be more fully explained; but before we enter hereupon, it may not be amiss to take a transient view of some of the chief diseases with which the stomach is afflicted.

The stomach may truly be called the seat of most disorders to which human nature is subject; yet it is very little, if at all attended to; though probably at first a very little attention might have been of the first consequence; the want thereof has produced the most fatal diseases. Nervous persons are in general subject to flatulency or wind, which are caused by an acid gas, arising from a too speedy fermentation in the stomach; indeed, few persons, comparatively speaking, may be said to be free from some disagreeable circumstance arising from confined wind, in either the stomach or bowels.

Hence arise pains and in various other parts of the body, continual sour eructations, loss of appetite, head ach, swelling of the abdomen, fullness, particularly after meals, difficulty of breathing, obstructed bile, costiveness, spasms in the urinary vessels, to which nephritic patients are so subject, and many others. No persons are more subject to windy complaints, than women in the decline of life, particularly those troubled with hysterical cases; so also is it very usual to hypochondriacal men, of a sedentary life. Indeed innumerable almost

are the bad consequences produced from the detention of elastic air in the stomach and bowels.

Each of these diseases will be more particularly attended to in their proper places ; but it is necessary I proceed to shew the great and useful advantage I have experienced in flatulent and windy complaints in either stomach or bowels, from the virtue of the plant Avens, particularly in conjunction with other aromatics, but more especially from the two following prescriptions.

Take of the roots of Avens in fine powder one ounce and a half ; of the powder of anniseed and ginger of each two drams ; syrup of Avens compound, made strong, as hereafter directed ; a sufficient quantity to form an electuary, of which the patient should take the size of a nutmeg two or three times a day. The compound syrup is thus formed. Take of the roots of Avens one ounce and a half grossly bruised ; of the thin dry bark of Seville oranges, and of coriander seeds, lightly bruised, of each half an ounce ; put them into any earthen vessel, and pour upon them one pint and a half of boiling water, cover the vessel over close, and let it stand very near the fire for two days, strain it off clear, and dissolve therein an equal weight of loaf sugar, so as to form an agreeable aromatic syrup.

Those to whom sweets are not disagreeable, this pleasant aromatic syrup alone, taken in the quantity of two or three tea spoonfuls, in a glass of generous wine, two or three times a day, has proved very useful and advantageous.

O R

Procure of the best French brandy one quart, to which add of the roots of Avens, grossly powdered, two ounces ; of ginger cut into thin slices, and of the best English saffron, of each two drams ; let the whole

whole stand in digestion with a gentle heat for six or eight days, shaking them together morning and evening, after which let it settle for two or three days, and pour off the clear tincture; the quantity of which may be taken from one table spoonful to two or three, in a glass of wine, twice a day.

For the poor, whom above all we should consider, and who possibly cannot afford the best French brandy, I have frequently directed the infusion to be made in the best English geneva, and with nearly the same advantage.

I cannot sufficiently recommend the benefits arising from the use of these medicines, in all flatulent and windy complaints of the stomach and bowels, more especially if duly persisted in for a considerable time; but I must proceed with those

Necessary Observations to Patients labouring under Flatulencies, as to Regimen and Diet.

Patients who are continually afflicted with wind in the stomach, bowels, or any other parts of the body, should be particularly careful in respect of their food, above all avoiding such crude flatulent vegetables, as green peas, beans, colewort, cabbages, spinage, &c. and the like, which so usually increase these complaints. I would earnestly advise persons that are subject to it to be frequently changing their food, till they find what agrees best with them, and then steadily to persevere therein, as it is impossible to fix any standing rule; what will agree with many will be found prejudicial to others. In general roast meats are preferable to boiled, particularly those which are light and easy of digestion, such as chicken, veal, mutton, &c. Beef, particularly if salted, hams, &c. are too hard, and should above all things, be avoided. Soups, broths, &c. should not be taken except in small quantities, and those good, as they are hurtful in most flatulent cases;

cafes; and if taken at all should be well seasoned with pepper, or warm aromatic herbs, such as mint, favoury, cellary, marigold flowers, &c.

I have advised dry toast, bread, or hard biscuit, to be taken frequently in flatulent cafes, more especially in the morning, with the greatest success and advantage. New malt liquors should above all be strenuously avoided; a small quantity of good sound old ale or beer may be taken, though I have generally found more advantage from a little brandy and water, or Hollands and water made pretty generous, and in small quantities. Above all I would earnestly recommend early rising, and taking the free open air in the morning on foot; it is astonishing what good effects have accrued from this practice. The want of proper and useful exercise is the cause of innumerable evils, as well as the shortening of the lives of many of our fellow creatures.

C H A P. VII.

OF VARIOUS PLANTS, viz.

Adders-Tongue ; Hemp or Water Agrimony ; Alexanders, Alifanders, or Horfe-Parſley ; Alkanet, or Orkanet ; Clown's All-Heal, and Hercules's All-Heal or Wound-Wort ; Water-Angelica.

THIS fourth number compleats the remainder of thoſe plants under the firſt letter of the Engliſh alphabet, whoſe virtues have been experienced by our firſt botanical writers. It is not my intention to add thereto, being well affured, thoſe already known, are through a kind providence, more than amply ſufficient for the different diſeaſes incident to human nature.

This method I have therefore laid down as a regular plan for my botanic work, ſo as to confine it within as ſmall limits as poſſible, as was conſiſtent for the advantage of my readers, and juſtice to my undertaking. And though at firſt I had no farther intention than to confine myſelf to thoſe medicinal plants alone of this kingdom, and to ſuch only whoſe virtues I had myſelf experienced ; yet, upon mature reflection and conſideration, I thought it more adviſable to render the work univerſally compleat and uſeful, by adding the virtues of thoſe plants I was unacquainted with of our own country, from the beſt authorities extant, as likewise of ſome few exotics, whoſe known virtues have been experienced,

experienced, and which may be easily cultivated in this climate from foreign seeds, &c.

But that I may not be supposed to have infringed too far upon my reader's indulgence; and bring this new, though useful plan, within the smallest limits, I have so contrived it, as to render the whole of them within the compass of two chapters, by omitting the Latin names, and extracting only the best and most useful parts and preparations from the first medical authors, which has cost me no small labour and trouble; and though we can give but two copper-plates, as usual, in the elegant manner we have set out upon, of the twelve plants treated upon in this number, yet the others shall be so accurately described, both as to situation and growth, that no possible mistake can arise, I trust, for want thereof.

First then shall I begin to proceed with

THE PLANT ADDER'S, OR SERPENT'S-TONGUE.

DESCRIPTION.

ADDER'S-TONGUE is a small tender plant with but one single thick green leaf, smooth, and without ribs, of an oval shape, resembling the head of a javelin, whose root consists of several matted strings or fibres, abiding under the earth all the winter, but in the spring shoots forth the stalk and single leaf, about five or six inches high, from the bosom of which arises a stalk of two or three inches, bearing on the top a slender crenated tongue, about an inch long, and of a yellowish green colour, somewhat resembling an adder's-tongue, in which is contained the seed, so small, that it is hardly visible, by some authors it is said not to produce any. This plant grows in moist meadows in most parts of England, particularly near Colnebrook; in the fields in Waltham Forest;

Forest; in a meadow near Barton, between Oxford and Stow Wood; in a close near Botely, on the west side of Oxford; and in many meadows near London, as likewise in Kent, Suffex, and Surry, and several other parts of this kingdom. It is in its prime in April and May, and flourishes sometimes till the beginning of June, soon perishing with the summer's heat, though the root remains.

VIRTUES.

Mr. RAY observes "That Baptista Sardus affirms, that the powder of the herb taken for some time, will cure all ruptures whatsoever." And Mathiolus, in his Epitome, says, "That the fresh leaves being applied, not only heal wounds effectually, but also cure ruptures, burns, and scalds." The author, therefore, of this work, from such authority, would recommend in ruptures the herb or plant to be both internally taken, as well as externally applied, for the cure of so difficult a disease. A very ancient, though valuable author observes, "That the juice taken with the distilled water of Horsetail, is a singular remedy for all wounds in the breast, bowels, or any part of the body, and will stop bleeding in any of those parts; and is very excellent for the whites or too profuse monthly evacuations." Let the author therefore recommend, when the distilled water of Horsetail cannot be procured, the trial of its juice in about an equal proportion.

Another valuable ancient author recommends "the powder of the leaves of adder's-tongue, from half a drachm to a whole one, for the above diseases; and says, that if it is strewed upon ulcers, it disposes them to healing." He farther observes "That the tincture of the dried herb, in spirits of wine, heals wounds admirably, being washed therewith, mixed with wine, and dries up ulcers, particularly if taken inwardly, from one drachm to two of the neat tincture." He remarks, "that an excellent ointment in these cases,

“ cafes, is thus prepared : fhred fmall two pounds of the green herb,
 “ and boil them in fheeps fuet and olive oil, of each half a pound,
 “ till the herb is crisp ; prefs out, and repeat with as many fresh
 “ herbs ; and after preffing out, as before, add to the ftrained matter
 “ twelve ounces of turpentine.” He concludes with remarking,
 “ that a cataplafm of the green herb, and pure yellow fweet palm
 “ oil, cures the gout, or any pains in the joints, being applied for
 “ fome time.”

Mr. Boyle advifes, “ to bruife and boil the fresh leaves in linfeed
 “ oil, fo that the oil may be well impregnated therewith ; and
 “ that if the oil is boiled fo far to a drynefs, that upon ftraining
 “ it may be of a very fine green colour, it is then of approved efficacy
 “ in burns.”

Gerard informs us, “ the fame preparation, with the alteration of
 “ olive oil for linfeed, is moft efficacious for all wounds, particularly if a
 “ little Venice turpentine be added to it.”

A more modern, though efteemed author, who is notwithstanding
 very fparing in his commendation of plants, fays, “ This is an admi-
 “ rable vulnerary, both internally taken, and externally applied, par-
 “ ticularly in ruptures.”

From fuch unqueftionable authorities, the author of this work, not-
 withftanding he has never had an opportunity of trying the virtues of
 adder’s-tongue, would at leaft recommend a trial of it in thofe different
 difeafes now recited.

THE PLANT HEMP OR WATER AGRIMONY.

A VALUABLE botanic author has given us several species of these plants, particularly the two following, which I have selected, which he distinguishes as the male and female Water Agrimony.

DESCRIPTION OF THE MALE WATER AGRIMONY.

THE root is full of thready strings, from whence spring up long round stalks about a yard high, somewhat red, which are beset with long green leaves, indented about the edges, five or seven hanging upon one stem, like hemp leaves, but yet softer. The flowers are little, of a pale red colour, consisting of round soft tufts, which stand upon the tops of the sprigs, and at length vanish away into down. It grows about the brinks of ditches, as also on the edges of wet grounds, standing and running water, almost every where, flowering in July or August.

VIRTUES.

THE same valuable botanic author says, " I am informed by a worthy gentleman, that this plant particularly cures the king's evil, and all sorts of ulcers and fistula's, which properties he knew it had by experience." He farther observes, " that the juice cleanses and purifies the blood; is good against the scrophula in men, and the rickets in children, and against tertian agues; dose from one ounce to two, in ale or wine, fasting in the morning; and that the powder has the same virtues, taken in the same manner, from one drachm to two, morning and evening."

Gesner, in his epistles, affirms, “ that a pugil of the fibres of the
“ root, boiled in wine, gave him in an hour’s time, one stool, and
“ afterwards ten vomits, which did him much good.”

Schroder says, “ externally applied, it is one of the most noble vul-
“ neraries;” and Dr. Brookes observes, “ that it opens obstructions
“ of the viscera, and is of use in the cachexy, as well as catarrhs and
“ colds, and should be taken as tea several times a day.” Dr. Strother
says, “ This plant is good for distempers of the womb, and facilitates
“ labour; and is a specific for inciding atrabilarious humours; what
“ these humours are, we explain,” says the doctor, “ by acidities,
“ resembling spirits of vitriol; and that pills, water, or oil, prepared
“ herefrom, is given with good success in hypochondriac melancholy.”
The author of this work, if he may be permitted the liberty, thinks
if the doctor had explained atrabilarious humours to be of that sharp
acid nature, so prevalent in arthritic, rheumatic, and scorbutic dis-
orders, his observations would have been far more useful and intelli-
gible; and indeed, in these last cases, he should recommend the
use of this plant, from the properties it is said to be endued with,
particularly from such valuable authorities.

DESCRIPTION OF THE FEMALE WATER AGRIMONY.

THE root consists of many long slender strings, and is of long con-
tinuance, from whence stalks grow up two feet high, or more, of
a dark purple colour. The branches are many, growing at distances
nearly equal one from the other; the one from one side of the stalk,
the other the opposite point. The leaves are winged, and much
indented on the edges. The flowers grow at the top of the branches,
in July and August, of a brown yellow colour, spotted with black,
having





Smirniium Olusatrum.

Alexanderis.

John Frederick Miller del. 1791.

having a substance like a daisy, smelling like rosin or cedar burnt. It grows by pond and ditch sides, and by running waters, chiefly in the North of England.

VIRTUES.

THE author of this work presumes this plant is very seldom to be found in the more southern parts of this kingdom, as he cannot find above two botanic authors who treat of it, who recommend it as
 “ a peculiar cleanser of the blood, and restorer of its crasis, and for
 “ its singular property in curing of imposthumes, old ulcers, and
 “ fistulas; and for which purpose, the decoction in wine is directed
 “ to be taken from two to six ounces, three times a day, or its juice,
 “ from one to two ounces, at the same times. That it is very good in
 “ a catarrh, and inferior to no herb in that disease; and that the
 “ spirituous tincture is excellent for an ague; dose, one ounce, as
 “ likewise for all ulcers and wounds, inwardly taken, and externally
 “ applied; and particularly the following balsam (which closes these
 “ observations) applied to the parts affected. Take of the juice, six
 “ ounces, turpentine, three ounces, oil, two ounces, bees-wax, one
 “ ounce, rosin, half an ounce; dissolve and evaporate to near its con-
 “ sumption of the juice. Country people give it to their cattle when
 “ troubled with the cough, or are broken-winded.” But to pro-
 ceed with

THE PLANT ALEXANDERS OR ALISANDERS, &c.

DESCRIPTION.

ALEXANDERS appears to be of the nature or species of the apia or parsleys; though this is the largest of all, and therefore called frequently horse-parsley; and notwithstanding there is a species of this

plant of which we receive the seed from abroad, and which are frequently sown in our botanic gardens, yet I shall confine myself to that species of our native country. The root is thick and large, blackish on the outside, and white within; of a hot and bitter taste, from which rise thick round stalks, three or four feet high, with fundry leaves, parted into small divisions: from the joints issue branches, from whence, upon foot stalks, proceed leaves, cut into many parts, like smallage, but larger, and more round and indented, and sometimes perfoliated, of a deep green colour, somewhat hot, spicy, and bitter. At the extremities of the branches, grow large umbels, of white flowers, which produce large seed, which are thick, hemispherical, gibbous, channelled, and black, of a hot taste, not unlike the root. This plant is found in the fields, near Cowley, Middlesex; about Windsor castle; also at Cliffe, below Gravesend, Kent; on the rocks near the Scotch coast, not far from Berwick; and about Scarborough castle, flowering from the latter end of May to the beginning of July.

VIRTUES.

AN old valuable author, who well knew the virtue of this plant, observes, “ That it is very friendly to nature, for it warmeth a cold
 “ stomach, and openeth obstructions of the liver and spleen; that it is
 “ very useful for those that are troubled with wind or the stran-
 “ guary, as it will provoke urine, and move the courses. So also will
 “ the seed have the same effect as the herb, if either of them be boiled
 “ in wine; or the seeds bruised, and taken in wine, will be found
 “ as efficacious.”

The author of this work would remark upon this plant, from the above observations, that a tincture prepared, by adding the best French brandy or geneva, to the seeds, in any vessel about three or four inches
 above

above them, would, he should apprehend, form a very useful stomachic tincture, for most flatulent and windy complaints.

Another ancient valuable author says, “ that the powder of the
“ feed, taken from half a drachm to one drachm, in white port, or
“ Rhenish wine, is exceeding good in all those diseases enumerated by
“ the former author. That the decoction opens obstructions, and
“ cleanses the blood admirably; dose, from four to eight ounces.
“ That the expressed juice, given from three to six ounces, mixed with
“ Rhenish wine, or white port, is a specific against stone and gravel;
“ eases the stranguary, and brings away urine or matter obstructing the
“ urinary passages, when almost every other thing fails. That the
“ pickled roots, eaten as a salad, with oil, vinegar, and pepper,
“ strengthen the stomach, create a good appetite, and cause digestion,
“ expelling tartarous and viscous juices from the stomach.” He
farther observes, “ that the distilled oil of the feed, given from three
“ drops to ten, is exceedingly useful in all the above diseases; that it
“ helps shortness of breath, and comforts the head and nerves; being
“ singularly good against lethargies, apoplexies, palsies, and convulsions,
“ which may be given in extremity morning and evening.”

The author of these sheets would remark, that this last preparation appears, in his opinion, well calculated for the four last dreadful diseases, which too frequently baffle the efforts of the first gentlemen of the faculty, as he has generally found that aromatics that are endued with both carminative and diuretic powers, strike at the very root of these desperate diseases; and such only are to be depended upon in these trying cases, though not known by all.

Turnheuser informs us, “ that the juice of alexanders, reduced to
“ the form of an unguent, stops gangrenes in a wonderful manner;” and
Dr. Brookes observes, with which I shall close the remarks upon this
plant, “ that the herb may be eaten as a salad; that the feed is
“ carminative

“ carminative, and good in the flatulent cholic, and asthma, in doses
 “ of two scruples or a drachm.”

THE PLANT ALKANET, OR ORKANET.

THERE are various species of this plant mentioned by botanists; and though it is a native of the warmer parts of Europe, as Languedoc, Italy, Spain, and Turkey, and from thence cultivated in our gardens, yet it is a native of this kingdom; and according to Lobel, has been found growing near Rochester, in Kent, as also in the West of England, particularly in Devonshire and Cornwall; though that which we import from Constantinople, is by far the best for medicinal uses, whose roots are very thick and long; though that which grows in our country, is much smaller, of which take the following

DESCRIPTION.

THIS has a thick and large root of a reddish colour, though much inferior to that brought from abroad, with long narrow hairy leaves, much resembling the viper's bugloss, which lie very thick upon the ground. The stalks rise up, compassed round about thick with leaves, which are both less and narrower than bugloss, and are many, slender, and tender, of about a foot and a half high, whose flowers are like the others, small, appearing in July and August; only these are of a reddish purple colour, and the seed more grey; the whole being of a rough astringent taste.

VIRTUES.

The roots are in their prime, as carrots and parsneps are, before the herb runs up to stalk; and as a valuable ancient author observes,
 “ its ointment is exceeding good in burns and St. Anthony's fire;
 “ that it is useful in the yellow jaundice, and gravel in the kidneys;

“ and



Anchusa Sempervirens.

Evergreen Alkanet?

John Frederick Miller del. 1791.



“ and that a decoction in wine, made from the roots, and taken,
 “ strengthens the back, and eases pains thereof, and is of extraordinary
 “ service to drive out the measles or small pox.”

Another valuable old author says, “ the decoction of the root in
 “ water, is of good use in the yellow jaundice, and for stopping the
 “ fluxes of the bowels and womb; dose from four to eight ounces,
 “ sweetened with sugar of the finest kind that is refined.”

Dioscorides saith, “ that it helps such as are bitten by any venomous
 “ beast, whether inwardly taken, or applied to the wound; and that
 “ the following preparation is an excellent vulnerary, applied to all
 “ deep wounds, made with any weapons, or punctures of the nerves.
 “ Take of olive oil, one pint, alkanet root, in small pieces, two ounces,
 “ earth-worms, No. 20, boiled a proper time, and strained for use.”

Dr. Strother observes, “ that wherever there is occasion for a
 “ restraining quality, and ferocities abound, alkanet is reputed a
 “ specific drug, because it incrassates the serum, retards its motion,
 “ and absorbs it, and therefore it cools the blood; for as that depends
 “ on motion, the slackening thereof abates the heat; and the coldness
 “ wherewith we are afflicted, is proportional to the slowness of this
 “ motion; hence it is used in all fluxes of the blood, or humours, as
 “ it both incrassates them, and contracts the fibres, and may be used
 “ in either powder or decoction.”

The author of this work concludes the observations upon the plant
 Alkanet or Orkanet, with remarking, from such authorities, it should
 appear useful in all those cases wherein astringents are indicated, espe-
 cially the decoction of the foreign root, which we import from Turkey,
 boiled down pretty strong in the best red port wine, particularly in
 diarrhœas, hæmorrhages, and too profuse discharge of the monthly
 evacuations,

evacuations, in which cases, he is of opinion, in this form, it would be found exceeding useful. But to proceed with

THE PLANT CLOWN'S ALL-HEAL, AND HERCULES'S ALL-HEAL, OR WOUND-WORT.

DESCRIPTION.

Clown's All-Heal or Wound-Wort, has roots which are composed of many long strings, with tuberous long knots growing here and there among them, of a pale yellow or white colour, from whence grow up four square green rough stalks, almost to prickliness, half a yard high, or more, furrowed in a little upon every square; the joints are asunder, whence issue two very long and narrow, and somewhat dark, green leaves, hairy, and sharp pointed, indented about the edges; of a strong smell, not unlike to stinking horehound; its flowers standing towards the top, and compassing the stalks at the joints, not unlike that plant, except that this ends with spiked tops, and are pretty large, of a purplish or dark red colour, with a hollow galea, and the labella spotted with white, the barba cut into three segments, of which the middle one is the largest, set in a rough calyx, ending in five points, and containing four blackish seeds. This plant grows in common throughout most parts of England, by the water-side, particularly round London, as at Chelsea, Hackney, and Kenfington, St. George's Fields, and Lambeth; and in Essex, Cambridgeshire, Huntingdonshire, and Suffolk, flowering in June and July.

VIRTUES.

Clown's All-Heal, called by Ray, and some other later botanists, the English Sideritis, or Iron Wort, with a knotted root, is greatly recommended

recommended by Gerard, “ as an excellent vulnerary for all sorts of
 “ green wounds, either internal or external; and for stopping all kinds
 “ of hæmorrhages,” particularly the following wound-ointment, taken
 both internally, as well as externally applied, which he has illustrated
 with many examples: “ Take of the fresh leaves four handfuls; bruise
 “ them with four ounces of hogs-lard, to which add half a pint of the
 “ best olive oil; boil them together to the consumption of the juice;
 “ then strain, and dissolve in it over a slow fire two ounces of the best
 “ Venice turpentine, which let be properly mixed therewith, so as to
 “ form an ointment or balsam, which should be kept close stopped.”

The author of this work has a good opinion of this balsam, and would therefore recommend its trial to his readers, who may stand in need thereof.

Cæsalpinus says, “ this plant is exceeding good for tertian agues,
 “ and is an excellent vulnerary and sweetener of the blood.”

An old valuable author observes, “ the juice of this plant contri-
 “ butes to the curing of wounds, either outward or inward, being
 “ taken from two to three ounces, in a glass of wine; and that it is
 “ good for ruptures, bloody flux, and for inward bleedings in any part
 “ of the body. That the powder of the herb is given in ruptures of
 “ the peritonæum, and all inward hæmorrhages, for it stops the bleed-
 “ ing, and consolidates the broken veins; dose from half a drachm
 “ to a whole one, in any proper vehicle.

“ That a diet-drink is prepared by boiling the herb in half wine
 “ and half water, and is excellent for such as have wounds, inveterate
 “ sores, and old ulcers, and fistulas, upon them, as it alters the whole
 “ habit of the body, and disposes to a perfect cure.”

The author of these sheets would remark, from the foregoing observations, that the above plant seems particularly calculated for the inhabitants of these kingdoms, who are so naturally subject to scorbutic habits; and would recommend therefore its use, more especially the decoction, both in the spring and fall.

HERCULES'S ALL-HEAL, OR WOUND-WORT,

WHICH is supposed to have taken its name from Hercules, who studied physic under Chyron, from whom he learned its

VIRTUES.

THIS plant, called also by some, panay, and opopanawort, is a native of Italy, and is cultivated in many of the physic-gardens in this kingdom, flowering in June; so also there are several species of this plant in many parts of America, Mount Garganus, in Apulia, and elsewhere.

Dr. James, in his Pharmacopœia Universalis, observes, “ that from
 “ the stalk of this plant, wounded, especially near the root, during
 “ the summer’s months, a juice flows which concretes spontaneously,
 “ and is called in the shops, opoponax. That the roots of these plants
 “ are said to be effectual in all cold affections of the brain and nerves;
 “ for disorders of the breast, and pains in the stomach; for all obstruc-
 “ tions of the viscera, and diseases of the kidneys, bladder, and womb;
 “ on which account they are of service in inveterate pains of the head,
 “ as vertigo, lethargy, epilepsy, convulsions, palsy, asthma, coughs,
 “ jaundice, and dropsy.”

The author of this work would remark, upon the doctor's observations, that from what he can gather from other authors, they appear to be well founded, and therefore would recommend the trial of it in those different diseases recited by him.

THE PLANT WATER ANGELICA.

THIS plant, called by some the wild angelica, though very improperly, there being two distinct plants of that name, as the greater and lesser, growing in Essex, Kent, and Middlesex, particularly at Kentishtown, near London, which are said to be peculiar antidotes against poison, and the plague, singular wound-herbs, and specifics against the gout, particularly its roots, which are in their prime in February, March, and April, and which flower in July and August; their seed is soon ripe.

Water Angelica is called also by some, the great water angelica, particularly by Parkinson, not from any distinct species of this plant. I never knew but this one kind, which I apprehend, from its growth, to be considerably larger than any species of this kind, even than garden angelica.

DESCRIPTION.

THE root of water angelica is very large, according to its kind, thick and white, with some strings hanging to it, and endures many years, without perishing, from whence arise leaves like the garden angelica, but more in number, and smaller divided, which are set upon a great thick stalk, and said to be much taller and larger than the garden kind; but this I deny, having one in my own botanic garden

last year, full six feet high ; though the water angelica run commonly from four to five feet, and are somewhat red at the joints. From these joints, the leaves, by a large foot-stalk, rise, whose lower parts seem to inclose the whole joint, and are of a reddish colour also. The leaves are of as deep a green colour as those of the garden kind ; and from this stalk also rise up several long branches, coming from an husk or case, not much unlike the common garden parsnip ; at the top of which branches come forth tufts, or umbels of white flowers, very like those of the garden kind. After the flowers come the seed, broader, longer, thicker, and of a much darker colour, than the garden angelica.

VIRTUES.

WATER ANGELICA is known but by very few botanic writers, much less by the moderns, who, had they taken half the pains to experimentally prove the virtues of plants, as they have endeavoured from obvious reasons to lay them aside, they would have rendered essential services to this kingdom.

Water Angelica grows naturally in England, in and upon the banks or sides of moist watery ditches and places, from whence it took its name ; and in particular, in the marsh ditches by Rotherhithe, flowering in July and August ; and its seed is ripe soon after, but its root is in its prime in March and April. I also found this plant on the Surry side of Blackfriar's Bridge, London, at the back of a new street there, called George's-street ; and I doubt not it might be traced farther up on that side the Thames.

Parkinson observes, “ that the distilled water of this plant helps all
 “ pains of cold and wind, in doses of three table-spoonfuls ; and with
 “ the powder of the root, helps the pleurisy, and diseases of the breast,
 “ cholic, stranguary, tumours, and obstructions. That the juice
 “ applied

“ applied, helps the scotoma ;” (that is, a vertigo attended with dimness of sight, deafness,) “ tooth-ach, ulcers, and sciatica.”

Pemel says, “ that the distilled water of water angelica, is very “ good in hysteric fits ; and that applied, it helps the gout.”

An old valuable author observes, “ that it is a thing peculiar against “ the scurvy in cold habits, and one of the greatest vulneraries among “ vegetables. That the liquid juice, either alone, or with a little “ nitre dissolved in it, is an excellent errhine to be snuffed up the “ nostrils blood-warm, till it comes out of the mouth ; it purges the “ head and brain of much cold phlegmatic humours, taking away “ sleepiness and heaviness of the head. That the decoction in wine “ and water is an excellent hysteric and vulnerary, and may be of “ great use to such who cannot take the following essence ; dose eight “ ounces, twice a day.”

He farther observes, “ that the essence, setting scurvy-grafs aside, “ that by singular experience he can testify, he knows nothing “ among vegetables so effectual for curing the scurvy in a cold “ habit of body ; and as a vulnerary, he believes he has used it above “ an hundred times, with admirable success. That in diseases of the “ womb, he says, he is assured this is more prevalent than the garden “ angelica, in cleansing it ; in repressing the vapours, and helping “ hysteric fits.”

The following relation is in his own words : “ I remember, once “ I gave this to a woman who had a kind of stony hardness in the “ womb, with a tumour as big as a small ostrich’s egg, which almost “ continually bled, with very great pain, but not continual.” This some physicians and surgeons determined to be a cancer of the womb, and therefore incurable. “ It was dubious what to say ; and the disease “ seemed difficult to cure, if it was at all curable : however, I advised “ her

“ her to the plentiful use of it for some time ; four ounces to be taken
 “ of it morning, noon, and night ; and continued it for six weeks, at the
 “ end of which time she became perfectly well ; and by the use thereof,
 “ she voided great quantities of hard clotted blood.”

He farther informs us, “ that the diet-drink, though it is chiefly
 “ intended for wounded people, and such as have inveterate and run-
 “ ning sores, ulcers, and fistulas, yet it is of as great service for such as
 “ are afflicted with the scurvy, or obstructions, pain or tumour of the
 “ spleen, or any grand disaffection of the womb, and should be taken
 “ daily, spring and fall ; and is found, by experience, to be good against
 “ hypochondriac melancholy.”

From such unquestionable authority, from my own opinion, and
 from strict examination of the virtues of water angelica, the author of
 these sheets would earnestly recommend a trial of it, particularly in
 scorbutic and scrophulous cases, for which it should seem so particularly
 calculated. But I must hasten to the next chapter, which includes the
 six last plants, under the first letter of the alphabet, agreeable to the plan
 I have set out upon, which I trust will meet with the approbation of
 my numerous readers.

C H A P. VIII.

OF VARIOUS PLANTS, viz.

Anise; Stinking Arach or Orach; Arrow-Head; Afarabacca;
Asphodel; and Asparagus.

A N I S E.

THIS useful eastern exotic grows plentiful in Egypt, Syria, and Candea; and which thrives exceedingly well in this country; and from its extraordinary virtues, I have included it in my botanic arrangement, notwithstanding it is somewhat foreign to my intended plan.

To give a description of this plant, would be almost usefess; I shall therefore, in its room, give the best and most approved preparations therefrom; and which have been long and fully experienced by the following authors.

Tournefort informs us, “ that the seeds abound with an oily and aromatic volatile salt, by virtue whereof, they are very agreeable to the stomach and intestines, by destroying or subduing a foreign acid, dissipating flatuosities, and rendering the humours more fluid. That the essential and expressed oil is highly useful in helping and promoting expectoration, and expelling the wind.”

Pythagoras affirms, “ it is impossible for one to be seized with a fit of the epilepsy, while this herb is held in the hand; that therefore
“ it

“ it ought to be very much cultivated in the gardens of those who
 “ are subject to this disease. That in a phrenzy, they rub the patient
 “ with the green herb, and polenta, that is, thick gruel made with
 “ barley meal; and treats infants under an epilepsy or convulsions, after
 “ the same manner.”

Heurne advises, in children's gripes, “ to give one scruple of ani-
 “ feeds powdered in their food, or any other way, as it will ease their
 “ gripes, and loosen their belly.”

Parkinson says, “ that the seeds boiled into a decoction with figs
 “ and liquorice, helps consumptions; and that three or four drops of
 “ the oil taken in wine, is very useful in giddiness of the head.

Frederic Hoffman strongly recommends them in “ weakness of the
 “ stomach, diarrhoeas, and for strengthening the tone of the viscera in
 “ general; and thinks they well deserve the appellation given them by
 “ Helmont, *intestinorum solamen*.”

Dr. Strother informs us, “ aniseeds consist of gently saline, volatile,
 “ and oily salts, wherefore they warm, attenuate, and incide, and are
 “ carminative; and in all purgatives, these seeds are convenient. That
 “ the oil, blended with sugar, and some volatile salt, is a famed pectoral.”

Dr. Brookes says, “ these seeds are good to strengthen the stomach
 “ and intestines, to cure the gripes, and to abate the violence of diarrhoeas,
 “ in doses of half a drachm.”

Dr. James observes, “ that anniseeds are used both in infusions and
 “ in powders; as many, on account of the agreeable taste, and in
 “ order to avoid too great a relaxation of the stomach, by warm
 “ water, put them into coffee and tea, which thus prepared, affords
 “ relief in cold disorders of the breast and stomach, to such as are not
 “ accustomed

“ accustomed to these liquors. That the distilled oil of the seeds
 “ contains its most excellent virtues; and that it is highly penetrating,
 “ and proves carminative, if the abdomen is anointed with it; and
 “ that it is applied to the region of the kidneys, and the pubes, in
 “ order to expel urine.”

The author of this work would remark, that from the aromatic, carminative, and diuretic powers of these seeds, he has been led sufficiently to prove their virtues, in all flatulent and windy complaints of the stomach, and bowels; particularly their tincture, in the best French brandy, or Holland Geneva; and that in the peccant acid in the primæ vitæ, to which children are so subject from their birth, he has seen such astonishing effects, from the use of these seeds boiled in all their food, that he cannot sufficiently recommend it.

THE PLANT STINKING ARACH, OR ORACH.

DESCRIPTION.

IT has a root consisting of several long branches, filled with many thready strings, from whence rise up one or more feeble stalks, which lie flat upon the ground, and from the stalks come forth many weak and feeble branches, upon which grow very small leaves, almost round, yet a little pointed, without cut or dent, in shape not much unlike basil, of a greyish colour, sprinkled all over with a whitish clammy meal, with small flowers in clusters set with the leaves, contained in a calix cut into five segments like a star, the whole plant being of a very disagreeable smell.

This plant, called by the ancient botanists Arrach, and Arach, but more modernly Orach, Orrach, and Orache, is notwithstanding one and the same plant, and particularly distinguished by its smell, whence its name, grows naturally upon dunghills, and waste places, flowering in June and July soon after perfecting its seed.

N

VIRTUES.

VIRTUES.

A VALUABLE author truly and justly observes of this plant, that “ the works of God are given freely to man, his medicines
 “ are common and cheap, and easy to be found ; and that if he had
 “ been eloquent, he should have been large in commendation of this
 “ herb, particularly as an universal medicine for the womb, and such
 “ as will easily, speedily, and safely cure any diseases thereof. For this
 “ purpose, he highly recommends a syrup, prepared from the juice of
 “ the plant, with sugar, or honey, though he is of opinion with the
 “ latter is the best.” Dr. James justly remarks, “ this herb is in a pe-
 “ culiar manner appropriated to the female sex, being aperient, deob-
 “ struent, beneficial in uterine disorders, good to promote the men-
 “ strual evacuations, to expel the secundines, alleviate child-bed purga-
 “ tions, relieve strangulations of the uterus, and remove hysteric fits.
 “ It is generally exhibited, he says, in decoctions.”

The author of this work has never made trial of the virtue of this plant from accidental cause, though he has procured it once or twice for this purpose, yet has reason notwithstanding to join the above authors in their commendations of this herb, and for which he could assign sufficient cause if it were necessary ; though he is of opinion, the syrup is far superior, and more eligible, than the decoction.

Dr. Lewis informs us, that “ Tournefort recommends a spirituous
 “ tincture, others a decoction in water, and others a conserve of the
 “ leaves, as of wonderful efficacy in uterine disorders.”

Dr. Brookes says, that “ this plant is looked upon as a great anti-
 “ hysteric, and that the very smell of it is good in hysteric fits, but
 “ that it is best taken in the manner of tea.”

An old valuable author observes, that “ the decoction in wine taken
 “ from three ounces to six, quells hot vapours arising from the sto-
 “ mach to the head ; and that if made in water, it cools the stomach
 “ and womb.

“ That the juice may be taken from one ounce to two, or more, as
 “ it cleanses the womb, and strengthens it exceedingly, provoking
 “ the monthly terms, admirably repressing vapours, and cures hysteric
 “ fits, given in a glass of white port, at the same time letting the pa-
 “ tient smell to it.

“ That an injection prepared of the juice and syrup of this plant, and
 “ red wine in equal proportions, cleanses ulcers of the womb, is good
 “ against the whites, strengthens the matrix, and is helpful against its
 “ falling down.”

From such unquestionable authorities, the author of this work cannot
 but join Dr. James in opinion, that this herb is in a peculiar manner
 appropriated to the use of the female sex ; and on which account he
 would particularly recommend it to their notice.

THE PLANT ARROW-HEAD.

THIS plant is either not known, or treated of by very few botanic writ-
 ters, notwithstanding I have sufficient authority that it is of considerable
 virtue ; I shall therefore be the more particular in describing the three
 several kinds of them, distinguished by the following names, viz. The
 Greater Broad Leav'd Arrow-Head, or Water Archer, as some call it ;
 the Lesser Broad Leav'd, and the Narrow Leav'd Arrow-Head.

DESCRIPTION.

THE first, or Greater Broad Leav'd Arrow-Head, has a thick bushy
 root, with many fibres or strings, from whence come forth several

thick square and juicy stalks, with great broad green leaves on the top of them, divided at the bottom into two long and pointed parts, so that the whole form or shape of the leaf is not much unlike the forked head of a broad arrow, or the point of an anchor, except that the two points at the bottom are longer; which parts grow but little above the water. From among these rise up other thick, round, spongy stalks, two or three feet long, and higher than the leaves, with rows of flowers at the joints, one above another, and for the most part three in a row, composed of three large white leaves, with reddish threads in the middle, after which are formed round rough burrs, which are green when they are ripe, like to the sparganium, or burr reed, in which is contained the seed.

The second, or Lesser Broad Leav'd Arrow-Head, has also thick bushy or stringy roots like the former, with broad leaves upon large-foot stalks, near two feet high or more, in shape as the former, though every way less. Among these rises up a thick stalk, something higher than the leaves, having at the top many white flowers, like a light carnation, formed of three small leaves, with several reddish threads in the middle, like though less than the former, which produce several burrs, or seed vessels, larger than the former.

The third, or Narrow Leav'd Arrow-Head, has a small and thready root, from whence rises up a tender foot stalk, about eighteen inches high, at the top of which are leaves nearly half the breadth of the other, but full as long; the two lower forked parts of the leaf being almost as long as the pointed part, from whence are produced flowers and seed vessels as the other, but less.

These grow frequently together, sometimes apart in watery ditches, and standing water, in many parts throughout the kingdom, particularly near Oxford and London, as in the ditches that were in St. George's Fields, and not far from Lambeth. The Narrow Leav'd
grows

grows on the Thames shore, by Lambeth bridge, opposite the Archbishop of Canterbury's palace, before the Earl of Peterborough's house, above the horse ferry on the Westminster side. They flower generally in May and June, and the seeds are ripe by the middle of August.

VIRTUES.

A VALUABLE author, who had great experience of their virtue, observes, " that he has proved it to be a singular wound herb, whether
 " inwardly taken, or outwardly applied : that the decoction in wine, or
 " half wine and water, is a good gargle for sore mouths ; and if a little
 " allum and honey is dissolved in it, it is a singular medicine for the
 " thrush in children, and as a gargle for sore throats ; and used as an
 " injection, is very useful for the flux of the whites ; that inwardly
 " taken from three to six ounces, will stop all fluxes of the bowels,
 " and fluxes of blood, whether by the mouth, urine, or stool ; and is
 " an useful diet drink for wounded persons, or such as have ulcers and
 " fistulas.

" That the juice is also useful in all those hæmorrhages, and for the
 " bloody flux, taken from two table spoonfuls to six, in a glass of red
 " wine, twice or thrice a day ; and contributes also to the healing of all
 " sorts of wounds, whether inward or outward ; and is also useful
 " bathed upon an erysipelas."

Lugdunensis says, " this plant is cold and moist, though Lovell
 " will have them to be rather cold and dry, and astringent like plan-
 " tain ; and that the seeds given in wine help all fluxes, spitting of
 " blood, bloody urine, catarrhs, consumptions, the dropsy, and fal-
 " ling sickness ; that the powder of the leaves kills worms ; and that
 " applied it helps sores that are inflamed."

The

The author of this work would remark, that from what he can find the dose of the seed should be taken in wine from one drachm to a drachm and a half, and notwithstanding he has not had an opportunity of trying the virtue of this plant, yet from such authority he should recommend its trial in many of the above disorders; but he has already exceeded his proper boundary upon these plants, and must therefore hasten to proceed with

THE PLANT ASARABACCA.

DESCRIPTION.

THIS low creeping dwarf ever-green plant, having small whitish fibrous roots, creeping many ways in the ground, produces leaves on its foot stalks that are more smooth, large, and round, than violet leaves, and thicker; of a darkish green shining colour upon the upper side, and of a paler yellow green underneath, very little indented upon the edges: the flowers grow upon a short and small foot stalk, and are composed of chieves, or threads, very small, though the cup of the flower is larger, being thicker, and divided into three sharp pointed and purple-coloured segments; but the lower part of the cup is six cornered, changing into a fruit that is parted into six pods, or seed vessels, containing as many roundish small rough coloured seeds, like grape, or raisin stones. This plant flowers in June, and is a native of the warmer climates, as France, Italy, &c. chiefly in shady places, but is cultivated in this kingdom in our botanic gardens.

VIRTUES.

ETMULLER informs us, “that the powder of the leaves of Asarabacca, being used in a small quantity as a sneezing powder, is a noble remedy for the apoplexy.”

Geoffrey relates, “ that after snuffing up a dose of the above errhine
“ at night, he has frequently observed the discharge from the nose to
“ continue for three days together; and that he has known a paralysis
“ of the tongue and mouth, cured by one dose.” He recommends
this medicine in stubborn disorders of the head, proceeding from viscid
tenacious matter, in palsies, and in soporific distempers; and that
during the operation the patient must carefully avoid cold.

Dr. James observes, “ that half an ounce of the root infused for a
“ night in wine, is an emetico-cathartic medicine, highly extolled
“ against agues, or intermittent fevers, the dropsy, the gout, ischiadic
“ pains, and especially dysenteries and diarrhoeas: but if a whole ounce
“ of the root is digested with sixteen ounces of water, it no longer
“ proves emetic, but operates as a diuretic; and that the leaves,
“ though supposed to be stronger than the roots, as emetics, and
“ cathartics, appear to be milder as errhines.”

Dr. Lewis observes, “ that the roots or leaves of Asarabacca,
“ powerfully evacuate both upwards and downwards, given in
“ doses from half a drachm to one; and that it is said, that
“ tinctures made in spirituous menstrua, possess both the emetic
“ and cathartic virtues of this plant: that the extract obtained by in-
“ spissating these tinctures, acts only by vomit, and with great mild-
“ ness: that an infusion in water proves cathartic, rarely emetic:
“ that aqueous decoctions made by long boiling, and the watery
“ extract, have no purgative or emetic quality, but prove notable
“ diaphoretics, diuretics, and emmenagogues.”

The author of this work would observe to his readers, that he has
frequently administered four grains of the powder of the leaves of
Asarabacca as an errhine at bed-time, in deafness arising from cold, and
when the discharge of the head is obstructed from a violent cold, with
great advantages; but as a medicine he has never made trial of its
virtues;

virrues ; notwithstanding in constitutions that are moist and cold, naturally generating viscidities, which obstructs and fouls the viscera ; and where the languid vessels require a stimulus, this powerfully resolving, volatile, and sulphureous medicine, appears calculated to answer in these cases, very valuable purposes.

THE PLANT ASPHODEL.

THERE are many kinds of this plant treated of by some botanic writers, as the great White Asphodel, the smaller white, branched, red, yellow, onion, and Marsh, or Wild Asphodel: these plants are all natives, except the last, of the warmer climates, and are frequently raised in this kingdom; the last is found here, particularly at Mardfley and Marton, near Lancaster; and near Egham, not far from the river's side; but for order's sake, I shall confine myself to that cultivated in our botanic gardens, whose virtues have been more generally known, though some authors suppose, that the Marsh, or Wild Asphodel, of our own country, is equally as efficacious.

DESCRIPTION.

THE common branched White Asphodel has a root composed of many tuberous long knobs, which are thickest in the middle, and smaller at both ends, fastened together at the head, of a dark greyish colour on the outside, and yellow within, whence rise up many long and narrow, hollow, triangular leaves, sharp pointed, and lying upon the ground round about the root: the stalk is smooth, round, and naked without leaves, which rises from the midst of them, divided towards the top into divers branches, if the plant has been of any long continuance; whereon stand many large flowers like a star, formed of six leaves each, on the inside whitish, and streaked with a purple line down the back of every leaf, with small yellow threads in the middle,
blossoming

blossoming in May and June, which produce black seed which are triangular, and contained in roundish heads, which open into three parts.

VIRTUES.

DIOSCORIDES informs us, that “the root taken in wine provokes
 “ urine, and the terms, and that taken to a drachm in wine, it helps
 “ pains in the sides, ruptures, convulsions, and old coughs: that
 “ boiled in wine lees, it helps all inflammations of the body; and
 “ that the juice of the root boiled in old sweet wine, with a little
 “ myrrh and saffron, makes an excellent collyrium for the eyes.” An
 old valuable author, who had used this plant frequently, informs us,
 “ that he knew by experience, that Asphodel was peculiarly useful
 “ against the king’s evil; that the decoction in wine is emetic, if it
 “ meets with a foul stomach; is opening and cleansing, good for a
 “ cachectic habit of body, and prevails against the bitings of any vene-
 “ mous creatures, stone and gravel, or any stoppage of the urinary
 “ parts; and that he knows it to be an excellent thing to be constantly
 “ taken by such as are troubled with the evil, oedema, or other like
 “ tumours, for it consumes the morbid matter which composes
 “ them. It may be given from two to six ounces.

“ That the syrup has the same virtues, but weaker, and more
 “ pleasant to the stomach, and is an excellent pectoral, and causes
 “ easy expectoration in stoppages of the lungs. Dose, two ounces three
 “ times a day.”

The author of this work would observe, that from such authority he
 should apprehend, that the preparations of Asphodel promise, from its
 described virtues, to be useful in all scrophulous and scorbutic habits,
 for which he would in such cases advise a trial of it.

THE PLANT ASPARAGUS.

THERE are several species of this plant, mentioned by many botanic writers, as the Garden Asparagus, the Sea, or Marsh, the Rock, and Prickly Asparagus; but their virtues, we are informed, are nearly similar, and as the garden kind is so well known as to need no description, so I shall confine myself with describing the Sea, or Marsh Asparagus.

DESCRIPTION.

THIS plant, called by many Sparrow-grass, and by some very old writers, Sperage, has a root with many strings and fibres dispersed from a spongy head; from whence rise up many, but shorter stalks than the garden kind, stronger also, and more thick, branching forth in the same manner with winged leaves, but shorter, thicker, harder, and of a bluish green colour. The flowers are also like the other, and so are the berries, or seed, which follow, except that they are larger, and not quite so fresh a red colour.

This species is found to grow spontaneously in the marshes of Tidenham, near Chepstow; and in Appleton meadow, in Gloucestershire; the Lizzard Point, near Harwich, in Essex; and other marsh grounds in that county; and in Lincolnshire. Their tender shoots spring up in March and April: they flower in June and July; and the berries, or seeds, are ripe in September.

VIRTUES.

MR. RAY says, that "the roots are diuretic, and lithontriptic, and are appropriated to the liver, spleen, reins, womb, and joints." Dr. Quincy, and Dr. Alleyne observe, that "the roots are the most diuretic parts of Asparagus, being possessed of more salts in them from
" the

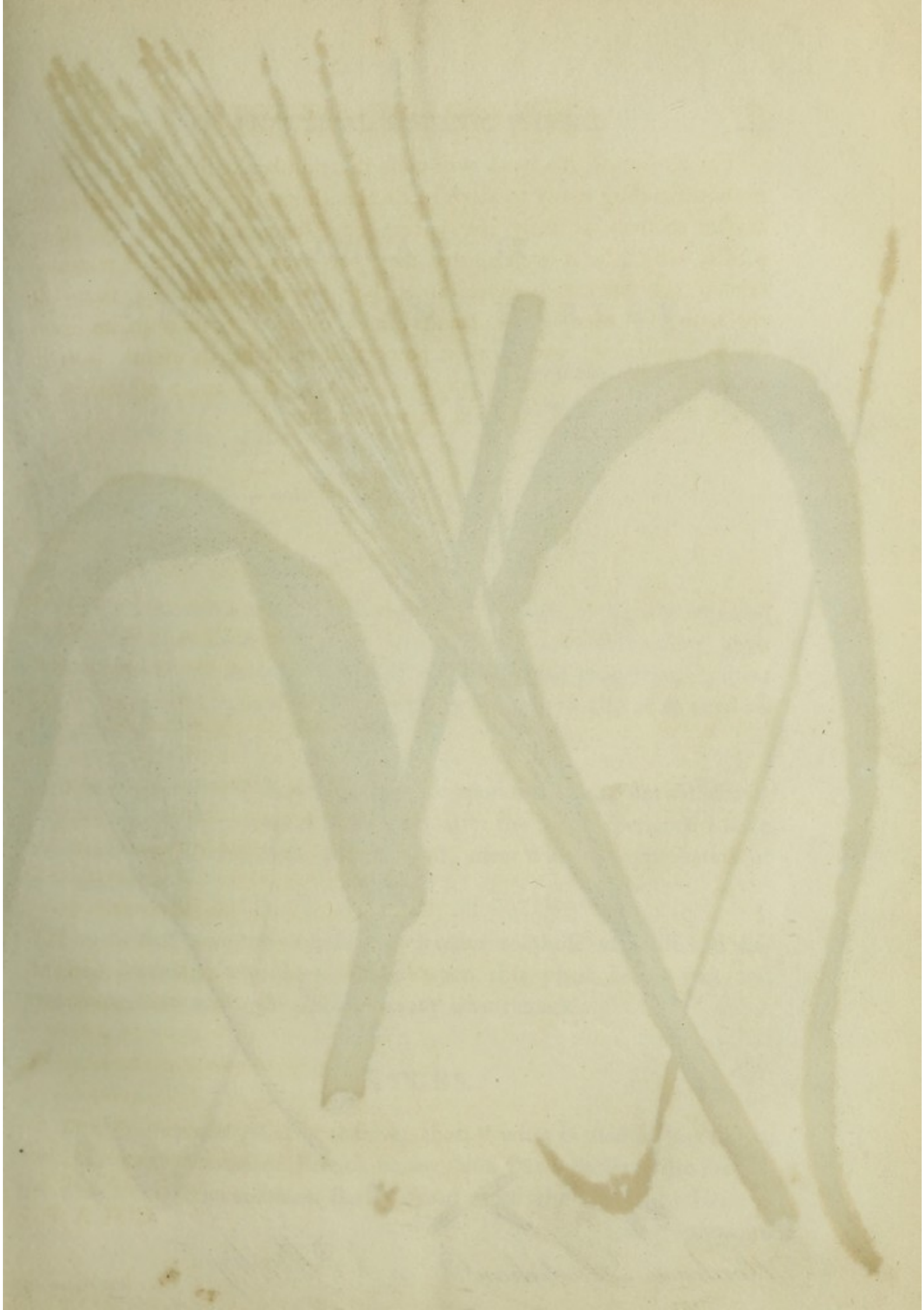
“ the earth, from whence they derive that quality more than any
 “ other part above ground ; and that this may be understood with re-
 “ gard to most plants respecting this property. That it is deservedly
 “ amongst the five opening roots, approved by the College, and is a
 “ good ingredient in all compositions intended to cleanse the viscera ;
 “ especially where their obstructions threaten the jaundice and the
 “ dropsy. That they are likewise also useful in many disorders of the
 “ breast, as operating by urine is of service in most such cases, and are
 “ therefore joined with good success in pectorals for this purpose.”

A very ancient valuable author says, that “ a decoction of the roots
 “ in white wine, and used either as a fomentation, or a bath, has
 “ been found effectual against pains in the reins, or bladder, and the
 “ cholic ; and generally against all pains that happen to the lower
 “ part of the body ; and no less effectual against stiff and benumbed
 “ sinews, or that are shrunk by the cramp, and convulsions, and hel-
 “ peth the sciatica.”

Another valuable old author remarks, that “ the decoction of the
 “ roots and seeds in water will answer the same purposes ; and that
 “ from one drachm to two of the powder of the roots in white wine,
 “ provokes urine, and opens stoppages of the urinary parts ; and that the
 “ seed is as effectual, in doses of one drachm, or if mixed with equal
 “ quantity of the powder of the root, and given in like manner, from
 “ one to two drams.”

Schroder observes, that “ the water drawn several times by distil-
 “ lation, from repeated parcels of the whole plant, provokes urine,
 “ and gives ease in the stone, being taken daily from four to eight
 “ ounces three times a day.”

Dr. Bowles informs us, that “ the tender tops gathered in the
 “ spring, and made into a conserve with sugar, are very useful in the
 “ rickets.”





Hordeum distichon L.

Barley L.

John Frederick Miller del. 1791

C H A P. IX.

O F T H E P L A N T B A R L E Y.

Hordeum, Offic. Hordeum distichum, Ger. Hordeum distichon quod Spica binos ordines habeat Plinio, C. B. Pin. Boerh. Ind. A. Hordeum Distichon, Linn.

 BARLEY.

THIS valuable and useful vegetable, though so lightly regarded by most modern botanic writers, will notwithstanding upon enquiry be found to be possessed of many valuable properties, both as food and medicine, and is so universally known to all, as to need no description.

The observations I shall have to make upon this plant, notwithstanding it is so lightly esteemed among us, after the long experience I have discovered of its usefulness, will, I trust, meet with the approbation of my readers.

I must first give the necessary preference to those valuable and discerning authors, who have treated upon this plant before me, and whose sanction must add stability to my own remarks.

VIRTUES.

Drs. Quincy and Alleyne observe, that “ what is used in the shops, “ is under the names of French barley, and Pearl Barley; the former “ of which is the common Barley freed from the shells, the latter is “ prepared

“ prepared in Germany and Holland, by grinding the shelled barley
 “ into little round granules, which appear of a kind of pearly white-
 “ nefs, but are notwithstanding of the same kind and virtue, differing
 “ only something in whitenefs and size of the grain.

“ That boiled in decoctions they make it very soft and lubricating,
 “ and it is chiefly used for emulsions in extemporaneous prescriptions ;
 “ and that it is drank likewise alone to stave thirst, sheathe acrimonies,
 “ and lubricate the passages in cholics and nephritic pains. Common
 “ English Barley is seldom or ever used medicinally. With its nutri-
 “ tive virtues, in which it agrees with all other grains of the like kind,
 “ it is reckoned to have somewhat more absterfive in it. For which
 “ reason, those who are not accustomed to it in bread, will find it at
 “ first to operate with them like a gentle cathartic ; and it is very pro-
 “ bable, that a change from a finer and more nourishing bread to
 “ this, would in many corpulent constitutions be of great service, in
 “ reducing their exorbitant bulks, and cleansing their secretory pas-
 “ sages.”

A very ancient valuable author informs us, that “ Barley in all its
 “ parts and compositions, except malt, is more cooling than wheat,
 “ and a little cleansing ; and all the preparations thereof, as Barley
 “ water, and other things made therefrom, do give great nourishment
 “ to persons troubled with fevers, agues, and heats in the stomach.

“ That the meal of Barley, and fleawort boiled in water, and made
 “ into a poultice, with honey and oil of lillies, applied warm, cureth
 “ swellings under the ears, throat, neck, and such like : that boiled
 “ with sharp vinegar into a poultice, and laid on hot, it helpeth
 “ the leprosy ; and that Barley flour, salt, honey and vinegar
 “ mingled together, taketh away the itch speedily and certainly : that
 “ the water distilled from the green Barley in the end of May, is very
 “ good for those that have defluxions of humours fallen into their
 eyes,

“ eyes, and easeth the pains being dropped into them ; or white bread
 “ steeped therein, and bound on to the eyes, doth the same.”

Dioscorides says, that “ that the meal boiled in hydromel with figs,
 “ helpeth inflammations ; that with pitch, resin, and pigeon’s dung,
 “ it softeneth, and ripeneth hard swellings ; and with melilot and
 “ poppy seeds, it helpeth pains in the sides ; and that if it is applied
 “ with line seed, fennigreek, and rue, it helpeth wind in the bowels.

“ That the meal boiled in water, with garden night-shade, the
 “ leaves of garden poppy, the powder of fennigreek, linefeed, and a
 “ little lard, helpeth all hot swellings, and the dropfy : that the fol-
 “ lowing ointment is very useful in all pains of the sinews and joints,
 “ or for old or new wounds, &c.

Take of strong ale or beer, boil it till it becomes a salve or ointment,
 “ and apply it ; or take of strong ale two pounds, one ox gall, boil
 “ them gently with stirrings, adding vinegar one pound, gum oliba-
 “ num one ounce, flowers of camomile, and melilot, of each one
 “ ounce ; rue, finely powdered, half an ounce ; a little honey, and a
 “ small quantity of the powder of cummin seed, boil them to an
 “ unguent, and apply.”

Dr. Strother observes, that “ Barley consists of gentle, viscid, and
 “ mucilaginous, smooth particles. Hence are they temperate, and
 “ rather cooling ; and are commodiously boiled in water, and so used,
 “ are very useful in burning fevers, and consumptions, because their
 “ smooth particles obtund and sheathe the pointed salts ; that the
 “ flower is used in emollient and anodyne cataplasms ; and they are
 “ both a medicine and a nourishment, as all know.”

Monfieur Tournefort informs us, that “ Barley is a plant whose
 “ seeds or grains are used in decoctions and ptisans, to moisten an ex-
 “ tenuated body, thicken the humours, and qualify the heat of the
 “ blood.

“ blood. That it is used whole when we have a mind to cool, cleanse,
 “ or scour; or cleansed and excorticated, or husked, when our inten-
 “ tion is to cool and moisten; but we must take particular notice,
 “ whether there be any remarkable obstructions in the bowels; for if
 “ so, we must either altogether forbear the use of Barley, or else we
 “ must mix it with aperitives in the following manner :

“ Take of whole barley one handful, boil it slowly in a sufficient
 “ quantity of fair water, then throw away that water, and add six
 “ pints of fresh water, boiling it until the barley begins to break or
 “ split; then add of dog-grafs, or as it is usually called, couch-grafs,
 “ its roots two ounces; of asparagus roots one ounce, boil it to the
 “ consumption of the third part, and make a ptisan for ordinary
 “ drink.”

An ancient but learned author remarks, that “ these feeds are pecu-
 “ liar for allaying the heat of the blood in fevers, bloody urine, and
 “ the sharpness thereof, being caused through the application of vesi-
 “ catories; that a balsam is made of strong ale, by gently boiling it
 “ till it becomes thick, like Chio turpentine, and will spread on lea-
 “ ther like a salve, or soft cerate: this being applied warm to the
 “ neck or throat, troubled with the king’s evil, or kernels, or other
 “ hard swellings, gives much ease, and either discusses or resolves
 “ them: that it is good to resolve contracted sinews and tendons,
 “ comfort and strengthen weak nerves and joints, and is an excellent
 “ thing for weakness and pain in the back, and to apply it to any part
 “ or member which is hurt by sprainings, falls, blows, or other like
 “ accidents.”

He likewise favours us with the proper proportions of the cataplasm
 of the meal of barley and fleawort, as recommended above by another
 ancient author before him, viz. “ Take of barley flower twelve
 “ ounces, meal of fleawort feeds three ounces, honey, oil of lillies,
 “ of

“ of each two ounces, water a sufficient quantity ; mix and boil it to
 “ the consistence of a poultice, or cataplasm.” This he likewise recom-
 mends as the former author, to be “ applied warm for tumours under
 “ the ears, in the neck and throat, and other the like places.”

So also he obliges us with the particulars of the cataplasm for the
 itch, hinted at by the same author, viz. “ Take barley flower sixteen
 “ ounces, white salt and honey, of each three ounces, white wine
 “ vinegar a sufficient quantity, mix and form a cataplasm to be applied
 “ to the parts affected.” He further remarks, “ the following prepa-
 “ ration is said to be useful applied to the belly for all fluxes or loose-
 “ nefs thereof : take of barley flower twelve ounces, powder of pome-
 “ granate peels, and myrtle berries, of each three ounces ; red wine a
 “ sufficient quantity, mix and boil to a consistency.” That with the
 following mixture he has cured several pleurifies : “ Take of barley
 “ water twelve ounces, fyrop of corn poppies three ounces, tincture of
 “ the same flowers made with spirits of wine two ounces, mix them,
 “ and give three ounces for a dose, twice or thrice a day.”

He also recommends the following bath : “ Take of the leaves of
 “ mallows, violets, beets, fumitory, and black hellebore, of each
 “ three handfuls ; barley four pounds, boil them in a sufficient quan-
 “ tity of water for a bath, till the barley breaks : the grain is to be
 “ boiled a considerable time first, and then the herbs to be put in
 “ towards the end of the boiling.” He says “ it is a very effectual thing
 “ against scurf, morphew, leprosy, scab, itch, and other breakings
 “ out, being often used.”

The same author informs us, that “ the following emplaster is said
 “ to cure hard swellings of the throat, and other places, called the
 “ king’s evil ; and that applied also, it is an admirable thing to cure
 “ the gout : take barley flower two pounds, tar one pound, wax half
 “ a pound, oil olive a sufficient quantity, mix and boil to the con-

“istence of a cerate, or soft emplaster.” He concludes his remarks with the following observations: “The grains which are left after brewing, though they are generally used as food for horses, cows, sheep, hogs, and fowls, yet they have some physical virtues also; for they are beneficial in curing lameness in the hands, arms, legs, or feet, caused through cold, or evil humours being fallen into them; as also shrinking of the sinews, cramps, and pains in the nerves or joints, if a bathing tub or barrel be filled with them whilst they are hot; or if cold, heated again as hot as may possibly be suffered; and the patient sit therein so as to cover those parts, that they may gently sweat, as long as he can well endure it without fainting. This, if it is done three or four times, or more if need require it, will both abate the swelling, and ease the pain; and also restore the nerves, joints and limbs to their pristine health and strength.”

I shall conclude the traditionary account of the virtues of this plant, with the remarks thereon by Drs. James and Lewis.

The former observes, “the seed is refrigerating, drying, abstergent, aperient, digestive, and emollient: it is also diuretic and nutritive. That Bartholine cured an epidemical pleurisy only by a decoction of barley.”

The latter acquaints us, that “the ancients made use of a decoction of the grain not only as food, for which it was their principal aliment, but likewise administered it as a medicine in acute diseases.”

OBSERVATIONS BY THE AUTHOR.

THIS useful and beneficial plant, ordained by a kind providence for the particular advantages of the human race, is in many respects calculated both for nourishment and medicine; and though wisely intended by

by our beneficent Creator not only for our food, but also as a salutary and pleasing beverage, it is either through luxury most shamefully contemned for the former, or through intemperance wantonly wasted in the latter. To such a degree are these evils arrived in the present day, that it is increased nearly double in price within my own memory; by which we are excluded the free use of what we have thus wantonly abused, to the injury of ourselves and our posterity.

With respect to the use of this article as food, I am well assured from long observation, that if our common bread was made of one half barley flour, the other wheat, or at least with a part of the former, it would be far more refrigerating, aperient, and wholesome, which in many cases would be of the utmost importance; but to such a height is luxury arrived, that good wheat flour alone is not sufficiently fine and white enough in itself, without robbing it of some of its valuable parts, and substituting in its stead some vile practice or art, to render it more white, to the prejudice of our healths, and increasing of our maladies.

As to the medicinal properties, I have long experienced the following prescription to be a most useful pectoral in all coughs, colds, hoarseness, &c. as from its softening, cooling, and lubricating nature, it is particularly calculated to blunt the sharpness of those stimulating particles, which accompany a preternatural relaxation of the glands, and are so troublesome to patients in these cases.

Take of pearl barley two ounces, boil it for a quarter of an hour in four pints of water, which is to be then thrown away, and renewed with the same quantity of fresh water, and boiled therewith, and two ounces of stick liquorice, shred thin, till the whole is reduced to two pints; then strain it off, and add thereto the juice of one large, or two small lemons, two ounces of honey, and one ounce of the syrup of white poppies. This balsamic pectoral should be taken a small tea-cup full at a time warm every two or three hours.

I have not only found this useful medicine of advantage in the above diseases, but likewise also in the pleurisy, and other defluxions of the breast and lungs; as it will be found taken frequently warm in small quantities, the patient keeping his bed, highly beneficial and advantageous, as it contributes to promote a salutary diaphoresis so necessary in these cases.

So likewise in inflammatory fevers, if two pints of this pectoral, omitting the honey, is joined with the fruit of tamarinds to an agreeable acidity; or if that cannot be obtained, adding in its stead three or four table spoonfuls of the juice of lemons or oranges, or of the best verjuice, and taken nearly cold, it will be found a valuable cooling and pleasing beverage in these complaints: and however trivial medicines of this class may appear to be, they are of much greater importance in the cure of acute diseases, than many other more laborious preparations.

In the dropy I have frequently experienced good effects by an immersion of the body into the grains after brewing; or if necessary, warming them as hot as can be suffered afresh, and continuing therein so long as nature can well bear it, and at the same time giving the patient some cordial to support him while under this situation; as it is astonishing what quantities of water have been evacuated by this means. It is necessary the patient should be immersed to about the region of the stomach with this article, in some bathing tub, or other proper vessel, so as to be enabled to sit to advantage; some blankets should be thrown around the shoulders and upper part of the body, so as to promote a profuse perspiration, and that they might be the better enabled to support themselves the longer under this operation, it is necessary it should be increased by degrees, and the cordial, or a glass of some generous wine, should be frequently repeated. After the operation great care should be taken to prevent cold; and for this purpose it is absolutely necessary the patient should be put into a warm bed, and there remain for some hours, gradually afterwards cooling the body,
which

which will prevent any ill consequences that may arise for want of such care.

In the gout, likewise, I have experienced very salutary advantages from the immersion of the part affected in the same manner, but in this case it will be necessary to let the part continue in this situation for half an hour at least, and which should be increased to a full hour afterwards, but not above once a day; and if the time chosen is in the evening, just before bed-time, it is in my opinion the best to answer the desired purpose.

I recollect I was once sent for to an arthritic patient, a gentleman in London, who had been for many years afflicted with this disease, and was then so effectually laid up with the gout in both his feet and knees, as not to be able to stand or move without the most exquisite pain: perceiving his servants were brewing, I immediately ordered a tub of the warm grains to be brought up into his bed-room, and after giving him a glass of my gout medicine, which is absolutely necessary in this case, he immersed both his feet and legs therein to above the knees, covering them with a piece of warm flannel.

Notwithstanding he was at this time in the greatest agony, he had not been above a quarter of an hour in this situation, before a fine perspiration came on, and he declared he was free from all pain; and in half an hour afterwards observed, he was assured he could stand, if not walk alone: I, however, desired he would continue in this situation about a quarter of an hour longer, which he acquiesced in, when of his own accord he drew his feet out from the vessel, and moved several steps by the side of the bed to prove to me he could walk.

I directed some warm flannel to be immediately applied round his feet and legs, his bed warmed, and to put him to bed as soon as possible. I also advised a glass more of my gout medicine to be repeated in about

an hour afterwards, which, with the use of some white wine whey, not made too strong, and a little of it taken warm frequently, soon brought on a profuse perspiration, and several motions, so highly useful in this complaint, so that when I called upon him in the morning he was enabled to walk about his room, perfectly free from all pain, and assured me he had seldom or ever had a more comfortable and refreshing sleep.

In the rheumatism likewise, particularly where the pains are very acute, and have been of long continuance, I could earnestly recommend a trial of this practice, which I am of opinion could not fail at least of giving ease, if not removing a disease so trying to human nature, I am informed my arthritic medicine has been tried in this complaint, in a convent in Bruffels, in Flanders, with the greatest success: it was sent there by an eminent stationer in London, merely as a trial in gouty cases, through the recommendation of a friend; but wanting an opportunity immediately of trying it, a violent rheumatic case presented itself in the convent, when the Prior's good sense, and some knowledge of medicine, suggested the idea of its usefulness therein, which I am informed answered his most sanguine expectations.





Melissa Officinalis.

Garden Balm.

John Frederick Miller del. 1791

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C H A P. X.

OF THE PLANT BALM.

Melissa, Offic. *Melissa Hortensis*, C. B. P. *Melissa Officinalis* Linn.

BAULM, BAUM, or BALM.

WE are informed there are no less than six several species of this beautiful exotic, treated of by various botanic authors, viz. *Melissa hortensis*, the Garden Balm, called by Anguillara, Brunsfelsius, Cefalpinus, and Gerard, *Melissa*; by Tragus, *Melissa domestica*, by Gesner in Hort. Castellus, Lugdunensis, and Tabernmontanus, *Melissophyllum*: by Fuchsius, *Melissophyllum vulgare*: by Matthiolus, Cordus, Lacuna, Lobel, *Apiastrum*: by Parkinson, *Melissa vulgaris odore Citri*: and by Gesner, *Citrago*. 2. *Melissa notha*, Bastard Balm, called by Fuchsius, *Melissophyllum*; by Clusius, *Lanium Pannonicum*: 3. *Melissa Turcica*, Turkey Balm. 4. *Melissa Moluccana odorata*. 5. *Melissa Peregrina*, called by Matthiolus and Lugdunensis, *Melissa Moldavica*. 6. *Melissa Moluccana foetida*.

But it is necessary for order and distinction, we should confine ourselves to that most commonly cultivated with us, and known generally by the appellation of Garden Balm; of which take the following description:

The

The common garden balm has a root of a woody substance, and full of strings, which will endure for years when once planted, as it fastens itself strong in the ground, the leaves and stalks being the only parts which die every year. From this root spring up many square green stalks, with green leaves nearly round, lighter or darker according to the soil or situation, a little indented about the edges, which are set by couples at the joints, much resembling in smell the citron or lemon, whose flowers are small and open, growing at the tops of the stalks of a pale carnation colour, nearly white, appearing in June, July, and August.

VIRTUES.

A VERY ancient and valuable author informs us, that “Balm is an herb which strengthens nature much in all its actions; and that a syrup prepared of its juice and sugar is very useful for weak stomachs, or an electuary formed of the powder of the dried leaves and honey. He acquaints us the Arabian physicians had a very high opinion of the virtue of this plant.”

Serapio saith, “it causeth the mind and heart to become merry, and reviveth the heart fainting into swoonings, especially of such who are overtaken in their sleep; and driveth away all troublesome cares and thoughts out of the mind, arising from melancholy, which Avicen also confirmeth.”

It is further observed by Avicen, that “balm is very good to help digestion, and open obstructions of the brain; and hath so much purging quality in it, as to expel those melancholy vapours from the spirits and blood, which so many are afflicted with.”

Dioscorides saith, “that the leaves steeped in wine, and taken, with its leaves externally applied, is a sure remedy against the sting
of

“ of a scorpion, the bite of a mad dog, or other venemous animal ;
 “ and commendeth the decoction thereof, for women to bathe or sit
 “ in to procure their usual evacuations ; and is profitable for those that
 “ have the bloody flux.”

Our author further informs us, that “ the leaves of this plant with
 “ a little nitre, whose virtue is extracted in any proper liquid, are
 “ good against surfeits, particularly of mushrooms ; helps the griping
 “ pains of the bowels ; and being made into an electuary, it is good for
 “ them that cannot fetch their breath. That a tanfie or caudle, made
 “ with eggs, and the juice of balm while it is young, adding thereto
 “ some sugar and rose water, is good for women in child bed, when
 “ the after-birth is not thoroughly avoided ; and for their faintings
 “ upon or after their travail ; and that the herb bruised and boiled in a
 “ little wine and oil, and laid warm on a bile, will both ripen and
 “ break it.”

Another valuable ancient author informs us, that “ this plant is
 “ cephalic, cardiac, and something hysteric, vulnerary, alexiphar-
 “ mic, and alterative. That it is approved against fainting and swoon-
 “ ing fits, poisons, sickness at heart, and hypochondriac melancholy.
 “ That the cold distilled water is only used as a vehicle to convey any
 “ cordial medicaments in ; but that the spirituous water, particularly if
 “ it is dulcified with syrup of bawm, is an excellent cordial, and good
 “ against fainting and swooning fits, convulsions, and the like, and
 “ this chiefly in children, as it eases their gripings in the bowels, and
 “ comforts universal nature ; in doses from half an ounce to two ounces,
 “ according to the age of the patient.

“ That the spirit prepared from the fermented juice, is much more
 “ excellent than the former water, and has great power to repress
 “ hypochondriac melancholy, as it revives the spirits, and makes the
 “ heart merry and chearful, easing the passions thereof after a won-

“ derful manner, in doses of one drachm to two, in any proper vehicle.
 “ That the spirituous tincture has the former virtues, and more
 “ powerful to all the intentions, but not so pleasant ; but is indeed a
 “ declared thing against all passions of the heart, the cholic, and gri-
 “ ping pains of the bowels. Dose one or two drachms, sweetened
 “ with fyrup of the same.”

He further observes, that “ the oily tincture outwardly bathed,
 “ upon any place pained from a cold and moist cause, gives ease and
 “ relief ; and taken inwardly, from twelve to thirty drops in some
 “ proper vehicle, it gives ease in pains of the spleen, sides, and sto-
 “ mach, especially if they proceed from a cold cause. It also eases
 “ pains in the back, and reins, proceeding from weakness and ob-
 “ structions ; and being taken in a right time, it has been found to
 “ provoke the courses in such as have them preternaturally stopt.

“ That the saline tincture, being given from one drachm to two or
 “ more in some proper liquor, is good against poison, the bitings of mad
 “ dogs, eases the pains of the stomach, and the gripings of the bowels,
 “ proceeding from sharp humours : it opens the obstructions of the
 “ lungs, and causes such to breathe freely, who before could scarcely
 “ take their breath.”

He remarks, that “ the essence causes speedy and easy delivery to
 “ women in travail ; and in a more especial manner is recommended
 “ against hypochondriac melancholy, being assiduouly taken for some
 “ time. That it has all the virtues of the spirit and tincture, but
 “ must be given in a larger dose, mixed and made pleasant with rose
 “ water and sugar, or its own fyrup ; and that it may profitably be
 “ given to women in child-bed, to bring away the after-birth, &c.
 “ Galen, lib. de Simpl. says, that balm is like horehound in
 “ qualities, but much weaker. I will not gainsay Galen totally, but
 “ that it may be so in some cases, as in hysterical diseases ; but where
 “ a cordial

“ a cordial is intended, I am sure balm is much the superior, and is
 “ much better for women in their lying in, when they are fainting
 “ from their fore travail, or hard labour, in doses from half an ounce to
 “ two ounces. It is also good against poison, and the bitings of vene-
 “ mous beasts, and such as have been long troubled with the bloody
 “ flux.

“ That the syrup is a cordial, but chiefly used as a vehicle to other
 “ cordial medicines, and to make them palatable; however it is of
 “ itself a singular pectoral, and good against coughs, colds, asthma,
 “ spitting of blood, obstructions of the lungs, and other like diseases of
 “ the breast and parts adjacent. That the fixed salt strengthens the
 “ stomach and spleen, resists vomiting, and carries off much of the
 “ morbid matter by urine. To stop vomiting administer it in the
 “ following manner: Take of this salt a scruple, spirit of sulphur
 “ eight or ten drops, mix them till the effervescence is over, then dis-
 “ solve it in a glass of canary, or some other stomachic vehicle, and so
 “ give it the patient to drink.

“ That the balsam or oil are most singular vulneraries, and many
 “ times cure wounds at once dressing; and it is my opinion,” says
 our valuable author, “ (grounded upon the experience I have had of
 “ this plant in chirurgery) that it is not inferior for curing wounds
 “ and ulcers, to any of the allheals; and from its vulnerary and heal-
 “ ing properties, it was that our ancestors called it balm, as being of
 “ the nature of balsam. Outwardly applied it is good against the
 “ stinging or striking of scorpions, and the poisonous bite of the
 “ phalangium.”

He concludes his useful observations with remarking, that “ the
 “ cataplasm being applied, eases pains coming from a cold cause; and
 “ discusses flatulent tumours; and being mixed with a little nitre, it
 “ prevails against wens, kernels, and hard swellings in the neck and
 “ throat, or other parts; and is good also to give ease in the gout,

“ and ripens biles, and breaks them. That the expressed juice
 “ strengthens the vital spirits ; and being given to three, four, or six
 “ table spoonfuls in a glass of good white port wine, it causes speedy
 “ delivery to women in travail, and brings forth the birth and after-
 “ birth ; and that it is an antiscorbutic, and helps the bloody flux, by
 “ reason of its balsamic and healing virtues. That put into the eyes,
 “ it is a singular remedy for dimness of sight ; and being mixed with
 “ honey, it takes off films which obstruct and hinder the sight.”

OBSERVATIONS BY THE AUTHOR.

THIS elegant and pleasing aromatic is so well known, and usually cultivated with us in this kingdom, though originally an exotic, that it may almost be considered as a native of our own country ; indeed some authors have gone so far as to declare it such ; but I am of opinion they were mistaken herein, for notwithstanding it is asserted they had found it growing in a wild situation, I am apprehensive it was more owing to accident than any other cause. Like most other aromatics of the growth of this kingdom, this also is found to possess this power but in a slight degree, and therefore by some modern writers almost set aside as useless ; yet, upon a chymical analysis, we find it produces an elegant essential oil, and that it consists also of some volatile oily salts, joined to some earthy ones ; and consequently must be an useful stomachic, deobstruent, cardiac medicine, for most diseases of the primæ viæ.

Balm has been long celebrated by the ancients, for its extraordinary cephalic, cordial, stomachic, uterine, and other virtues, and by gentlemen of the first rank and eminence in their profession, and this not for a few, but for a continued series of years, although by the present Dispensatory writers, it is now said to be by them held in no great esteem, but that as it ought to be, justly ranked only among the more mild and weak corroborants.

How then we shall solve this paradox, or reconcile this difference of opinion among the learned? and perhaps this may be very necessary, for the satisfaction and information of our readers.

If we trace back the prescriptions of the ancients, we shall generally find they seldom or ever depended upon any one single medicinal article alone, in the cure of any difficult case, but usually united them with others of the same nature and virtue, whereby their power was much more exalted; or as more probably with respect to this plant we are now considering, different countries and situations will greatly add to the medicinal properties of most aromatics; and of this fact we may be well assured, as we even see in our own country, where this herb is produced in very moist rich soils, or rainy seasons, it is much weaker both in smell and taste: if we add to this, the state and form in which it was administered, this also may make considerable alterations in its use, as every judicious observer must have remarked, that the plant will be found to possess its strongest virtues in the young shoots near the end of May, much more so than when at its full growth, or in blossom; and that one plant requires a far different mode of administration from another, which in many cases is of the utmost consequence. We should consider likewise, what manner of assistants are necessary for the judicious administration of many plants, some of which require particular attention, as it will soon be found much dependence may be placed thereon; for want of which necessary and proper considerations, which upon examination appear so highly necessary, may be attributed in a great measure, the wide difference of opinions that has subsisted between the ancients and the moderns, respecting the virtue of this agreeable and useful exotic, as well as many other botanic plants.

It is worthy of remark, notwithstanding this diversity of opinion, that some of the moderns, although they have set aside the virtue of balm in a great measure, have in others fully established its medicinal powers:

powers ; one in particular generally supposed of no small consequence among the Dispensatory writers, who speaking from his own knowledge informs us, that its leaves bruised, and held to the nose in paroxysms of hysteric disorders, afford considerable relief ; and that a medicated wine prepared of this herb, is highly beneficial in gouty rheumatisms, and even arthritic pains, provided it is daily used.

I have here ample scope for retaliation, was I so disposed, or of the temper and disposition of a certain learned northern physician, who to establish his own prescriptions formed for such easy practice, has very modestly endeavoured to set aside, because rather too troublesome, the generality of the botanic practice, to such of his readers who will give him credit for his candour and consummate knowledge therein. To him also I would by my example enforce this useful and important lesson, that it is not only much better, but also more honourable, to attend to the recommendation of our particular concerns, in which we are more immediately interested, than by pulling to pieces the labours of other writers, who never, like himself, claimed the privilege of infallibility ; or to proclaim their own fame upon the ruin of others.

But it is necessary I should proceed to remark, wherein I have experienced the virtues of this elegant and useful exotic to be beneficial ; having sufficient reasons from my practice as hereafter more particularly described, to recommend its use in all those relaxations of the stomach, proceeding from debility, which, from its corroborating virtue, cannot fail to be advantageous therein, as well as in those depressed, nervous, and hysteric cases, which so often affect patients, and reduce them to a state little short of melancholy ; in which it will be found highly useful, more especially if formed after the following agreeable and experienced manner :

Take the shoots of balm, near the end of May, when they are in their greatest perfection, two handfuls, cut it small immediately, as well

well as one ounce of the most fresh lemon peel that can be procured ; of coriander seed bruised one ounce, cinnamon in coarse powder half an ounce, of the best saffron a quarter of an ounce, pour upon these ingredients two pints and a half of the best red port wine that can be obtained, and half a pint of the compound spirit of balm, as hereafter described. Let these stand in a gentle heat of digestion for ten or twelve days, frequently shaking the vessel, and then strain off the clear aromatic tincture : a small wine glass of which should be taken two or three times a day.

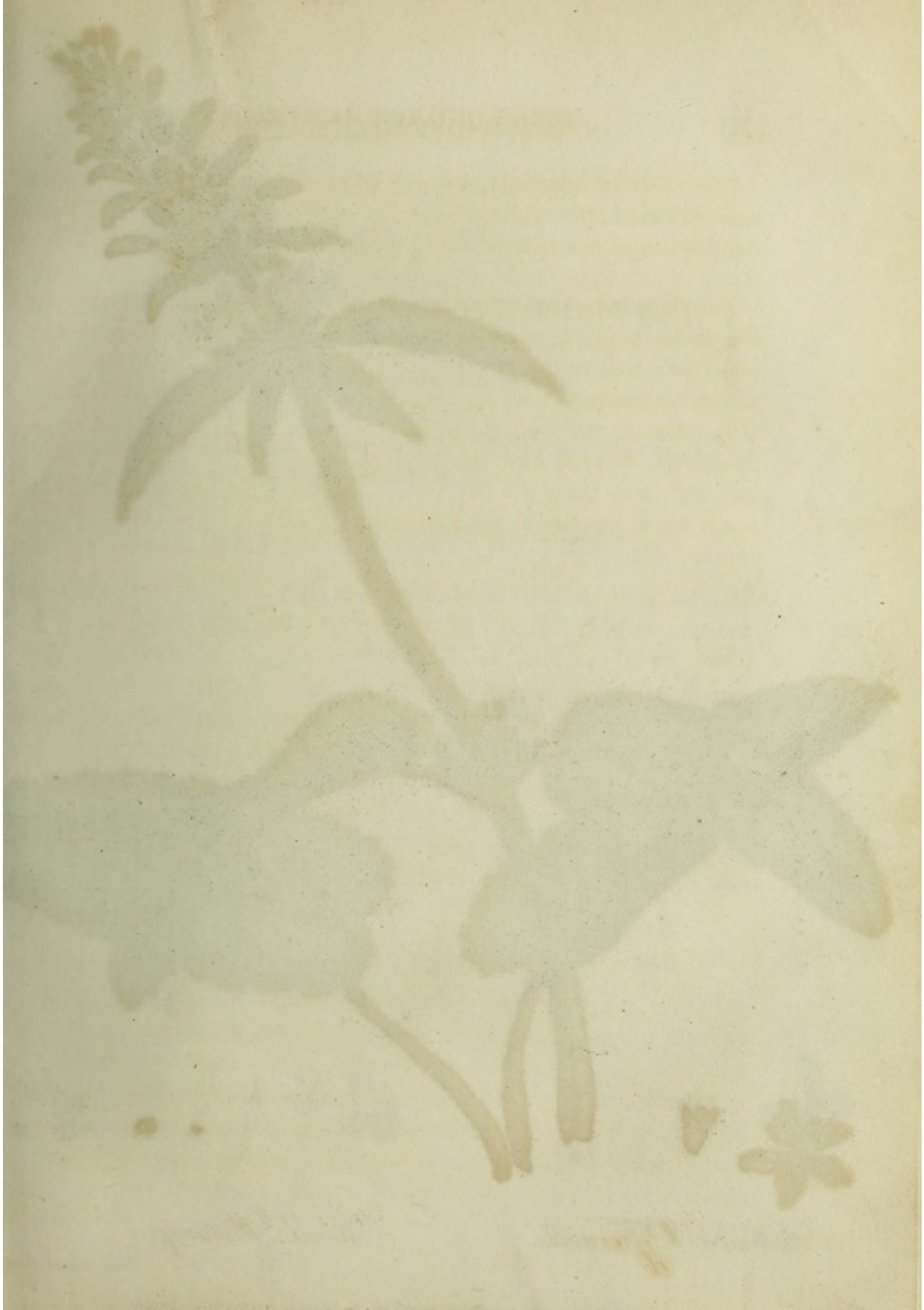
THE COMPOUND SPIRIT OF BALM.

TAKE of the tops or leaves of balm, newly gathered when in perfection, two ounces ; of the fresh external rind of lemons, one ounce ; of the root of calamus aromaticus, and of coriander and angelica seeds, of each half an ounce : let the whole be cut and bruised, and pour upon them of the best French brandy one pint ; stop the mouth of the vessel, and leave them to digest warm for six or eight days, then add of the best strong simple balm water one pint, shake them together, and distil in balneo mariæ, with a heat sufficient to make one drop follow another, till you have got off one pint, which is intended for the above use. The remainder afterwards distilled off, and dulcified with the best loaf sugar, will be found a most pleasing light aromatic cordial.

The compound spirit of balm, from the above easy but useful process, will be found equal in virtue to the more elaborate preparation of eau de carmes, or carmelite water, which has been so long famous in France, and is now known in most parts of Europe, for its extraordinary cordial virtues ; and which is said to be extremely reviving ; and to be good in all sorts of fits, apoplexies not excepted ; and to relieve in the gout when it attacks the stomach.

It is also used externally, by way of embrocation to the temples, in nervous head aches; and to the region of the stomach, against sickness and palpitation of the heart, with great advantage.

To those who have not an opportunity or conveniency of distilling the above spirits, I would recommend the ingredients to be put into a pint and a half of the best French brandy, omitting the simple balm water, and adding in its place about half a drachm of the volatile salt of hartshorn; and after it has stood for six or eight days, shaking it frequently, to press forth the tincture; which would in a great measure answer all the above purposes, or at least for the aromatic tincture, but is not so pleasant or agreeable as the spirit.





Betonica Officinalis

Wood Betony

John Frederick Miller del. 1791

C H A P. XI.

OF THE PLANT BETONY.

Betonica, Offic. Ger. Emac. *Betonicæ folia* : *Betonicæ purpureæ*. C. B.
Betonica Officinalis Lin.

COMMON OR WOOD BETONY.

THIS plant has long been considered as possessed of very valuable and singular properties, by some of the first and most experienced of the botanic writers, even as long back as Antonius Musa, who wrote a whole treatise upon it, greatly recommending its virtues. Some botanists have very improperly applied this name to the primrose, with the distinction of *alba* ; as likewise to the garden clove, with that of *coronaria* : so also to the *aquatica*, which is more generally supposed to be the *scrophularia aquatica major*, the greater water figwort ; and to the *Veronica Mas Pauli*, the Paul's betony of Caspar Bauhine. But we shall confine ourselves to the officinal wood betony, of which take the following

DESCRIPTION.

WOOD Betony has a transverse, fibrous, and hairy root, consisting of many white thready strings like those of plantane, which generally endure all the winter ; from whence rise many leaves on long foot stalks, somewhat wrinkled, rough and hairy, full of veins, broader at the bottom than at the end, which is blunt pointed, and are roundly and slightly indented about the edges. The stalk is four square, near a foot high, and sometimes more, with very few joints, at each of which

stand two leaves, opposite to each other, on short foot stalks, much less than those which rise first from the roots, and are of a dark green colour. The flowers grow thick together in a spike, consisting of one single leaf, being lipp'd, of a reddish or purple colour, which appears for the most part in the months of June and July, and are spotted with white spots both in the upper and lower lip. Their upper lip is concave, and bending backward in a manner: and the lower part of the leaf has three lips: the cup of the flower is single, but divided into five segments, containing four roundish dark brown, or blackish coloured seeds.

Wood betony with purple flowers, is usually found growing in copses, woods, and other shady places throughout the kingdom, but we are informed it has also been found in some stiff clay ground, particularly in the woods near Bromley, in Kent, bearing a white blossom; but I apprehend this is not very common, being remarked but by very few botanic writers.

VIRTUES.

ANTONIUS MUSA, as was before observed, who was physician to the emperor Augustus Cæsar, wrote a whole book of the virtues of this herb, and which was in great esteem among the ancients, wherein he remarks, “ that betony preserveth the liver and bodies of men from the
 “ danger of epidemical diseases, and is found by daily experience to be
 “ good for many disorders: that it helpeth those that loath their food,
 “ or cannot digest their meat, those that have weak stomachs, or
 “ sour belchings, or continual rising in their stomach, using it fami-
 “ liarly either green or dry, and either the herb or root, or the flowers
 “ in both drink or meat, or made into conserve, syrup, water, elec-
 “ tuary, or powder, as every one may best frame themselves unto, or
 “ as the time or season requireth.

“ That taken any of the aforesaid ways, it helpeth the jaundice,
 “ falling-sickness, the palsy, convulsions, the gout, and those that are
 “ inclined to the dropfy, or that have continual pains in their head,
 “ although it turn to phrensy. That the powder mixed with pure
 “ honey, is no less available for all sorts of coughs or colds, wheezing,
 “ or shortness of breath, distillations of thin rheum upon the lungs,
 “ which causeth consumptions. That the decoction made with mead,
 “ and a little pennyroyal, is good for those that are troubled with
 “ putrid agues, whether quotidian, tertian, or quartan; and to draw
 “ down and evacuate the blood and humours, that by falling into the
 “ eyes doth hinder the sight.

“ That the decoction thereof made in wine, and taken, killeth the
 “ worms in the belly, opens the obstructions both of the liver and
 “ spleen, cureth stiches and pains in the back and sides, the griping
 “ pains in the bowels, and the wind cholick; and if mixed with honey,
 “ purgeth the belly, helpeth to bring down the courses; and is of
 “ especial use for those that are troubled with falling fits; and causeth
 “ an easy and speedy delivery of women in child-birth; and that it
 “ breaks and dispels the stone, either in the bladder or kidneys.
 “ That the decoction with the wine, gargled in the mouth easeth the
 “ tooth-ach; and is commended against the stings or biting of ve-
 “ nemous serpents, or mad dogs, being used inwardly, and outwardly
 “ applied to the place.

“ That a drachm of the powder of betony, taken with a little honey
 “ in some vinegar, doth wonderfully refresh those that are over-wearied
 “ with travelling; that it stayeth bleeding at the mouth or nose; and
 “ helpeth those that void by urine, or spit blood; as also those that
 “ have ruptures; and is good for such as are bruised by any fall, or
 “ otherwise. That the green herb bruised, or the juice applied to any
 “ inward hurt, or outward green wound in the head, or body, will
 “ quickly heal and close it up; as also any veins or sinews that are

“ cut ; and will draw forth any broken bones, splinter, or thorn, or
 “ other thing gotten into the flesh.”

This learned author further observes, “ That it is no less profitable
 “ for old fores, or foul ulcers ; yea, though they be fistulous and
 “ hollow, particularly with the addition of a little salt, and that being
 applied with a little hog’s lard, it helpeth the plague-fore, and other
 “ boils and pushes ; that the fumes of the decoction while it is warm,
 “ received by a funnel into the ears, easeth the pain of them, and
 “ cureth the running fores in them, as will the juice dropped into
 “ them effect the same ; and that notwithstanding the root of betony
 “ is displeasing both to the taste and stomach, yet the leaves and flowers
 “ by their sweet and spicy taste, are comfortable both in meat and
 “ medicine.” These are some of the many virtues by this valuable
 author, appropriated to the herb betony, but we will enquire further
 therein from other writers’ experience.

Dr. Bowles observes, that “ a tea made of the dried leaves, and
 “ taken warm upon a fasting stomach, is of very great service in the
 “ head ach ; and that a tea made with the leaves of betony, ground
 “ pine, and wood sage, sweetened with sugar, and drank warm, is of
 “ prodigious service in affections of the nerves in general.”

Etmuller informs us, that “ the tincture of the flowers of betony
 “ prepared with spirit of wine, and given mixed with ale, is highly
 “ useful in internal wounds of the head ; and that a sufficient quantity
 “ of the leaves boiled in wine, and applied to the head at night going
 “ to bed, is good for pain of the head from an abscess.”

Dr. Brookes saith, that “ the leaves of betony are discutient, ape-
 “ rient, and detergent, and are very useful in disorders of the head,
 “ breast, liver, spleen, and womb, from a cold cause. That its chief
 “ use

“ use is in disorders of the head, and that it is drank instead of tea
 “ by many; that four ounces of the juice may be drank in the hemi-
 “ crania, (that is a pain which seizes only one side of the head) ver-
 “ tigo, numbness of the limbs, and palsy; and that the leaves pow-
 “ dered, and taken as snuff, are excellent in diseases of the head.”

Dr. James observes of betony, that “ its leaves have an herby taste,
 “ and are a little saltish and aromatic, and give no tincture of red to
 “ blue paper. The flowers and roots which are very bitter, stain it
 “ very little. That betony is aperitive, diuretic, sweetening, and good
 “ in several disorders of the nervous and vascular systems, and that a
 “ tea of the leaves is recommended in the vapours, sciatica, gout,
 “ pains in the head, jaundice, and palsy. That the ptisan of its
 “ leaves, a cold infusion of them in water, the conserve of its flowers,
 “ the syrup of the flowers and leaves, and the juice and extract of
 “ these parts, have the same virtues.”

He further remarks, “ it promotes expectoration, and brings away
 “ purulent matter; consolidates internal ulcers, and removes obstruc-
 “ tions of the bowels. That the roots purge both upwards and down-
 “ wards, and that a decoction of rupture wort and betony, is useful
 “ for the stone in the kidneys, and bladder; and that a decoction of
 “ betony is adviseable to stop an immoderate flux of the lochia.”

OBSERVATIONS OF THE AUTHOR.

BETONY, upon a chymical analysis, produces a considerable quantity of an exalted oil, as also some essential and volatile salt, with a small portion of urinous spirit, and but a very trivial quantity of fixed phlegm, salt, or earth; from whence we may conclude this medicine is specifically of a cephalic, stomachic, diuretic, and cardiac nature, and consequently must be highly useful in many diseases of the head and stomach, particularly those arising from nervous affections.

In this view only I shall confine myself to the virtue of this plant, for which it is so particularly calculated; as I am warranted from experience, more especially in the method I shall hereafter lay down, to observe, that betony is as it were consecrated for the relief of the nerves; and consequently will be of service in any complaints of the head, that owe their origin to some preternatural relaxation of their system; and from its warming and cordial powers, will guard against fumes and vapours, arising from indigestion, and a cold stomach, which by consent of parts frequently affect the head in a very sensible manner.

The multitude of diseases to which the stomach and head are subject, the causes from which they are produced, and the different remedies necessary thereto, would require far greater limits than I am confined to in a work of this nature, fully to explain and enter into; as it might be extended almost ad infinitum, I shall notwithstanding under some or other plant particularly appropriated thereto, be enabled to give such necessary and useful instructions, which, though concise, will I trust be amply sufficient for the advantage and information of my readers.

But to our purpose, to consider the cephalic and cardiac nature of betony, and its power over the nervous affections, particularly of the head, which we are now more immediately enquiring into, we have a remarkable circumstance related by Bartholine, who informs us of a gardener who was cutting a considerable quantity of this plant, whose head was so much affected thereby, that he became in a manner as if intoxicated with the effluvia of spirituous liquors.

To account for this event we have only occasion to attend to what is in every one's experience, and which in itself will be sufficient for our present purpose, that the more spirituous any thing is which enters into the stomach, the sooner a person feels its cordial and exhilarating effects;

effects; and though I have not here an opportunity of entering into an investigation of the principles and properties of spirits, yet I must remark, that it is the nature of all spirituous substances, from their very volatile and fine parts, to affect the nerves, as it were, immediately as soon as taken, whereupon their vibrations are invigorated, and all sense of feebleness and debility is in a manner removed.

Upon the same principle it is, that volatiles affect the nose, being in their nature of so exalted and extremely subtile parts, as to penetrate the olfactorii nervi, or olfactory nerves, immediately upon approaching them; and thus it is that the effluvia of certain plants and flowers, as those of betony, and some others, operate upon the organs of smelling.

But it is necessary we should return to consider the cause of nervous head-aches, and the manner I would recommend for their relief; as among all the train of evils with which human nature is afflicted, I know none more trying to the feelings of the unhappy patient, or the skill of his physician. This disease may proceed from many causes, as intense study, a foul stomach, or too great fermentation from a predominant acid therein, the too frequent and accustomed use of strong liquor, sleeping or exposing the head in the sun's heat without any covering, too great exertion by immoderate exercise, continued costiveness, or perhaps above all the effect of spasms, a plethora, or some small acrid particles of blood, or lymph, which affect or distend the membranes or nervous fibrillæ.

With respect to the cure of this dreadful malady, an indulgent Providence has wisely put into our hands this powerful plant betony, if we are not above trying it; and as we too frequently think light of his benefits, because he has so bountifully bestowed them; and though the greatest reliance may be placed in this valuable herb alone, when properly prepared, as it is of so volatile a nature, that it should above all be chosen as fresh as possible; yet with the following advantageous assistants,

ants, it has seldom or ever disappointed me in my most sanguine expectations, even in the most dreadful and stubborn cases.

Take of the herb betony in a fine day when it is full in blossom, and in its greatest vigour, two ounces, cut it small, and put it into a pint and a half of the highest rectified spirits of wine, to which add of ginger, sliced thin, one ounce; of the best saffron half an ounce, digest these together in a gentle heat for six or eight days, shaking it twice a day, when let it settle, and pour off the clear tincture, and put therein two drachms of oil of rosemary, which well unite therewith; after which add of the fine juice, after it has settled from its dregs, of wild sage, and of betony, of each a quarter of a pint: shake the whole of the cephalic tincture well together, and let the patient take thereof the first in the morning, two hours before dinner, and one hour after supper, the quantity of from one to three table spoonfuls according to age, and their being accustomed to the use of spirits, either alone, or with about the same quantity of good cordial wine.

As this disease is difficult of cure, the patient is not to expect immediate advantage, but must persist herein for a considerable time, except in slight cases of but short continuance: when the complaint has been of long standing, and is stubborn, the cure may be considerably hastened by the use of the plant betony taken daily as tea for breakfast, and accustoming themselves to the plentiful use of ginger in all their liquids, which I have experienced of the greatest advantage in this disorder.

Necessary Regimen and Advice to those afflicted with nervous Head-Achs.

In head-achs proceeding from most causes I should earnestly advise, above all things, the bathing the feet in warm water, for about a quarter of an hour every evening at going to bed; after which let the soles of the feet be well rubbed with a coarse dry cloth; if the friction was continued nearly to blisterings, it would be attended with very great advantage. So likewise from the application of fresh scraped horse-

horfe-radish applied to the temples for an hour or two will be found astonishing benefit; or fomenting the temples and forehead with warm vinegar, has been frequently experienced no less beneficial. If the head is stopped from cold, the following sternutatory powder has been found singularly useful.

Take of the leaves of betony, marjoram, and white hellebore, of each equal parts, powder and well mix them together; of which a small quantity should be taken every six or eight hours, particularly the last thing at night, taking care the ensuing day to prevent renewing the cold.

Patients so afflicted should be particularly careful with respect to their food, that it is very easy and light of digestion, such as chicken, lamb, veal, mutton, &c. which may be either boiled or roasted as most agreeable. Broths and light soups must be carefully avoided, as too frequently engendering wind; and if admitted at all, should be very sparing, with some of the warm aromatic herbs, such as mint, celery, savoury, marygold flowers, &c. but if this kind of diet should be particularly required, I would rather recommend it to be made exceedingly good, and seasoned with some of the former aromatic herbs, which in this manner might be then admitted, and would be very nutritious, and easy of digestion. Few vegetables, in these cases can be admitted, except turnips and parsnips, the warmer fallads, as celery, mustard, horfe-radish, garden and water cresses; the use of these may be freely admitted, as they warm and invigorate the frame. In respect to malt liquors, good old porter, or good sound old beer, may be taken to advantage; and if a change is wanting, a glass of good generous old wine, or a little brandy and water, made chearful in small quantities, may be used. In many stubborn cases, perhaps, nothing would equal a milk diet duly persisted in; and if this should not agree, or be too heavy for the stomach, if it was united with about a third part of lime water, it is amazing what advantages and effects have been produced herefrom, by those patients who have conformed to this valuable and useful diet.

the... applied to the temples for an hour or two will be found...
 afflicting... or touching the temples and forehead with warm
 vinegar, has been frequently experienced to be beneficial. If the head is
 affected from cold, the following rheumatic powder has been found in-
 valuable.

Take of the leaves of betony, nasturtium, and white hellebore, of
 each equal parts, powder and well mix them together, of which a
 small quantity should be taken every six or eight hours, particularly the
 last thing at night, taking care the ensuing day to prevent contracting
 the cold.

Patients so afflicted should be particularly careful with respect
 to their food, that it is very easy and light of digestion, such as
 chicken, lamb, veal, mutton, &c. which may be either boiled or
 roasted as most agreeable. Broths and light soups must be constantly
 avoided, as too frequently engendering winds; and is admitted at all,
 should be very sparing, with some of the warm aromatic herbs, such
 as mint, celery, fennel, mangel flowers, &c. but if this kind of
 diet should be particularly required, I would rather recommend it to be
 made exceedingly good, and seasoned with some of the warm aromatic
 herbs, which in this manner might be then admitted, and would be
 very nutritious, and easy of digestion. Few vegetables, in these
 cases can be admitted, except turneps and parsnips; the winter salad,
 as celery, mangel, horse-radish, garden and water cresses; the use of
 these may be freely admitted, as they warm and invigorate the system.
 In respect to milk liquors, good old porter, or good brandy, may
 be taken to advantage; and if a change is wanting, a glass of
 good geneva or old wine, or a little brandy and water, made chalybeate,
 small quantities may be used. In many Rheumatic cases, nothing
 would exceed a milk diet duly perfumed; and if this should be
 or the too heavy for the stomach, it is very useful from about a third
 part of lime water, it is amazing what advantage will be derived
 from such a diet, by those patients who are afflicted with
 various and plural diet.



Ammi Majus.

Bishop's Weed.

John Frederick Miller del. 1791

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C H A P. XII.

OF THE PLANT BISHOP'S WEED.

Ammeos Vulgaris Semen : Ammeos vulgaris majoris, latioribus Foliis,
Semine minus odorato. J. B. Ammi Majus. Lin.

COMMON BISHOP'S WEED.

WE have two species of this plant enumerated by various botanists, as the Ammi Vulgare, Offic. Ger. Raii. Hist. and the Ammi majus, C. B. Pin. but that which has come more particularly under our notice take the following description, which is called by some of the more ancient botanists, not only by the common name of Bishop's Weed, but also in some countries, Herb-William and Bullwort.

DESCRIPTION.

COMMON bishop's weed has a root which is white and fibrous, and which perisheth every year after it has perfected its seeds, which is the chief part used. From this root rises up one round straight stalk, usually about three or four feet high, but sometimes more, set with several small, long, and somewhat broad leaves, indented upon the edges, growing on both sides of a long foot stalk, one against another, of a dark green colour, having several branches on them ; and at the tops small umbels of white flowers, which produce small brownish, round seeds, of a brisk quick smell, and hot taste, somewhat larger

than parsley seeds, and not so large as anniseed, but larger and paler coloured than those we usually imported from Alexandria and Egypt, commonly called the true bishop's weed, and by some the Ethiopian cummin.

This plant is found growing wild in many places of England and Wales, particularly by a hedge side, next field beyond Green Hithe, in the way to Gravesend, but is more usually sown and cultivated in gardens, flowering in June and July, and perfecting its seeds towards the latter end of August, or the beginning of September, after which it soon perishes.

VIRTUES.

AN ancient learned physician has left us many valuable preparations of this plant, among which he informs us, that “ the liquid juice of
 “ bishop's weed is of very thin and subtile parts, digests humours,
 “ expels wind, and gives ease in the gripings of the bowels, in doses
 “ of four table spoonfuls or more in a glass of canary, sherry, or other
 “ generous wine, two or three times a day. That the essence has the
 “ virtues of the juices, but more powerful to the purposes intended,
 “ as it provokes urine, and the courses in women when stopped; that
 “ it helps the cholic, and is very powerful against the bite of a mad
 “ dog, serpent, or the biting or stinging of any other venomous crea-
 “ ture whatsoever, being given morning, noon, and night, from three
 “ ounces to more, in a glass of any generous wine.”

He further observes, that “ the distilled water is stomachic, and
 “ has the virtues of the essence, but in a weaker degree, and therefore
 “ may serve as a vehicle to convey any medicine in, good against those
 “ kind of diseases. That the powder of the seed expels wind, com-
 “ forts the stomach, and other viscera; gives ease in the cholic; and
 “ has been found by experience to be profitable against the stone, sand,
 “ gravel, or any tartarous or slimy matter in the reins, ureters, and
 bladder,

“ bladder, more particularly if administered mixed with sugar, in a
 “ glass of white or rhenish wine.

“ That the spirituous tincture of the seed is cordial and stomachic,
 “ good against vapours, wind, fainting and swooning fits, cardialgia,
 “ or the heart-burn, palpitation of the heart, poison of vipers, rattle-
 “ snakes, mad dogs, and the biting or stinging of any other venemous
 “ creature, in doses from one drachm to two, or more, in a glass of
 “ any excellent wine. That the oily tincture is good against palsies,
 “ convulsions, rheumatisms, pains, aches, weakneses, and punctures
 “ of the nerves in any part of the body : that it eases the pain of the
 “ gout, proceeding from a cold cause ; softens, discusses, and wastes
 “ cold tumours ; and is of admirable use, being taken inwardly, for
 “ the most inveterate pains of the back, or any obstructions of the
 “ reins, ureters, or bladder, in doses from half a drachm to one, or
 “ more, morning and evening, in a glass of white wine.”

Our author further remarks, that “ the fermented spirit is an excel-
 “ lent cordial, good against fainting and swooning fits, cheers the
 “ spirits, comforts and creates nature, and strengthens the instruments
 “ of generation in both sexes ; and has, indeed, all the virtues of the
 “ spirituous tincture, but not altogether so powerful. Dose from two
 “ drachms to four, alone by itself, if dulcified, otherwise to be taken
 “ in a small glass of wine. That the chymical oil of the seed is said
 “ to correct the virulency of cantharides ; that if they be digested in it
 “ for some time, they may be given inwardly without any danger.
 “ This,” he observes, “ may be true, but was not his practice. That
 “ the chymical oil in itself is an admirable carminative, and gives pre-
 “ sent ease in the cholic, by giving it inwardly by the mouth, if the
 “ disease lies in the stomach, duodenum, and upper bowels ; or giving
 “ it clyster-wise, if it lies in the colon, or other lower parts. That it
 “ also provokes urine, and the terms ; is good against poison, and
 “ the bitings or stings of venemous creatures ; that it opens ob-
 “ structions

“structions of the spleen; and has been found very helpful against
 “hypochondriac melancholy. Dose from six drops to twenty, in a
 “glass of wine, or wine and water; drop the oil into sugar, rub them
 “well together, then add the wine, and so take it.”

He adds, that “the fixed salt of the whole plant is a powerful
 “diuretic; and being taken in all the liquor the patients drink, as ale,
 “beer, wine, it has been found profitable against the dropsy and
 “jaundice; and that it also cleanses the womb, reins, and bladder, of
 “any tartarous matter obstructing them.” He remarks, that “he
 “knew a gouty person, by the constant use of this salt, and drinking
 “milk and water, to become perfectly freed from his gout, and had
 “not so much as one fit of it in above eighteen years time. Dose
 “from fifteen grains to thirty, in water, or whey, or milk and
 “water, if for the gout; but in ale, beer, cyder, mead, or wine, if
 “against the dropsy, or other diseases.”

He further informs us, that “the balsam if it is made of the chy-
 “mical oil, with turpentine and wax, is of excellent use in all
 “wounds, and punctures of the nerves; and that applied, it gives
 “ease in the gout, proceeding from a cold cause; as also in the
 “sciatica, and other pains and aches of the nerves and joints. That
 “if it is made of the green herb, it is not only good against pains and
 “aches also, but is a peculiar vulnerary, for healing wounds made in
 “scorbutic, cold, moist, and ill habited bodies, and in depending
 “places, because, besides its admirable healing property, it dries
 “powerfully, and strengthens the part affected.”

He concludes his valuable information by acquainting us, that
 “the cataplasm is excellent for to be applied to contusions, as it
 “prevents the further afflux of humours, and discusses those which
 “are present; dissolves and scatters congealed blood, but this more
 “especially if it is mixed with honey; and that with this addition it
 “also

“ also takes away black and blue marks which come by blows, falls,
 “ or other accidents.”

Horat Augenius informs us, that “ in inappetency of the stomach,
 “ half a drachm of the seeds of bishop’s weed in powder in wine for
 “ four mornings, to be administered to the patient fasting, has been
 “ found of the utmost service.”

Dr. James observes, that “ the seeds of bishops weed are of a drying
 “ and warming nature, and consequently good to expel wind, and
 “ prevent the cholic; and that they are also diuretic, and will excite
 “ the menstrual discharges.”

OBSERVATIONS BY THE AUTHOR.

BISHOPS WEED seeds appear to be endued with certain volatile oily particles, joined with some terrestrial ones; and from their acrimonious bitter taste, and rather fragrant aromatic smell, must be possessed of a warm, carminative, and diuretic nature; and consequently calculated to strengthen the tone of the stomach, and intestines. But this power, like most other aromatics of our country, it is possessed of but in a certain degree, and is capable of great improvement with others of a similar nature and virtue; yet notwithstanding in flatulent cases of the stomach and bowels, I have prescribed the seeds alone with very great success, particularly when fresh, and in their greatest perfection, in doses of about half a drachm in a wine glass of good common peppermint water.

It is astonishing what some young children suffer from those windy complaints, and gripes, which they are subject to almost from their birth. In these cases I have found the greatest advantage to be experienced from directing the seeds of bishops weed; or if necessary, with the addition of a few anniseeds, to be tied up in a small piece of cloth, and boiled in most of their general food.

But

But in cases of a more difficult nature, arising from age, intemperance, or bad habit, these alone should never be depended upon, more particularly when we are through an indulgent Providence blessed with such effectual assistants, as to render them still more useful and valuable. In the decline of life, and some even from their youth up, what dreadful pain and languishment do they not, as it were, continually experience, from the detention of elastic air in the stomach and bowels, and which is often the cause of many fixed pains, spasms, &c. so that their lives are little better than one continued scene of sorrow and misery.

In these trying cases we have need of very powerful medicines for alleviating such stubborn diseases; and indeed it frequently requires the most strict regimen and care joined therewith, for wholly subduing them. See my particular advice herein, under the plant avens, or herb bennet. But it is surprising what advantage I have experienced from the following preparation, even in some patients whose afflictions herein have, as it were, bid defiance to all medicine.

Take of the seeds of bishops weed, when in their greatest perfection, two ounces, of the seeds of sweet fennel, anise, lovage, angelica, and rue, of each half an ounce, bruise the whole slightly, and add thereto of the best rectified spirits of wine one quart: let the whole stand in digestion for seven or eight days, when press out the clear tincture, and add thereto of the chymical oil of bishops weed seeds, or for want thereof, of oil of carraway seeds, two drachms; and after this is well united, of the juice of rue a quarter of a pint, and mix the whole well together.

The patient should take of this powerful carminative essence, from one table spoonful to two or more, if necessary, in a glass of wine, or peppermint water, twice or thrice a day. In the worst cases before described,

described, or in the most dreadful cholics, the greatest reliance may be placed on this valuable composition, more particularly with the addition of about eight or twelve drops of liquid laudanum, if it should be necessary, to each dose, which most know is a solution of the juice of Poppies in some weak spirits of wine.

C H A P. XIII.

OF THE PLANT BISTORT, OR SNAKEWEED.

Bistorta, Offic. Ger. Emac. Major vulgaris. Park. Bistorta Radice minus
C. B. Polygonum Bistorta. Lin.

BISTORT, OR SNAKEWEED.

THERE are various species of this Plant to be found in different parts of this kingdom, and which were formerly called by different names as English Serpentary, Dragonwort, Oyferich Passions, and Lamb's-Tongue.

Some Authors will have it to be the Behen Rubrum; others, Molybdæna, Plinii; others again, Dracunculus, Plinii: Some again as Gesner, Limonium: Lobel and Clusius say, that it is the Brittannica of Dioscorides and Plinii; But this upon examination we are informed, will be found without foundation.

We shall however for the sake of order and distinction, confine ourselves to the two following species, viz. The greater common Bistort and the lesser English Bistort or Snakeweed; which in virtue and quality are nearly similar.

DESCRIPTION.

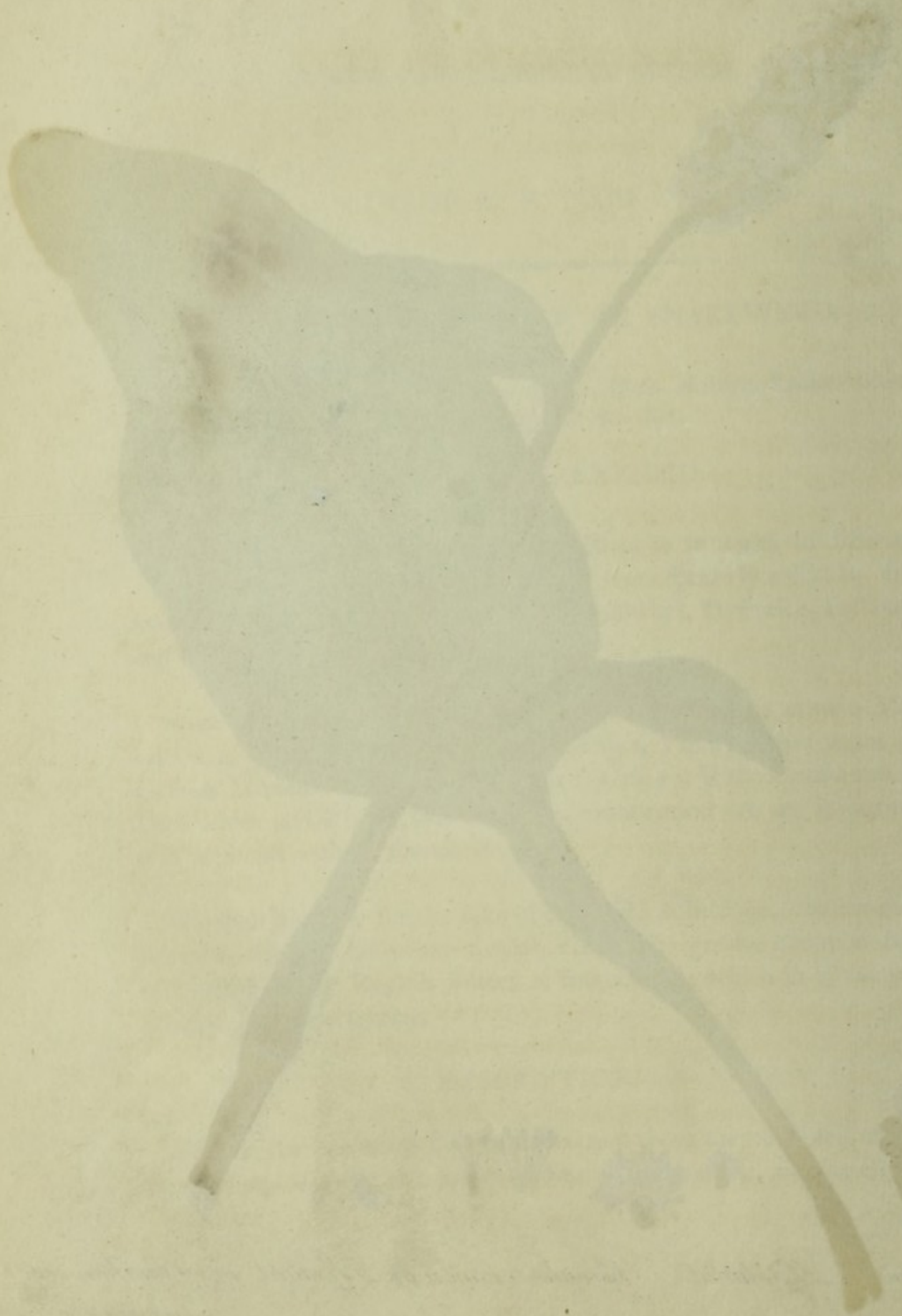
The greater common Bistort, has a root about the thickness of the little finger, of a blackish brown colour on the outside, and something



Polygonum Bistorta. Greater common Bistort or Snakenweed.

John Frederick Miller del 1791.

Published as the Act directs 1^o Sep. 1791 by J. Bew N^o 28 Pater noster Row.



reddish within: it is writhed or bent vermicularly (whence the name of the Plant) with a joint at each bending, and full of bushy blackish fibres.

From the root springs up every year several leaves upon long foot stalks, being somewhat long and broad, not much unlike to a dock leaf, but firmer, and somewhat pointed at the ends, of a bluish green colour on the upper side, and of an ash colour underneath, having several veins running therein, from among which rise several small and slender stalks, about half a yard high, almost naked and without leaves, or with very few narrow ones, bearing on the top a spike of apetalous flowers, consisting of many stamina, with apices of a flesh colour, rising from a calyx of the same colour. The pistil turns to a shining triangular seed, almost of a blackish colour.

The lesser English Bistort has a tuberous root, small in proportion, but something crooked, or bent like the former, being of a blackish colour without, and somewhat whitish within, of the same austere styptic taste as the former: From the root proceeds three or four small narrow leaves scarcely one inch broad, and near four inches long, green above, and grey underneath. The stalks are slender, and with but one or two leaves set thereon, at the tops whereof stand long round spiky heads of white flowers, with several small green leaves among them; after which comes a reddish seed, almost round, which being dry becomes blackish, and is bigger than that of the former.

The first grows at the foot of hills, and in shady moist woods near to them, particularly in the meadows by the river side about Uxbridge, and Rickmanfworth, also in Battersea meadow near the Thames side, as likewise in a meadow about a stone's cast above the Abbey mills, at St Alban's, about an acre breadth from the river side, where it is said to grow in great plenty, flowering in May, and perfecting its seeds some time in July.

The *Bistorta Minor* Nostras. Park. Minor. Ger. Emac. *Bistorta foliis lanceolatis* Lin. or small Bistort or Snakeweed, grows in the north of England, particularly at Lincoln-Heath, as also in several parts of Lancashire, Yorkshire, and Cumberland, likewise in Westmoreland, at Crosby, Ravensthaith, at the head of a park formerly belonging to a Mr. Pickering, flowering and perfecting its seeds near the same time as the former.

VIRTUES.

A very ancient valuable author informs us, “ That both the leaves
 “ and roots of Bistort have a powerful faculty to resist all poison, and
 “ that the root in powder taken in drink, expelleth the venom of the
 “ Plague, Small-Pox, Measles, Purples, or any other infectious disease,
 “ driving it out by sweating. That the decoction of the root in wine
 “ being taken, stayeth all manner of inward Bleedings, or spitting of
 “ Blood, and any fluxes of the body in either man or woman, or vomit-
 “ ing. That it is very available also against Ruptures, and all bruises
 “ occasioned by falls, dissolving the congealed blood, and easing the
 “ pains that happen thereupon, as also in the Jaundice.

“ That the water distilled from the roots and leaves, is a singular
 “ remedy to wash any place bitten or stung by any venomous creature;
 “ as also for any of the purposes before spoken of, and is very good to
 “ wash any running Sores or Ulcers. That the decoction of the root
 “ in wine being taken, hindereth abortion or miscarriage in child-bear-
 “ ing. That the leaves also kill the worms in children, and is a great
 “ help for those that cannot keep their water; and that if the juice of
 “ Plantain be added thereto, and outwardly applied, it much helpeth
 “ the Gonorrhœa, or running of the reins. That a drachm of the powder
 “ of the root, taken in the distilled water wherein some red hot iron or
 “ steel has been quenched, is also an admirable help thereto, so as the
 “ body be first prepared, and purged from the offensive humours.

He further observes, “ That the leaves, feeds, or roots, are all very
 “ good in decoctions, drinks, or lotions, for inward or outward wounds,
 “ or other sores, and that the powder strewed upon any cut or wound
 “ in a vein, stayeth the immoderate bleeding thereof. That the decoc-
 “ tion of the root in water, whereupon some pomegranate peel and
 “ flowers are added, injected into the Matrix, stayeth the access of
 “ humours to the Ulcers thereof, and bringeth it to his right place
 “ being fallen down, and stayeth the immoderate flux of the courses.

“ That the root hereof with pellitory of Spain, and burnt allum, of
 “ each a little quantity, beaten small and made into a paste with some
 “ honey, and a little piece thereof put into a hollow tooth, or held
 “ between the teeth if there is no hollownes in them, stayeth the de-
 “ fluxion of Rheum upon them, which causeth pains, and helpeth to
 “ cleanse the head, and void much offensive water.

He concludes his judicious remarks with informing us, “ That the
 “ distilled water is very good and effectual to wash sores or cankers in
 “ the nose or any other part, if the powder of the root be applied
 “ thereto afterwards, and that it is good also to fasten the gums, and to
 “ take away the heat, inflammations or swellings that happen in the
 “ jaws, throat, or mouth: if the decoction of the leaves, roots, or feeds,
 “ be used, or the juice of them; but that the roots are most effectual to
 “ the purposes aforesaid.

Another learned ancient Author informs us, “ That the liquid juice
 “ of the plant Bistort, taken inwardly from three to four table spoonfuls
 “ or more, in a glass of red Florence or other styptic wine, it presently
 “ stops any internal flux of blood, resists the poison of vipers, or any
 “ other serpent, and the bitings of any other beast whatsoever; and is
 “ powerful against the Plague and all other malign and pestilential fevers.

He has obliged us likewise, with the following compound decoc-
 tion of this plant, which he assures us “ is a noble medicament against
 “ the

“ the Measles, Small-Pox, Purples, Calenture, Spotted Fever, and even
 “ the Plague itself; being given either preventively, as two or three
 “ spoonfuls of it morning and evening, or oftener: or curatively, in
 “ which four or six ounces of it may be given to sweat upon, and to be
 “ repeated as need requires.

“ Take of Bistort roots six ounces: Angelica roots, Zedoary, of each
 “ four ounces, Virginia Snake-root, three ounces: Clove-Bark, one ounce
 “ and half, Winter’s Cinnamon one ounce: all being bruised, infuse the
 “ whole in red port wine or canary, five quarts for six hours: then
 “ giving it two or three boils, take it from the fire, and strain out the
 “ wine from the other ingredients, which let settle: then decant the
 “ clear from the faces, and sweeten it with syrup of lemons, or syrup
 “ of vinegar. This is also an excellent thing, he says, against the bit-
 “ ting of mad dogs, vipers, rattle-snakes, or the bitings or stings of
 “ any other venomous creature. It also prevails against any vegetable
 “ poison which is taken inwardly, if timely given.

The same valuable Author further observes, “ That a diet drink, if it
 “ is made of the roots, leaves, and seeds, and boiled in half wine and
 “ half water, is an excellent traumatic, cures all curable wounds,
 “ and ulcers, and fluxes of blood, of what kind soever, and also being
 “ regularly drank, contributes very much to the cure of wounds, and
 “ old ulcers in the external parts.

“ That the spirituous tincture of Bistort defends the heart against
 “ poisons, whether inward or outward, whether a vegetable or animal
 “ poison, or the malignity of the plague, or of any other infectious
 “ disease. Dose one or two drachms at a time, two or three times a day
 “ in a glass of wine, or other vehicle.

“ That the acid tincture of this plant is more peculiar against the
 “ Plague, and other malign Fevers, and infectious distempers than the
 “ former. It allays the inflammation of the jaws, ears, and throat,
 being

“ being often taken inwardly, and also used as a gargle, by mixing it
 “ with the diet drink aforegoing. That it also heals cankers, and
 “ fores of the mouth and throat, if often washed therewith ; and being
 “ swallowed, cuts tough phlegm, and clears the throat.

He further remarks, “ That the oily tincture is good against punc-
 “ tures and wounds of the nerves, eases their pain, and cures them,
 “ being bathed thereon, and applied thereto, and represses the flux of
 “ humours attending them.

“ That the saline tincture outwardly used, it penetrates and con-
 “ tributes to the cure of ruptures ; and that old ulcers being washed
 “ therewith, it cleanses them, and disposes them to healing ; and
 “ phlegmons or inflammations being bathed therewith, it abates the
 “ heat. Inwardly given, it cleanses the reins, ureters, and bladder,
 “ after the use of it for some time ; if there be any ulcers in those
 “ parts, they are cured by giving inwardly the decoction in wine,
 “ juice, or essence of this plant, and continuing it for some time.
 “ This saline tincture is also prevalent against the Jaundice. Dose
 “ from half a drachm to a drachm and a half, in any convenient
 “ vehicle.

He further says, “ That the fixed salt is good against poison, and all
 “ malignity of the plague, opens obstructions, resists putrefaction, and
 “ defends the vitals against any kind of infection, or the malignity of
 “ evil air. That it provokes urine, and cleanses the urinary passages,
 “ carrying off the recrements of the humours by those passages, by
 “ which it has been found good against the Jaundice, and Dropsy.
 “ Dose from ten grains to twenty, in ale, beer, cyder, mead, or wine.

He concludes his judicious observation with informing us, “ That the
 “ root of this plant is that which is chiefly used, as having more virtue
 “ in it ; and that an essence prepared therefrom resists poison, plague, or
 “ pestilence, and all sorts of malign fevers, stops all fluxes of the belly,

“ as

“ as the diarrhœa, dysenteria, lienteria, and the hepatick flux, as
 “ also all hæmorrhages whatsoever, whether inward or outward, the
 “ overflowing of the terms in women, and the preternatural flux of
 “ the whites ; but in these last cases, universals ought to be premised.
 “ That it peculiarly stops the afflux of humours to any part, being
 “ applied to the same outwardly, and also taken inwardly. Dose is
 “ from two to four ounces, or more, in wine, or any other liquid,
 “ proper against the disease for which it is given.

That learned and great Botanist, Mr. Ray, informs us, “ That the
 “ powder of Bistort, or Snakeweed, is of excellent use in the dysentery,
 “ if the root is boiled in wine, and so taken ; or if the same is pulve-
 “ rized, and taken with the conserve of roses, it has the same good
 “ effect. That this last preparation is no less efficacious in spitting of
 “ blood, as has been frequently experienced, as likewise in the im-
 “ moderate flux of the menses, the greatest dependance may be relied
 “ hereon.

Dr. Brookes observes, “ That the root of this plant has a balsamic,
 “ astringent, and vulnerary virtue, and is therefore useful in all cases
 “ where astringent is necessary, as incontinence of urine, the gonorrhœa,
 “ overflowing of the menses, hæmorrhages from wounds, spitting of
 “ blood, bilious vomiting, and dysenteries.

Dr. James says, “ That the root of Bistort is of an heating astringent
 “ quality, and of use, after proper evacuations, in the diseases just
 “ above mentioned by Dr. Brookes ; and that a decoction of the root
 “ with wine and vinegar is a powerful styptic ; and that it is confi-
 “ dently affirmed, that it banishes all insects from a house.

Dr. Lewis informs us, “ That all the parts of Bistort have a rough
 “ austere taste, particularly the root, which is one of the strongest of
 “ the vegetable astringents, and that it is employed in all kinds of im-
 “ moderate hæmorrhages, and other fluxes, both internally and exter-
 “ nally,

“ nally, where astringency is required, as it is certainly a very
 “ powerful styptic, and in this view should be principally considered.”

OBSERVATIONS BY THE AUTHOR.

Bistort, or Snakeweed, particularly its roots, are endued with very powerful astringent, styptic, and vulnerary properties, and consequently, therefore, must be well calculated by its nature to absorb humidities, to incrassate the humours, and to retard the motion of the blood, and from such qualities appears to be a very useful medicine in fevers, dysenteries, and most hæmorrhages. But in the use of such powerful astringent medicines, great care is required in their administration, and for the want of which too frequently many evils have arisen by such injudicious practice, more particularly in hæmorrhages, and fluxes, which from such improper treatment has often induced cachexies, the colic, spasmodic, and hypochondriac disorders, &c. &c.

To guard against these dangers, it should be the first and chief consideration, to well weigh the causes of those diseases, and where necessary to first carry off, by proper evacuations, the offending humours, and then we may have recourse to those styptic medicines with the greatest safety. It is to be feared, for the want of such proper and necessary reflection, great mischief has accrued to many persons from the improper use of the Bark, which, under the direction of a judicious physician, is possessed of many useful virtues, and in many cases might be employed to very valuable purposes, but should never be had recourse to by the uninformed, who direct it at random, and who too frequently think, though erroneously, they are capable of judging for themselves.

With respect to the use of Bistort, in the various fluxes of the bowels, I have generally found, that it is not altogether so proper when administered by itself, either in a diarrhœa, lienteria, or dysenteria. But it may be first very necessary, for the information of many

of my Readers, to explain those different diseases, that no mistake may arise herefrom. A diarrhœa is too great a flux of the bowels, or too frequent discharge of the excrements, in which the fœces are digested, but aqueous. A lienteria, or lientery, is when the matter excreted is undigested food, or when the nutriment, from a fault of the digestive and retentive faculties of the stomach, and of the expulsive faculty of the bowels, passes through the body without any, or very little alteration of its substance. The dysenteria, or dysentery, is a flux of blood from the bowels, either with much blood and some excrements, or with pure blood itself, accompanied with vehement pain in the bowels, which cause frequent dejections of blood, slime, or purulent matter. My confined limits will not permit me here to enter into the causes of these disorders, or the necessary regimen to be observed under them, but which I shall, as their importance require, more particularly consider at some future and more convenient opportunity.

In a diarrhœa, or simple flux of the bowels, after a dose or two of rhubarb, I would recommend the use of the valuable plant Bistort to be administered, particularly with the following additions, which will seldom disappoint those who will have recourse thereto. Take of the powder of the root of Bistort, or Snakeweed, from twenty grains to thirty; of the powder of the best Indian rhubarb, fifteen grains; nitre, ten grains; mix the whole into an uniform powder, and take it in a wine glass of peppermint water, twice or thrice a day, as the urgency of the case may require. If after the use of this powder for two or three days, the symptoms should not be abated, increase the quantity of our valuable plant to forty or fifty grains, and diminish the other articles, with the addition of two drachms of syrup of poppies to each dose, will be generally found sufficient to answer every desired purpose. With these directions most can judge for themselves, neither is much to be feared from such experienced practice.

To those to whom powders are disagreeable, I have subjoined the following useful and valuable prescription, which upon experience will

be found equally as advantageous. Take of the powder of the root of Bistort, two ounces ; of the best India rhubarb, in powder, one ounce ; saffron, two drachms : Pour upon these ingredients of the best French brandy one pint and a half, and digest them together, frequently shaking them for six or eight days, when pour off the neat tincture, and take from two to three table-spoonfuls, with fifteen grains of nitre dissolved in two table-spoonfuls of the juice of the plant, and added thereto, two or three times a day, as may be required.

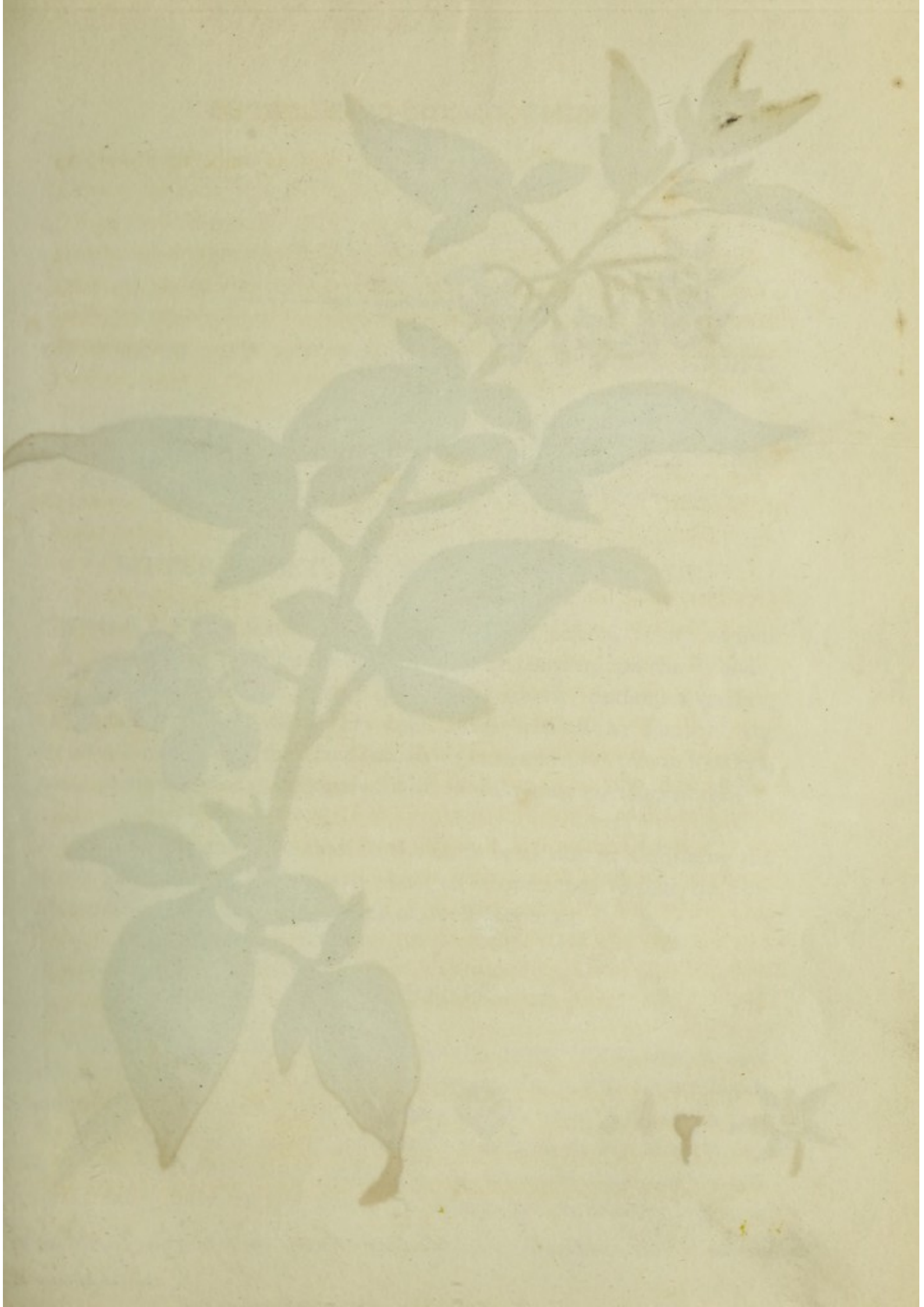
In a lenteria, or lientery, the same practice will be found nearly as useful, though I have generally observed in this case, if about five or six drops of balsam of Peru, and two or three drachms of syrup of poppies, is added to each dose, it will greatly forward the cure.

In the dysenteria, or dysentery, I have found it necessary to change the form and manner of my prescription, to obtain the desired efficacy in a shorter period, which in some cases will admit of no delay, and which is as follows : Take of the powder of the root of Bistort, and of the best English rhubarb, of each twenty grains ; syrup of poppies, two drachms ; mix these in spirituous cinnamon water and simple mint water, of each two table spoonfuls, which should be taken for a dose as often as the above. Or when this form is disagreeable, take of the root of Bistort and the best English rhubarb grossly powdered, of each one ounce and a half ; of the best French brandy and spirituous cinnamon water, of each three quarters of a pint ; digest the whole together for six or eight days, and decant off the clear tincture, and take from two to four table-spoonfuls, with two drachms of syrup of poppies, three or four times a day, as so trying a disease may require.

It is astonishing what good effects I have experienced in the worst cases, from a glyster of the jelly of starch administered once or twice a day ; and shall conclude my observations upon this dreadful disease with the prescription of a very learned and great physician, which he affirms never disappointed him. Take two sheets of writing paper,

cut it into slips, and boil it in a pint and a half of milk to a pint, to be taken at twice.

With respect to the fudorific and anti-pestilential virtue of this plant, I have never sufficiently made trial of it properly to recommend it; not but that I am of opinion, notwithstanding what has been urged by some writers, that, in the hands of the learned, with the addition of some proper alexipharmics, it might be rendered a very valuable medicine to answer those purposes; and to whom I must for the present refer it.





Solanum Dulcamara Bitter Sweet or Woody Nightshade.

John Frederick Miller del. 1791.

C H A P. XIV.

OF THE PLANT BITTER-SWEET, OR WOODY NIGHT-SHADE.

Dulcamaræ, feu Amara-dulcis, folani lignofi, herba, radix: Solani fcandentis, feu dulcamaræ, C. B. Solanum Dulcamara. Lin.

BITTER-SWEET, OR WOODY NIGHTSHADE.

THERE are feveral fpecies of this Plant treated of by various writers, as the Deadly Nightshade, the Garden, and the Woody, fome of which are of a very powerful narcotic, poisonous quality, particularly the firft, which has been made trial of by fome of the faculty, but not with fufficient fuccefs to recommend it to our Readers, more particularly as it is attended with fo dangerous confequences.

Upon this account, we fhall be the more particular in defcribing the above fpecies which we are now about to recommend, fo that no poffible miftake may arife in a matter of fuch moment.

DESCRIPTION.

Woody Nightshade, or, more properly, Bitter-fweet, has a root which fpreads itfelf with many ftrings under the earth, from whence comes up many flender, brittle, woody ftalks, from four to fix foot high, of a light olive colour, climbing up hedges, or any thing which is near it, but without any tendrils. The root and ftalk have a bitterifh tafte, followed by almoft an honey-like fweetnefs, whereon
grow

grow many leaves of a pale green, dull colour, one on each side the stalk, somewhat broad, long and pointed at the ends, with two small leaves, or rather pieces of leaves, at the bottom of most of them. At the tops and sides of the branches, come forth monopetalous, violet blue, or purple coloured flowers, upon short footstalks, one above another, cut into five segments, not spreading like a star, but chiefly turning themselves backward, with a longish yellow pointel in the middle; which afterwards change into round and somewhat long berries, green at first, but afterwards red, soft and full of juice when ripe, which are sweet at first, but afterwards of an unpleasant bitter taste, in which is contained many flat white seeds. This is a perennial plant, growing usually by ditch sides and hedges, where it can climb up, flowering in June and July, and the berries are ripe in August.

VIRTUES.

Dr. Sir John Hill highly commends Bitter-sweet, or Woody Nightshade, in the cure of an asthma, and informs us, “ All that can be
 “ desired in this case may be accomplished by this herb. That the
 “ stalks of this plant are the parts which contain its best virtue; and
 “ that they give it so readily to boiling water, that it is needless to
 “ seek for any other preparation than an infusion in the manner of tea.

“ Take two ounces of the stalks, cut them small, bruise them in a
 “ marble mortar, and pour upon them a quart of boiling water; cover
 “ this up; let it stand twelve hours, and then pour off the clear liquor
 “ without squeezing it; add to it a glass of white wine, and a few
 “ lumps of sugar.

“ Of this he directs to take a quarter of a pint once in six hours
 “ warm. It operates by urine slightly, and requires no confinement.
 “ That persons of a tender habit may begin with a smaller dose, and
 “ increase it every day; and those who take a quarter of a pint at first
 “ may take more at a time, as they continue to use it.

“ The

The Doctor further observes, “ That the virtues of this plant are supported by the authority of the greatest modern writers ; though by some strange neglect it has not got into practice with us. That Boerhave celebrates its innocence and efficacy, preferring it to the best foreign medicines. That Dr. Blair used it with great success ; and that Lobel and Tragus give it the highest praises ; and Weir preferred it to most things of its kind : and celebrates its efficacy also against other diseases of the breast.

Dr. James recommends the roots and stalks of Bitter-sweet, “ As high resolvents and deobstruents, and says, that their sensible operation is by sweat, urine, and stool : dose from four ounces to six of a tincture, made by digesting four ounces of the twigs in a quart of white wine. He observes, experience has shown that this is by means equally deleterious with the other species of Nightshades ; that it acts more regularly and uniformly, without producing nervous complaints, but that its virtues in particular cases, have not yet been sufficiently ascertained.”

OBSERVATIONS BY THE AUTHOR.

Bitter-sweet or Woody Nightshade, from the resolvent, aperient, and diuretic powers, and which it appears to possess in a considerable degree, promises, if properly administered, to be a medicine of great advantage in practice.

Various Authors have recommended it, particularly in a decoction of the whole Plant in wine, or wine and water, in the Jaundice, Dropsy and Consumption, and affirms to us it has been found very successful in these cases ; and from my own experience I have had sufficient reason to recommend it in the former disease, having several times effected a cure, both in the manner advised by Dr. Sir John Hill, as well as Dr. James, but more usually from the following prescription, which has seldom or ever disappointed me in my expectation, and may be administered with the greatest safety.

Take

Take of the whole Plant of Bitter-sweet dry two ounces, of the seeds of lovage, and of saffron, of each half an ounce, nettle leaves two handfuls, white wine and water of each one quart; boil it to the consumption of one quart, and take thereof, from four to eight table spoonfuls, twice or thrice a day. This preparation will be found to operate by the most gentle, safe, and easy manner that can be desired, both by urine and stool, and may be taken without any manner of confinement, or restraint from business.

It would perhaps be injustice to my readers not to inform them, that I have at this time a patient who from a stubborn Jaundice, which has baffled the skill of many of the Faculty, and has at last brought on a confirmed schirrus, or hard livid tumour of the liver, who though now has only been under my care about three or four weeks, with the use of the above medicine, and other trivial helps which so trying a case naturally requires, enables me at this time, by the divine blessing, to form every hope of a cure.

I am encouraged from this stubborn and difficult case, to make a trial of it in the others before recited, and cannot therefore without breach of humanity, but recommend it to the observation and experience of others.

I trust it will appear no presumption, in my guarding the young practitioner, and those who might have occasion for such information, that in all Icteric cases, we should be very careful, particularly at first, in the use of Chalybeate medicines, which in some states of this disorder might be exceeding prudent, but should always be administered with great discretion, for reasons that will appear obvious to the discerning.

I shall conclude this chapter with Dr. Sir John Hill's, as well as my own observations and advice, to those who are troubled with asthmas.

“ Sir

“ Sir John remarks, that an Asthma is a difficulty of breathing, with
 “ a painful motion of the body and noise in the throat. In some it is
 “ hereditary ; in others, it arises from a stuffing in the lungs by tough
 “ juices or concretions ; and is often caused, and always increased by
 “ the stoppage of any natural evacuations.

“ To prepare for the cure, he informs us, bleeding is necessary, but a
 “ small quantity is sufficient. Four or five ounces is enough. It may be
 “ repeated as occasions require, for it always allays the symptom. The
 “ day after bleeding, give a gentle vomit. The powder of ipecacuanha
 “ is very proper : but the seeds of orach are better.

“ If the patient has thrown up blood at any time, the vomit must be
 “ omitted, and the cure go on without it, with the use of the valuable
 “ plant bitter-sweet, in the manner before recited ; during which foods
 “ that are hard of digestion, should be continually avoided ; as well as all
 “ intemperance.

He further observes, “ That if in the course of the cure, particular
 “ circumstances occur, they are not difficultly provided for, from
 “ the same source. If costiveness, the body must be kept open by mild
 “ purgatives, for nothing acrid can have place : the best of all those is
 “ English polypody.

“ In want of rest, though laudanum ought not to be allowed, be-
 “ cause it increases the shortness of breath ; half a tea spoonful of
 “ lettuce wine will give repose with innocence and safety.

It may be necessary for the information of our Readers, my add-
 ing to the above observations, that an Asthma implies a difficult and la-
 borious respiration, and arises from the compression or obstruction of the
 pulmonary vessels, and in some is continual, in others periodical ; tho’

the proximate cause of both, is a spasmodic contraction or irritation of the organs of respiration.

This disease is more usually termed either first *Dyspnoea*, which is only a difficult respiration, when the breath is drawn oftener and thicker than usual; or a more frequent and large respiration, when the septum transversum or midriff, and intercostal muscles, as also of the abdomen, are violently agitated with noise and wheezing, and then called an *Asthma*. In the former the substance of the lungs, in the latter the bronchia or the lower parts of the wind-pipe are stopped; or it may, lastly, be nominated *Orthopnoea*, that is the greatest difficulty of breathing, when the patient cannot fetch his breath without sitting upright either in a chair or his bed, and with his neck stretched out, and even then, without violent agitations of the muscles, of the breast and shoulders.

Advice to those troubled with an Asthma.

Let the sick be placed in rather a warm air, which is temperate, serene and dry; as a cold, moist atmosphere often induces an *Asthma*: neither should it be in too warm a situation, which might bring on an increased intestine motion or heat of the blood, and thereby cause a too great fermentation, as in new wine or ale, whereby it imposes abundance of mucilaginous serum or tartar upon the lungs, or branches of the *aspera arteria*: as it may be usually remarked, such as is the air, such generally is the mass of blood.

I would particularly recommend such food as is easy of concoction, and that is rather heating and attenuating, and such as will pass easily through the stomach, as lamb, veal, young fowls and chicken, seasoned with aromatic spices, juices of lemons and oranges, or lime juice, above all carefully avoiding all viscid diet, as fish, pork, salted meats, and cheese.

Almonds, raisins, figs, &c. may be taken freely, as they make smooth and slippery, and dissolve the tartareous mucilage. Milk should be taken for breakfast and supper; broth, spoon-meats, and partly the same regimen as in the *phthisis*, will in this case be found useful.

Let

Let the exercise be moderate, not too violent least it disturb the humours, and put them into a fermentation, which must aggravate the complaint; as on the contrary, a slothful and sedentary life absolutely induces the disease: so likewise sleep should be moderate, and if possible in the night only. The passions of the mind ought also to be moderate; excessive anger, as well as excessive motion and sleep, ought carefully to be avoided.

As auxiliaries, a decoction of colt's-foot, maiden-hair, and yarrow, taken as common beverage, I have, in the course of my practice, experienced highly useful in an Asthma: as I have likewise white port, or Lisbon wine, with about sixty or eighty drops of spirit of sal ammoniac to each draught. The latter cannot be sufficiently recommended, as in some desperate cases, relief has been obtained in less than an hour, and if it was repeatedly drank twice or thrice a day, the greater advantage and dependance might be relied upon it.

Notwithstanding what has been urged with respect to the use of opiates by Sir John Hill in this disease, when the difficulty of breathing and cough are so troublesome as to prevent rest, I have found it necessary, and indeed advantageous, to administer them in this case; and the opiate I would advise to be taken is the syrup of white poppies, from half an ounce to an ounce, in a glass of anniseed water, or in wine, with a few drops of spirit of sal ammoniac, as before observed.

This gave a few hours before bed-time has succeeded beyond expectation, as it admirably prevents the fluxion of humours to the part, and quiets the disturbed animal spirits: but this cannot be said of all opiates.

I have likewise experienced great benefit in asthmatic cases, by clysters; a seton cut in a perpendicular direction, issues, or perpetual vesicatories, upon the arm, between the shoulders, or in the sides, to those who will comply therewith, will be found highly advantageous.





Centaurea Cyanus.

Blue Bottle.

John Frederick Miller del: 1753

Pub: as the Act directs 1^o Oct: 1791, by J. Bew N^o: 28 Paternoster Row.

C H A P. XV.

OF THE PLANT BLUE-BOTTLE.

Cyanus minor, *Cyanus fegetum*, C. B. *Centaurea Cyanus*. Lin.

SMALL BLUE-BOTTLE.

THERE are various species of this plant to be found, not only in this kingdom, but also abroad, as in Turkey, Germany, &c. as particularized by various botanic writers. It is also called by some *Flos Frumenti*, or Corn-Flower: *Battifecula* (as Ray has it) and *Baptifecula*, or *Blaptifecula*, from its turning the edges of sickles in cutting down corn; *Secula*, i. e. *Falx*, à secundo dicta, being taken for a sickle in ancient times. But for perspicuity we shall confine ourselves to the above species, viz. The lesser Common Blue, or Field Blue-bottle, or, as it is termed by some ancient authors, *Hurt-Sickle* or *Blue-blow*.

DESCRIPTION.

The lesser Common, or Field Blue-Bottle, or Corn Flower, has roots somewhat long and large, which perish every year, but are annually renewed by its own sowing; rising or springing up before Winter, and abiding green all the Winter season, until the next Spring or Summer, when it flowers, seeds, and perishes again. The leaves are more long and narrower than the greater Blue-Bottle, which is to be found growing in sundry hills in Germany, &c. and of a whitish green colour, like unto scabious leaves. The stalks are two or three feet high, according to the goodness or fertility of the ground, set with such
leaves,

leaves, but smaller; the tops are spread forth into many branches, producing many small scaly heads, not much unlike those of knapweed, out of which rise flowers, consisting of five, six, or more long and hollow blossoms, small at the bottom, and opening wider and larger at the brims, much dented or cut in on the edges, and standing round about many small threads in the middle. The flowers disappearing, the heads or bottles (whence I presume the name) and Cyanus, sapphire or blue, contain a down, in which the seed is inclosed, which is small, hard, white and shining.

This plant, as before observed, is to be found growing natural in most corn fields throughout our kingdom, particularly among wheat, rye, and barley, flowering from the beginning of May to the end of Harvest, in the mean time perfecting its seeds.

For the advantage of the curious, and which was indeed one particular reason for introducing this plant, (having never experienced any great physical properties therein) I shall lay before my Readers who are fond of a variety in their gardens, or open plantations, what is handed down to us by a very ancient and valuable author, who informs us, that if we take them up, more especially towards the full of the moon, they will grow more double, and appear of various pleasant and variegated colours; to the truth of which I can myself testify, having now several in my botanic garden, which I sow from seed any time in April, and which produces blossoms of a blue, or white, or blush, or dark and light purple, or of a light or deep red, or else mixed with those colours, in some, the edges white, and the rest blue or purple, or the edges blue or purple, and the other part of the flower white, or striped, or spotted, or both; the one part of one colour, the other of another, and the threads also in the middle varying in many of them; for in some it will be of a deeper purple than the outward blossoms, some inclining to red, either deep or paler, whilst the external parts are white or blush.

But

But that I might gratify my numerous Subscribers, which will be ever my chief study, I have requested Mr. Miller to favour me with a drawing of one of the most curious, which I think, in justice to his merit, he has beautifully displayed, and which I trust will meet with my friends' approbation.

VIRTUES.

Dr. Lewis, speaking of this plant, observes, "That although the
 " present modern practice has set it aside as useless, yet, notwith-
 " standing, it has been formerly celebrated for its virtue against the
 " bites of poisonous animals, contagious diseases, palpitations of the
 " heart, and many other distempers."

But as this conclusion might proceed for want of proper trial and experience, let us examine those who have, and the effects and proofs of their researches.

The great Ray informs us, "That the water distilled from the
 " flowers of the Cyanus, or Blue-Bottle, is greatly to be commended
 " for inflammation of the eyes, and that the subtile powder taken in
 " wine for some time, is an efficacious remedy for the king's-evil; or
 " that a tincture extracted from the flowers has the same virtues;
 " which is also affirmed by Etmuller."

Mr. Ray also advises, "To take of the leaves of this plant what
 " quantity may be necessary; mash and express the juice, which
 " being dropped in, or applied, is very efficacious for the cure of
 " putrid ulcers and wounds."

He further relates, "That the distilled water of the flower of Blue-
 " Bottle, from common water, is by many extolled as an efficacious
 " remedy for inflammations, redness, and lippitude of the eyes; as
 " also for quickening and strengthening the sight, if the eyes are
 " washed

“ washed with it every day : but it is still, he informs us, more effica-
 “ cious in removing inflammations of the eyes, if, as Tournefort ad-
 “ vises, a little either of camphor or saffron is mixed with it.

Geoffry says, “ This water, for the disorders of the eyes, ought to be
 “ prepared in the following manner. Take any quantity of the flowers
 “ of Blue-bottles, gathered with their cups ; bruise and macerate them
 “ for twenty-four hours in a sufficient quantity of snow-water, then
 “ distill in a gentle sand heat.

“ This is that celebrated water to which the French have given the
 “ name of Eau de Casse-Lunette. James’s Med. Dict.

A very ancient valuable Author informs us, “ That this plant is na-
 “ turally cold, dry, and binding. That the powder of the leaves is
 “ given with good success to those who are bruised by a fall, or have
 “ broken a vein inwardly, and void much blood ; being taken in the
 “ water of plantain, horstail, or the greater comfrey, and is a remedy
 “ against the poison of the scorpion, and resisteth all venoms what-
 “ soever.

“ That the seeds or leaves taken in wine is very good against the
 “ plague, and also infectious diseases, and is very good in pestilential
 “ fevers. That the juice put into and held in the mouth, is very effec-
 “ tual to heal all sores and ulcers therein ; and that dropt into the eyes,
 “ it taketh away the heat and inflammation in them, as well as the
 “ same properties and effects.

Another valuable Author observes, “ That the flowers of the Blue-
 “ Bottle, or Corn Flower, are cold and dry, are styptic, and good to
 “ take away redness and inflammations of the eyes, and pains thereof,
 “ cooling in fevers, resist poison, and help in dropsies. That an acid
 “ tincture may be made of them with spirit of wine, mixed with half
 “ pint

“ part of spirit of salt, which in fevers, plagues, &c. may be given
 “ from twenty to forty drops, in any proper vehicle.

“ That the powder of the dried leaves,” mentioned by the last Author, whom he frequently quotes, and improves upon, “ should be taken to
 “ one drachm in tent wine, for the curing of inward bruises, and to
 “ heal a rupture of the veins, which causes much loss of blood; and
 “ that it is best given in horsetail, plantain, or comfrey water, acuated
 “ with a little white wine vinegar.

He further informs us, “ That the essence of the juice of the leaves
 “ and flowers, has all the former virtues, both of the acid tincture, and
 “ powder. That it helps in the dropsy, resists all manner of venoms
 “ and poisons, and is peculiar against that of the scorpion, phalangium,
 “ viper, mad-dog, and plague, as also all other pestilential fevers, and
 “ infectious diseases: and being dropt into the eye, it takes away all
 “ heat, inflammation, or pain therein.

That the collyrium, or eye-water, is thus prepared:

“ Take of the blue flowers as many as you please, put them into rye
 “ dough or paste, bake them in the oven with household bread, then
 “ taking it forth, distill all, viz. flowers and rye paste, in a glass body
 “ in B. M. and keep the water for use. With this, the eyes are to be
 “ washed three or four times a day. It is admirable, he says, for the
 “ cure of most infirmities of the eyes, especially heat, inflammations,
 “ pain, blood-shot, &c. That it clears, strengthens, and preserves the
 “ eye-sight, especially of old people, for which reason some are pleased
 “ to call it, break spectacle water: for that those who use it, seldom
 “ come to the use of spectacles: If the distemper is inveterate or stub-
 “ born, use it five or six times a day.

He further observes, “ The spirituous tincture of the flowers made
 “ with common brandy, is a secret for curing sore and running eyes,

“ if some few times dropt into them. That it is alexipharmic, and
 “ has all the virtues of the essence. Dose half a spoonful, in any
 “ proper vehicle.

He concludes his remarks, with informing us, “ That a cataplasm
 “ of the flowers being applied to sore and running eyes, afflicted with
 “ a hot rheum, it strengthens the part, cools the inflammation, re-
 “ presses the flux of humour, and heals the eyes; and that the distilled
 “ water of the herb, has the same properties with the juice and essence,
 “ but not altogether so powerful.

OBSERVATIONS BY THE AUTHOR.

As I have before remarked, my knowledge of the virtues of the plant Blue-Bottle, or Corn-Flower, has been rather confined; notwithstanding, from the encomiums passed upon it by those great and learned writers before quoted, as so valuable an ophthalmic, I have been led to make several trials herein.

It is not now my intention, neither will my present limits in this chapter permit me to enter into the many and different diseases of the eyes, or the proper and necessary advice to those afflicted therewith, yet it may be necessary notwithstanding to remark, for the advantage of my Readers, that there is no complaint more generally mistaken, or worse treated; and this only for want of due reflection and consideration.

I know of no malady more distressing to the human mind, than the diseases of the eyes; it generally, or at least too frequently has a tendency, particularly if long standing, to throw a gloom and dejection over the animal spirits, which I am well assured greatly aggravates the affliction, which, if we consider the consequence is not to be wondered at, for what blessing can we estimate or value beyond that of sight.

Notwith-

Notwithstanding the justice of these assertions, wherein we might suppose men would seriously reflect for themselves in a matter of such moment, yet can we hardly find the most obscure village or hamlet, which does not produce at least one, if not more of these profest occulists, who have one general collyrium for all the diseases of the eyes, and which is indiscriminately made use of upon all occasions.

It may be granted, some few in certain cases may be useful, and might have proved advantageous to those who have made trial thereof, but is it not to be feared that nine tenths of the waters appropriated for this purpose, are prepared from very dangerous and corrosive drugs, which ought never to be had recourse to, but upon the most pressing occasions, and then with the direction and advice of the learned of the profession ?

In short, may it not be a fair question for information, how many slight inflammations and trivial diseases of the eyes, which a little cooling physic either alone, or washing the part frequently with about two thirds good spring water, and one third French brandy, would not wholly have removed, have by the imprudent conduct as above pointed out, aggravated to the most alarming symptoms ? The amazing business the different occulists in this kingdom, particularly in the metropolis, and the great fortunes even many foreigners have amassed from this country, will too evidently resolve this question.

In slight inflammations or diseases of the eyes, which I am now only enquiring into, I would first advise as the most safe and useful practice, a few doses of cooling and opening medicine to be administered, which I have frequently found sufficient in itself to remove the complaint, particularly with the use of the above simple though efficacious wash ; but in case this should not prove sufficiently powerful, immediately have recourse to the following collyrium, which is thus prepared.

Take of the blue flowers of the plant half a pound, of the best English saffron half an ounce, put these into a still, and pour upon them

of good spring water, and of the best French brandy, in proportion of three fourths of the former, to one of the latter, till you have added a sufficient quantity of this liquid, to cover the ingredients about two inches above it; let the whole stand in digestion, frequently stirring it for two days, when fix the still head, and in a balneum mariæ heat, bring over what you can, which keep close stopp'd with two or three small pieces of camphor put therein for use.

This valuable collyrium, I can sufficiently and justly recommend from long experience, in all those inflammations and diseases of the eyes, arising from heat, weakness, cold, bruises, or the like accidents: and what is above all, may be used frequently with the greatest safety imaginable, and will generally prevent the danger of any future trouble or bad consequences.

If it is necessary, and the case should be any ways violent, I would recommend a piece of fine cloth to be wetted with this collyrium, and put over the eyes two or three times doubled at bed-time.

I cannot close this subject without observing to my Readers, that in the worst inflammation of the eyes, I have experienced the highest advantage by applying to the part at bed-time, a cataplasm of old conserve of roses and decayed apples, reduced to a fine pulp, or if this could not be obtained, of sound ones, in equal proportion





Borago Officinalis.

Borage?

John Frederick Miller del: 1791

Pub: as the Act directs 1st Oct: 1791, by J. Bew. N^o 28 Paternoster Row.

C H A P. XVI.

OF THE PLANT BORAGE.

Borago, Offic. *Borago floribus cæruleis*. J. B. *Borago Officinalis*. Lin.

BORAGE.

VARIOUS botanic Authors inform us, there are three several species of this plant, viz. 1. *Borago Hortensis*, floribus cæruleis, garden Borage with blue flowers: 2. *Borago flore albo*, Borage with a white flower: 3. *Borago semper vivens*, or everliving Borage. But we shall confine ourselves to the former, of which the following is a

DESCRIPTION.

The common garden Borage, has a root thicker and shorter than that of Bugloss, something blackish without, but rather white within, perishing after seed time, but rises again of its own sowing in the spring of the year. The leaves are broader, shorter, more green and rough, than are the leaves of Bugloss. The stalks are not so high, but branched out into many parts, whereon stand larger flowers, than that of Bugloss, cut into five sharp pointed segments, and of a paler blue for the most part; each flower stands in a round whitish hairy husk, divided into five parts or leaves; in the middle of the flower grow forth a number of fine black threads, standing out, pointed at the end, and broad at the bottom, which being past away, there succeeds several wrinkled, roundish black seeds, in shape like a viper's head.

VIRTUES.

VIRTUES.

“ The great Boerhaave commends the expressed juice, in all inflam-
 “ matory diseases, as the gout, phrenitis, paraphrenites, and peripneu-
 “ mony.

Dr. Brooks observes, “ That Borage dissolves gross humours, and as
 “ it abounds with nitrous salt, it is good in all inflammatory fevers,
 “ as well as all diseases wherein the humours are not sufficiently fluid.
 “ That the juice of the leaves should be taken from two to four ounces,
 “ or more.

Forestus advises “ To take of the leaves of Borage and balm, of each
 “ equal parts, mash and add to them a little rose water and vinegar,
 “ and apply it to the region of the heart, which he says is of excellent
 “ service in palpitations of the heart.

A very ancient esteemed Author informs us, “ That Borage is a
 “ great cordial, and strengthener of nature. That the leaves or roots
 “ are used to very good purpose in putrid and pestilential fevers, to de-
 “ fend the heart, and help to resist and expel the poison, or the venom
 “ of other creatures, and that the seed is effectual for the same pur-
 “ pose; and that the seeds and the leaves are good to encrease milk,
 “ and that the leaves, flowers, and seeds, or any of them, are good to
 “ expel pensiveness and melancholy, as it helpeth to purify the blood,
 “ and mitigate the heat in fevers.

“ That the juice made into a syrup prevaileth much to all the pur-
 “ poses aforesaid, and is put with other cooling, opening, and cleansing
 “ herbs, to open obstructions, and help the yellow jaundice, and mixed
 “ with fumitory, to cool, cleanse, and temper the blood thereby, and
 “ helpeth the itch, ringworms, and tetter, or other spreading sores.
 “ That the flowers candied, or made into a conserve, are helping in the
 “ former cases, but are chiefly used as a cordial, and are good for those
 “ that

“ that are weak through long sickness, and to comfort the hearts and
 “ spirits of those that are in a consumption, or troubled with often
 “ swoonings or passions of the heart: that the distilled water is no less
 “ effectual to all the purposes aforesaid, and helpeth the redness and
 “ inflammations of the eyes, being washed therewith.”

Another valuable old Author observes, “ That the liquid juice alone,
 “ effectually purifies the blood, and is of excellent use in all spotted,
 “ putrid, malign, and pestilential fevers, to defend the heart from their
 “ poison and malignity, and to expel the same, as also the poison of
 “ other creatures. That it cools, opens obstructions, cleanses the blood
 “ and humours, and is effectual in the cure of the yellow jaundice, in
 “ doses from three to five or six spoonfuls or more in wine, or mixed
 “ with the distilled water, or in some other fit vehicle, two or three
 “ times a day.

“ That the essence has all the virtues of the former more exalted, and
 “ therefore more powerfully and effectually cheers the heart, and ex-
 “ pels melancholy. That it is an excellent cordial, revives the spirits,
 “ strengthens nature, is good against fainting and swooning fits, and
 “ other passions of the heart, and restores such who have been long
 “ wasting in consumptions. It may be given from two to four ounces
 “ or more at a time, and that two or three times a day, in wine or some
 “ other fit vehicle, and it may be sweetened or made pleasant with syrup
 “ of Borage. This essence is traumatic, and contributes very much
 “ towards the curing of wounds, or old running ulcers and fistulas in
 “ bodies of an ill habit.

He further informs us, “ That the infusion of the herb in wine, very
 “ sensibly and admirably recreates the spirits, and gratifies or pleases the
 “ stomach, and is good against the cardiac passion, and melancholy, and
 “ is prevalent against the falling sickness: that if it is a strong infusion,
 “ it is good against redness and inflammation of the eyes, being washed
 “ therewith.

“ That

“ That the conserve of the flowers, are chiefly used as a cordial sweet-
 “ meat, and to restore such as have been long in a consumption, being
 “ often taken with new milk, when warm from the cow, and in which
 “ the heat is preserved all day, by the help of the heat of a sand furnace,
 “ or other gentle and continued heat.

He observes, “ That the acid tincture is an admirable stomatic and
 “ cordial, refreshes the languishing spirits, and causes a good appetite :
 “ It prevails against the scurvy, dropsy, jaundice, and gout ; removes
 “ sickness of heart, and stops a vehement and preternatural vomiting. If
 “ used as a gargle, by mixing it with some of the distilled water, and
 “ syrup of the plant, it cures cankers and ulcers of the mouth and
 “ throat, and allays inflammations of the tonsils.

“ That this tincture, is an excellent thing against all burning, ma-
 “ lign, putrid, and pestilential fevers, and profligates even the plague
 “ itself ; for it immediately allays the preternatural heat, quenches the
 “ violent thirst, resists the putridity of the humours, and profligates the
 “ poison of the very pestilence itself. It cools, opens obstructions, and
 “ rectifies the discrasie of the blood and humours, beyond many others
 “ more specious, and much celebrated medicaments.

“ That the balsam of Borage, is a most excellent vulnerary, and
 “ cleanses old ulcers, and other putrid and running sores ; and heals
 “ green wounds to a miracle ; and as such he commends it from expe-
 “ rience to his countrymen.

“ That the ashes of the plant, if boiled in mead or honied water,
 “ will be a good gargle for the curing inflammations of the throat and
 “ tonsils, ulcers of the mouth, &c.

He concludes his judicious remarks, with observing, “ That a spirit
 “ is made of the juice of the plant, fermented with honey, sugar, mo-
 “ lasses, or leaven, and then distilled in an alembic.

“ That

“ That it is a great cordial, much exceeds spirits of wine in fainting
 “ and swooning fits, sickness, palpitation, and other passions of the
 “ heart: It cheers the spirits, recreates nature, and makes merry, prof-
 “ ligating the most profound powers of melancholy. Dose one drachm,
 “ or two, to four drachms, alone, if dulcified, otherwise to be mixed
 “ with a glass of wine.”

OBSERVATIONS BY THE AUTHOR.

Borage, particularly its flowers, like most cordial aromatics of our country, possess this virtue but in a certain degree, and like many others in the modern practice, is therefore set aside as useless and unworthy our notice, but such conclusions are very illiberal, as well as unjust, for by this means an effectual barrier is set against those valuable and useful enquiries, which the humane and judicious might naturally be led to make, for the benefit of mankind at large.

From the nitrous and cooling nature with which this plant appears to abound, which Dr. Brookes assures us of from his practice, as well as those cordial exhilarating powers, we have so amply established from the concurrent testimony of the first botanic writers; I am firmly of opinion with some necessary and probably trivial assistants, a most valuable medicine might be formed for most inflammatory and putrid fevers, and as such I would recommend it to the notice of the gentlemen of the profession, as worthy at least a fair trial.

The particular purposes I have appropriated this plant to in my practice, has been as an exhilarating cordial and restorer, at the close of long and painful diseases, which has so shaken and reduced the frame, to a state of the greatest weakness and debility. In such perilous and distressed situations, it is astonishing what advantages have been experienced from the two following preparations, which as such reduced

cases naturally suggest, require a constant and close attention to its use, for some continued length of time.

Take of the flowers of Borage two handfuls, of sage and lavender of each one handful, of the best Peruvian bark, and saffron of each half an ounce; simmer these over the fire close covered for two hours, with one quart of spring water, and one pint of raisin or sherry wine: strain it off when cold, and add thereto a quarter of a pint of the best verjuice, and take thereof a tea-cupful twice or thrice a day. It will be best, first to boil the bark in the water alone for one hour, and then add the other ingredients.

Or take of the flowers of Borage, lavender, saffron, and red Peruvian bark, of each an equal weight, put them into a glass vessel, and pour upon them of the best French brandy, red port wine, and distilled vinegar, in equal proportions a sufficient quantity, so as to cover the ingredients about four inches above the whole; let the whole stand in digestion for ten or twelve days, shaking the vessel twice a day, then let it settle, and pour off the neat aromatic tincture, which should be taken a wine glassful at a time, two or three times a day.





Spartium Scoparium.

Common Broom.

Pub. as the Ad. directs 1st Oct. 1791, by J-Bew, N^o 28, Paternoster Row.

John Frederick Miller del.





Spartium junceum.

Spanish Broom.

Pub: as the Act directs, 1.st Nov: 1791. by J. Bew. N^o: 28 Pater-noster Row.

John Frederick Miller del. 1791

C H A P. XVII.

OF THE PLANT BROOM.

Genista angulosa & scoparia, C. B. Cytiso-genista scoparia, vulgaris,
flore luteo Tourn. Spartium Scoparium. Lin.

BROOM.

SOME botanic writers have called this plant Genista and Scoparia, as Gerard and Parkinson; others Genista angulosa trifolia, as J. Bauhin and Mr. Ray. Some suppose it to be called Genista à genuum flexilitate, from the flexibleness of its joints; or, Quia genibus medeatur dalentibus, because it eases the pains of the knees: or, Quod facile generet, speciemque propaget, because it easily increases, and is not without trouble destroyed where it is once planted.

But besides the species of Broom now described, there is also a second, by some writers, as the Genistella, and Chamægenista; or, as Gerard calls it, Chamægenista Anglica, dwarf Broom, and some others. But I shall confine myself to the former, which is far more generally known in this kingdom.

DESCRIPTION.

Common Broom has a root which is long and woody, spreading several ways under the earth, seldom perishing, but sending forth new shoots every year, more especially if the old stalks are cut down. From these roots come forth woody stems or stalks, rising to the height of three or four feet or more, spreading into many branches, forming a kind of shrub or bush, covered with a thin hard dark grayish green bark, from which shoot forth slender, square, or cornered small twigs, like rushes, upon which grow small dark green leaves. The flowers are large and of a shining yellow colour, growing one above another, which change into hard, flat, small cods, almost black when they are ripe, containing small shining brownish seed.

The first grows in great plenty in most barren places and heaths in our country, as well as in Spain, France, Germany, and other foreign parts. The other is also to be found in many parts of the kingdom, as well as in Hungary, particularly in some waste and barren grounds, about Low-Layton, near London; and is supposed to be Clusius, his *Chamaenista Pannonica septima*. Both flower from the beginning of June to the end of August, and the seed ripens in the mean season.

VIRTUES.

The great Sydenham directs in the dropfy, “ To infuse one pound
 “ of Broom ashes cold, in four pounds of Rhenish wine; and to let
 “ the patient take of this liquor filtrated, three ounces in the morning,
 “ at five in the afternoon, and at bed time, constantly till the water is
 “ gone.

He observes “ That if a pugil or two of common wormwood was
 “ added to the infusion, and let the dose be increased to four ounces,
 “ that this has cured dropsies which were counted deplorable, and
 “ when the constitution has been too weak for purges.”

Sebast. Cortilion, and D. Hulfe, according to Mr. Ray, inform us,
 “ ’Tis a remedy they have experienced in the king’s evil, to take of
 “ Broom flower water, of white sugar a sufficient quantity, mix and
 “ let the patient take it in the morning for some time.

“ Or take of the flowers of Broom well dried as much as you please;
 “ of honey of roses, a sufficient quantity; which form into an electuary,
 “ which the patient is to use continually.”

Drs. Quincy and Alleyne inform us, “ That many gather the yellow
 “ buds, and pickle them with salt and vinegar, in the same manner as
 “ capers: from which they are not then to be distinguished.

“ That the flowers are most in use, and by all accounted splenetic,
 “ nephritic, and hepatic. They cleanse away gravel, and ferous hu-
 “ mours, both by stool and urine, and are accounted extraordinary in
 “ cachexies and dropsies.”

Dr. James remarks, “ That the leaves and stalks of Broom have a
 “ bitter nauseous taste, which they give out both to water and recti-
 “ fied spirits. That they are accounted laxative, aperient, and diure-
 “ tic; and in this intention have been often used, in dropsies, and
 “ other ferous disorders. Infusions of the ashes of the plant in acidu-
 “ lous wines, have likewise been employed in the like cases, and often
 “ with good success.

He further acquaints us, “ That the medicinal qualities of the seeds
 “ and flowers seem not yet determined; it is said by some that the
 “ seeds

“ feeds in doses of a drachm and a half in substance, and five or six
 “ drachms in decoction or infusion, prove purgative or emetic.

“ That some report that the flowers also operate in the same man-
 “ ner; but Lobel assures us from his own observation, that they have
 “ been taken in a large quantity, in fallads, without such effect.

He also informs us, “ That the *Genista Hispanica*, *Offic.* or Spanish
 “ Broom, which is common in our gardens, flowering in June and
 “ July, and raised from the seed imported from that country, that the
 “ branches, flowers, and seeds are used, and are more efficacious than
 “ our *Genista*, being a potent expeller of pituitous and serous humours,
 “ both by vomit and stool.

“ That it is effectual in dropsies, the sciatica, and gout, provokes
 “ urine, and breaks the stone in the kidneys. The oil of the flowers
 “ discusses tumours of the spleen, by anointing the part with it; and
 “ that the flowers used with honey of roses, or an egg, dissolve stru-
 “ mous swellings.

The Doctor concludes with observing, “ That the flowers and seeds
 “ of the Spanish Broom, work most violently by vomit, not unlike
 “ hellebore, but with safety; and that the juice of the branches, ma-
 “ cerated in water, and then bruised, are efficacious in the sciatica
 “ and quinsy.”

A very valuable old Author informs us, “ That the decoction of the
 “ younger branches of our common Broom, or the powder of the seed
 “ taken in drink, purgeth downwards, and draweth flegmatic and wa-
 “ try humours from the joints, whereby it helpeth the dropsy, gout,
 “ sciatica, and the pains in the hips and joints; it also provoketh
 “ strong vomits, and helpeth the pains of the sides, and swellings of
 “ the spleen, cleanseth also the reins, or kidneys, and bladder, of the
 “ stone,

“ stone, provoketh urine abundantly, and hindereth the growing again
 “ of the stone in the body.

“ That the continual use of the powder of the leaves and seeds,
 “ doth cure the black jaundice, and that the distilled water of the
 “ flowers is profitable for the same purposes. It also helpeth surfeits,
 “ and altereth the fits of agues, if three or four ounces thereof, with
 “ as much of the water of the lesser Centaury, and a little sugar put
 “ therein, be taken a little before the fit cometh, and the party be laid
 “ down to sweat in his bed. That the oil or water that is drawn from
 “ the ends of the green sticks heated in the fire, helpeth the tooth-
 “ ach.

He lastly observes, “ That the juice of the young branches, made
 “ into an ointment of old hog’s-lard and anointed, or the young
 “ branches bruised and heated in oil or hog’s-lard, and laid to the sides
 “ pained by wind, as in stiches, or the spleen, easeth them in once or
 “ twice using; and if boiled in oil, is the safest and surest medicine to
 “ destroy vermin in the head, or any part of the body: and is an espe-
 “ cial remedy for joint-achs, and swelled knees, that come by the fall-
 “ ing down of humours upon that part.”

A learned ancient Physician observes, “ That the decoction of Broom
 “ in wine, is good against the dropsy, jaundice, and gout, and to
 “ cleanse the reins, ureters, and bladder, of sand, gravel, and other tar-
 “ tarous matter.

“ That the liquid juice from the young branches and flowery heads,
 “ purges downwards phlegmatic and watry humours, and therefore is
 “ good for such as have the dropsy, more especially if it is used with
 “ white port or Rhenish wine: though possibly in some other cases it
 “ may be better used with water.

“ That

“ That it is profitable against the gout and sciatica, and other pains
 “ of the joints and limbs. It eases the pains in the side, and is good
 “ against tumours of the spleen. It cleanses the reins, ureters, and
 “ bladder, of stones, sand, and gravel, or any tartarous matter obstruct-
 “ ing them, bringing forth the offending matter by urine, which it ad-
 “ mirably provokes; dose three or four ounces, or more, in wine,
 “ twice or thrice a day, as need requires.

“ That the inspissate juice of the plant has the same virtues with
 “ the former. Dose from one to three drachms, dissolved over the
 “ fire in a gentle heat, with some white port or Rhenish wine, and
 “ taken two or three times a day, as the case may require.

He further observes, “ That the essence has all the virtues of the li-
 “ quid juice before enumerated. It opens obstructions of the liver and
 “ spleen, is good against pains and stiches in the sides, difficulties of
 “ breathing, and shortness of breath; and as it cleanses the reins and
 “ urinary passages of gravel and stones, it is said so perfectly to remove
 “ the cause, as to hinder their breeding again. Moreover it prevails
 “ against the king’s evil, and powerfully strikes at the root of the
 “ cause: it opens obstructions of the womb, and provokes the terms
 “ when they are stopt. Dose two or three ounces or more, in white
 “ port or Rhenish wine.

“ That the distilled oil, is made from the seeds and roots of Broom
 “ dried, as oil of saffrafas, and other like preparations. Its use is ex-
 “ ternal, to anoint with, to take away spots, freckles, pimples, and
 “ other deformities of the skin.

“ That the spirituous tincture, is a peculiar thing against the scur-
 “ vy, and to strengthen the stomach and bowels, whilst the dropsy is
 “ in curing. Dose about two drachms.

The same Author further remarks, “ That the acid tincture, if it
 “ is often and long taken, destroys the scurvy, dropfy, and king’s
 “ evil, in their roots, and destroys the præternatural heat in all burn-
 “ ing, malign, and pestilential fevers. It opens the obstructions of all
 “ the viscera, and in a word performs all that the liquid juice or essence
 “ can do; and with this advantage, that this may be taken where there
 “ is an extreme weakness of the stomach, when those things cannot.

“ That it helps shortness of breath, and difficulty of breathing,
 “ strengthens a weak stomach, and causes a good appetite in such as
 “ loath their food, or cannot endure it in their sight; dose, from a quar-
 “ ter to almost half a spoonful, in ale, beer, or wine, three, four, or
 “ five times a day.

“ That the oily tincture is good against external evils, and deformati-
 “ ties of the skin, as spots, freckles, lentils, pimples, wheals, scurf,
 “ morpew, and such other like diseases; eases pains and aches pro-
 “ ceeding from a cold cause, in what part of the body soever: and be-
 “ ing taken inwardly, from ten drops to twenty, or more, in any diu-
 “ retic vehicle, it gives present ease to pains of the back, though ne-
 “ ver so extreme, provokes urine, takes away the heat and scald thereof,
 “ and expels sand, gravel, and tartarous matter.

“ That the saline tincture is good in hot tumours, and all hot erup-
 “ tions and deformities of the skin, proceeding from heat, or that hap-
 “ pen in hot constitutions. Inwardly given, it powerfully provokes
 “ urine, and therefore may be of good use in the dropfy, to drain the
 “ water out of the whole body. It kills small worms in the skin,
 “ which breed in an extravagant manner in some people, chiefly in the
 “ forehead, nose and chin.

Our Author proceeds to inform us, “ That the syrup, if it is made
 “ of the juice, has the virtues of the essence and juice, but not full
 “ so powerful; however it is better for women and children who

“ have weak stomachs; as it purges gently, and carries off the recrements of the humours by stool. That it is a singular thing against the dropfy, jaundice, and king’s evil. Dose, two ounces to four, in a glass of port wine.

“ That the fixed salt is made of the ashes of Broom, by elixivation in water, which being drank daily in ale, beer, or wine, it is said alone to cure the dropfy, and to be a specific for the same. Dose from a scruple, or twenty grains, to half a drachm, or thirty grains, in every draught, usually taken in either ale, beer, or wine.

“ That if it is taken in white wine, or Rhenish wine, it is not only a specific against the dropfy, but as Authors say, it cures the green sickness also: however it is not to be used in too great a quantity, lest it should by its vehement, aperitive, and absterfive qualities, fret or hurt the bowels, but it may be given in the liquid juice or essence, whereby it exalts their virtues, and makes them the more powerful, to all the intentions they are proposed for.

He further acquaints us, “ That the powder of the leaves and seeds taken to a drachm, or a drachm and a half, in beer or wine, purges downwards, cold, phlegmatic, and watry humours, expelling the water in dropfies, and is of service in the gout and sciatica; and by a constant use thereof in wine, preserves from the gout and stone.

“ That the conserve of the flowers, made either with sugar or honey, and taken often, wastes and destroys the humours which feed the king’s evil, and thereby overcomes the disease.

“ That the balsam is made of the young twigs, flowers &c. and that being applied to green wounds, or foul, running, and putrid ulcers, it cleanses, incarnates, and heals them in a very short time; and that the same will be done by a balsam made of the liquid juice and turpentine, and boiled to a thickness, adding a little oil and wax.

“ He

He concludes his judicious remarks with observing, “ That a preparation which is termed Genistæmel, is made by boiling the liquid juice of Broom and honey (whence the name) to a thickness. That it cures green wounds presently. It also cleanses old running and putrid ulcers, fills them with flesh, and heals them : and applied to kibes in the feet, with powder of scammony, it cures them in a very short time.

“ That if a cataplasm is made of the tender tops and flowers, and are beaten till they become a mass in a wooden mortar; and being applied, it is said to help the bitings of serpents, and other venomous creatures.”

OBSERVATIONS BY THE AUTHOR.

The plant Broom we have been so largely treating of, from some of the first practitioners in the Materia Medica, appears to be a plant possessed of very extensive and powerful virtues. The seeds hereof are of a leguminous and mucilaginous taste, and consist of some gentle, smooth, and saline particles, joined to some nauseous ones, and from the considerable quantity of salts we find are contained in them by analyzation, must be endued with very strong diuretic powers.

It is true our native Broom possesses these virtues in a considerable degree, and in many cases are amply sufficient for most of the preparations we have occasion for in our practice, but in difficult cases, such as the dropfy in the worst stages, and the like, which so often occur, and as it were baffle our utmost abilities and exertions ; in these cases I would strenuously advise the use of the Spanish Broom as far more powerful, and particularly calculated to answer these valuable purposes.

There appears to be no less than four different and trying diseases, for which this plant, from the valuable authorities we have quoted, seems to be useful in, viz. dropsy, gout, stone, and king's evil. I can only recommend from experience, the use of it in the first, or dropsy, and in this I have found it to answer my most sanguine expectations in several, and I think difficult cases.

With respect to the three others, I should apprehend from a minute investigation of its properties, that it is well calculated at least to keep under, if not subdue such deplorable diseases, which too often defeat all our art, and is consequently well worth our trial; and as such I would recommend it to the regard of the gentlemen of the profession.

Our limits now here will only permit me to observe, that there are three several kinds of dropsies to which we are subject, viz. anasarca, tympanites, and the ascites, in all of which I have experienced the following medicines useful, and which I shall explain for the advantage of my readers.

The first, or anasarca, is when the lymph stagnates in the whole habit of the pinguedinous substance, or wherein the water falls into the more fat part of the flesh, throughout the whole body; and in this kind it is, that the pittings in the flesh are most conspicuous, and the fingers, hands, arms, thighs, legs, and feet, and other parts, generally and equally swell: whereas the tympanites, and the ascites, ever fill the cavity of the abdomen, and scarcely cause any of the other parts to swell, till that is first replete with water, or water and wind together, as at a future period will be more particularly and fully explained.

If this disease is taken in time, it is easily cured, but unfortunately, in the first stages, patients are too apt to judge for themselves, and even in a matter of such importance, to trifle with themselves so long, that when they apply to the faculty for relief, it is perhaps too late.

I have

I have particularly noticed this, to guard my readers against an evil, I have too frequently experienced in my practice; and which, had it been properly treated at first, in all human probability, with the divine blessing, it might have been easily removed, instead of terminating with the life of the patients, and probably cast a stigma upon the faculty.

The manner I have usually prepared my medicines from the plant Broom, for my dropfical patients, has been the following.

Take of the plant in its highest perfection, that is when it first comes out into blossom, of the English and Spanish kinds, of each an equal quantity, more particularly its young flowering branches and shoots, pound or beat these in a mortar to an impalpable mass, when press out the juice, and let it stand to settle, and to every pint of the clear liquor, add three ounces of the neat juice of the herb foxglove. Boil gently the whole with a pound of the best clarified honey into an uniform syrup, and keep it in a cool place for use, lightly corked, so as to prevent any fermentation.

The patient should begin with taking about two ounces at first, as it will affect different constitutions variously, and may be increased by degrees to double that quantity in some habits, if required, twice a day, or oftener.

Or, take of the neat juice of both plants, of each half a pint, of the juice of Florentine, orris root two ounces, and of the best French brandy four ounces, and mix the whole together for use. Then procure of the plant Broom a sufficient quantity, dry and burn it to ashes, and boil it in a proper quantity of water for one hour or more, which afterwards strain from the ashes and let settle. Evaporate the clear liquid in an iron pot over the fire to dryness, stirring it near the end of the process, when there will remain a whitish salt, which keep in a glass vessel for use.

Take

Take then the above mixture, and of the prepared salt as above directed three drachms, and carefully unite both together; of this the patient may begin with taking one ounce, as fo united, which may be increased to double that quantity twice a day.

In some of the worst stages of this disease, I have found this practice successful, neither is a cure to be despaired of, particularly if the patient will persevere for a few weeks in an entire abstinence from all liquids, except when the thirst is intense, when a lump of sugar soaked in a little brandy, may be taken twice or thrice a day; if this is suffered to dissolve in the mouth gradually, it will sooner appease the most severe ragings of thirst than the most copious draught of water.

HERBARIUM OF THE UNIVERSITY OF TORONTO



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Veronica Beccabunga.

Brooklime.

John Frederick Miller.

Pub. as the Act directs, 1 Dec. 1791, by J. B. C. N. 28. Later-noster Row.

C H A P. XVIII.

OF THE PLANT BROOK-LIME.

Beccabunga, feu Anagallis aquatica. Veronica aquatica folio subrotundo. C. B. Veronica Beccabunga.

BROOK-LIME.

THERE are various species of this plant treated of, and as variously distinguished by different botanic Authors, as 1. Anagallis aquatica vulgaris, Beccabunga, by Parkinson; or common Brook-lime, which Mr. Ray calls Anagallis rectius Veronica aquatica minor, folio subrotundo. 2. Anagallis rectius Veronica aquatica folio rotundiore major, five Becabunga major, the greater Brook-lime, and greater round leaved Brook-lime. 3. Anagallis rectius Veronica aquatica major folio oblongo erenato, great Brook-lime with a long dented leaf. 4. Anagallis aquatica rectius Veronica aquatica minor foliis oblongis non crenatis, or the lesser Brook-lime with a long leaf not dented, and some others not so common with us.

But we shall confine ourselves to that species which is most common and usually found, of which take the following

DESCRIPTION.

DESCRIPTION.

Common Brook-lime has a root which is white, fibrous, and creeping, and sendeth forth thready strings from every joint; from whence rise up flat thick stalks, which are roundish and divided into several branches, having on them thick, smooth, and broad deep green shining leaves, somewhat like to purslain but of a deeper green colour, and set upon the stalks by couples. The flowers grow upon small long tender foot-stalks, which thrust themselves forth from the leaves, of a blue colour, and not much unlike to the leaves of the flowers of the land Pimpernel.

The pointal dwindles away into a membranous fruit of the shape of an heart almost, being flat, about a quarter of an inch long, and distinguished into two apartments, in which are contained small flat seeds.

Brook-lime, called also by some ancient botanists, Water Pimpernel, and Water Speedwell, flowers in June and July, yields its seed in August, and is to be found by river sides, running brooks, and standing waters, in most places in this kingdom.

VIRTUES.

The learned Tournefort advises in the scurvy and the dropfy, “ To
 “ take of the leaves of Brook-lime and mint, of each two handfuls, of
 “ horse-raddish roots one ounce, of wood of Cassia one drachm, and of
 “ the salt of tamarisk one scruple. Infuse these ingredients in white
 “ wine one pound, of which the patient should take four ounces for a
 “ dose, in the above disease.

The great Hoffman advises in tubercles of the anus, “ To procure a
 “ considerable quantity of Brook-lime, and with a strong decoction
 “ thereof to make a fomentation, and foment the parts with it warm
 frequently;

“ frequently, after which apply the dry leaves mashed to the form of
 “ a poultice, which will be found very useful.

“ That in the piles, a fomentation, or poultice, prepared from this
 “ plant, are wonderfully serviceable in relieving the pains, particularly
 “ of the blind piles.”

Mr. Ray informs us, “ That in a suppression of the usual monthly
 “ evacuations of the other sex, the juice of Brook-lime, or a syrup made
 “ of it, is of excellent service.”

Etmuller directs in any tumour of the pudenda, “ To take of the
 “ leaves of Brook-lime two parts, of fresh camomile flowers one part;
 “ make a poultice, to be applied hot to the swellings, after the use of
 “ the following fomentation.

“ Take of flowers of camomile and elder, of each two handfuls;
 “ boil in two pints of water, or rather of wine, to a pint and a half;
 “ make a fomentation, to be used hot.

“ N. B. If in making the poultice the camomile flowers are dry,
 “ they should be pulverized, and powdered along with the Brook-
 “ lime.”

Riverius advises in the scurvy, “ To take of the juices of Brook-
 “ lime, water cresses, and fumitory, of each one ounce, of white sugar
 “ two drachms, mix and make a draught to be taken the first thing in
 “ the morning.”

An ancient esteemed Author, whose works are now reprinting with
 avidity, and the best extracts from which my readers may always rely
 upon, informs us, “ That Brook-lime and water cresses are generally
 “ used together in diet drinks, with other things, serving to purge the

“ body and blood, from all ill humours that would destroy health, and
 “ are helpful to the scurvy.”

“ That they provoke urine, and help to break the stone and pass it
 “ away, and procure women’s courses, and expel the dead child. That
 “ being fried with butter and vinegar, and applied warm, it helpeth
 “ all manner of tumours or swellings, and inflammations.”

Lovell directs Brook-lime “ To be boiled, and applied as a cataplasm
 “ to swelled legs, and for the dropfy, in which cases he says it is very
 “ useful.

“ That the leaves boiled, strained, and stamped, with the powder of
 “ fenugreek seed, linseed, the root of marshmallows, and hog’s-lard,
 “ into the form of a cataplasm, and applied to any swelling in the legs, or
 “ arms, is of excellent service, and preserve wounds from apostuma-
 “ tion.

“ That the leaves stamped, strained, and drank in wine, helpeth the
 “ strangury, and griefs of the bladder: and eaten with the tendrils of
 “ asparagus, oil, vinegar, and pepper, helpeth both the strangury and
 “ the stone.”

Drs. Quincy and Alleyne observe, “ That Brook-lime abounds with
 “ pungent volatile parts, which enable it to abrade, and clear away
 “ those little viscosities that obstruct the capillaries, and occasion scabs
 “ and blotches.

“ That it is also diuretic, and a cleanser of all the viscera; which is
 “ the reason it is so frequently used, and has a place in all antiscorbu-
 “ tic and deobstruent compositions.”

Dr. Brookes acquaints us, “ That this herb temperates acrimony,
 “ and is very useful in the hot scurvy, if taken either as a fallad, or
 “ four ounces of the juice as a dose.”

Dr. James informs us, “ That the whole plant is a good deobstru-
 “ ent, and antiscorbutic, abounding with volatile parts, and is very
 “ good for the scurvy, and therefore used as an ingredient in the anti-
 “ scorbutic juices and diet drinks. That it is also deterfive, cleansing,
 “ and useful in obstructions of the kidneys, by gravel or slimy humours,
 “ as also for the stone and dropfy.”

A very valuable ancient Author remarks, “ That the distilled water
 “ from the whole plant, is good against stone and gravel in the reins,
 “ ureters, and bladder, opens obstructions of the urinary passages, and
 “ is used as a vehicle to convey the other preparations of the herb in.
 “ Dose five or six ounces, twice, or thrice a day.

“ That a spirit is prepared from it as spirit of scurvy-grafs, in the
 “ following manner. Take the leaves and stalks of Brook-lime when
 “ in full blossom, as much as you please, bruise them, and make them
 “ up into small balls; or, being bruised, put them into an earthen jar, pres-
 “ sing them in; upon which effuse the former strong distilled water, or
 “ rather that distilled from wine, so much as may supernate four or
 “ five inches; stop all with a cork, and lute it firmly for three or four
 “ days; then put all into an alembic, with its head and worm, draw-
 “ ing off first the spirit, and then the water according to art: which
 “ rectify in a glass cucurbit; so will the pure, subtile, and volatile spirit
 “ ascend first, which keep by itself in a glass close stopt. The remain-
 “ der may be drawn off to dryness to make fresh spirit with.

“ That the above volatile spirit of Brook-lime, is good for a weak
 “ stomach, rectifies crudities, and removes nauseousness and vomiting,
 “ and other distempers thereof, and therefore is a very effectual thing
 “ against the scurvy, which the Greeks call a stomach disease, as hav-

“ ing its root and foundation there. The dose is thirty or forty drops
 “ in wine, or some other proper vehicle, morning and evening chiefly ;
 “ but it may be given at other times of the day, upon any occasion of
 “ stomach sickness. It is an excellent thing in cold constitutions ; but
 “ such as are of a hot habit of body are to forbear it.”

He further informs us, “ That the liquid juice is said to be effectual
 “ to break the stones in reins and bladder, if of a gritty substance, and
 “ to expell it, for it opens all the urinary passages, and powerfully pro-
 “ vokes urine, giving ease in the strangury, dysury, and other like af-
 “ fections of those parts. Dose from two spoonfuls to six, morning
 “ and evening, in a glass of beer, ale, mead, or wine.

“ That the essence of the plant has all the virtues of the liquid juice,
 “ besides which it is profitable against ulcers in the bladder, to provoke
 “ the terms in women, and expell the dead child.

“ It is a singular thing against the dropfy farcites, if it is impregnated
 “ with the fixed salt of the plant, and be daily given in all the liquor
 “ the patient drinks. It purifies or cleanses the blood from all ill hu-
 “ mours, and perfectly eradicates the scurvy in a cold habit of body,
 “ universals being premised.

“ It is best taken at Spring time, and fall of the leaf, because then
 “ the blood and humours are thin and fluxile, and more apt to pass a
 “ depuration. Dose from one ounce to three ounces, morning and
 “ evening.”

He likewise observes, “ That the spirituous tincture has the virtues
 “ of the spirit afore-mentioned, but much more powerful ; and may be
 “ given from twenty to forty drops in any proper stomachic vehicle, or
 “ wine.

“ That

“ That the acid tincture is a potent antiscorbutic, and may safely be
 “ given as well in a hot as a cold constitution, as it powerfully opens
 “ obstructions, provokes urine, and the courses, breaks and dissolves
 “ the stone, expells tartarous matter out of the body, helps in rheuma-
 “ tisms and the gout, and gives ease in wandering pains, running over
 “ the whole body. Dose, so many drops at a time, as may make a
 “ glass of ale, beer, mead, or wine, gratefully sharp.

“ That the saline tincture given inwardly, powerfully provokes
 “ urine, and opens obstructions, yet it is mostly used in outward appli-
 “ cations, as to discuss swellings in the legs in the dropsy, by foment-
 “ ing them therewith; to ease pains of the gout, and to prevent an
 “ incipient gangrene. It clears the skin of scurf, morpew, and such
 “ like defilements, if often washed therewith.

“ That the oily tincture is good against the palsy, and convulsions of
 “ the nerves, being often anointed upon the parts affected. It eases all
 “ sorts of pains in any part, proceeding from a cold cause; and being
 “ applied to moist wounds, it defends them from accidents; and that
 “ being well anointed upon any tumour, or part inclining to a mortifi-
 “ cation, it prevents it, and conduces much to the cure.”

He concludes with observing, “ That the fixed salt of Brook-lime is
 “ deobstructive and diuretic, bringing away much water in hydropic
 “ persons, and carrying off much of the morbid cause of the scurvy
 “ by urine, being given in white port, or Rhenish wine, or some other
 “ proper vehicle, three, four, or five times a day. Dose from fifteen
 “ grains to half a drachm.”

OBSERVATIONS BY THE AUTHOR.

Brook-lime, upon a chymical analysis, produces a great quantity of an acid phlegm, a considerable quantity of oil and earth, and a small portion of urinous spirit; and from its saponaceous, abstergent, and aperient powers, indicates a valuable medicine to attenuate viscid humours, as well as to be of service in some chronic cases.

What adds to the value of this excellent antiscorbutic medicine, it acts in the most mild manner possible, without either pungency or irritation, and may safely be ventured upon, particularly in the manner hereafter directed, in those species of scurvy, called or termed hot, wherein some of the more acrid antiscorbutics are less proper.

From its deterfivè and cleansing properties, I should apprehend it likewise to be useful both in the stone and gravel, as well as in some species of the dropsy; but in these latter cases I have had no experience, notwithstanding I think myself justified in this opinion, particularly from certain preparations that might be formed from Brook-lime: and I think it well worth the trial, especially after the relation we have had of its effects in these cases, from the practice of many valuable ancient Authors. But I shall confine myself to the experience I have had of this plant, and of its virtue in scorbutic cases, which we will now more minutely consider.

The scurvy is a cacochymic diathesis of all the fluids, from ill generated chyle, or a succus nutritius vitiated, from the weakness of the concoctive faculty of the stomach, and relaxation of its tone, whereby a certain puridity is generated, which uniting itself with the blood, lymphæ, and other juices, the whole body is at length contaminated.

This disease may be caused, or proceeds either from an acidity, an acrimony, or putrefactive quality in the blood, often introduced by a moist corrupt air, so frequent with us, and which I presume is one chief cause which renders this complaint so universal to the inhabitants of this kingdom; or it may arise from obstructed perspiration, poorness of blood, surfeits, or the too frequent use of salted provisions, and which occasions it being so usual among our seamen.

The diagnostics, or whereby we may discern justly in this disorder, is, that it is frequently accompanied with a heaviness and lassitude of the whole body, which seem to be produced without any apparent cause, difficulty of breathing, more especially after exercise, putridness of the teeth and gums, with oozing of blood from them, foetid disagreeable breath, often bleeding of the nose, acute pain in the head, as well as wandering pains in various parts of the body, and stiffness of the joints.

The scurvy is attended also often with a vitiated appetite, a diarrhoea and dysentery, and sometimes costiveness, frequent shiverings, swellings in the joints, the urine pale, red, or gravelly. Livid spots sometimes likewise appear in the skin, and cuticular eruptions, which itch intolerably, appearing first usually on the thighs, or the arms, hands, or legs, and sometimes over the whole body, which frequently produce red angry pimples, vesicles full of a hot acrid lymph, or crusts, scabs, and foul putrid ulcers.

Among the more frequent and dangerous practices in this disease, is that of bleeding, which has hastened to the grave many before their appointed time: but lest this observation should not have its proper weight, I shall relate a case which happened in the course of my practice but a few years since.

A particular acquaintance whom I was in the strictest union of friendship with, a stout strong man, whom I well knew to be afflicted with

with a scorbutic habit, often requested me to let him blood, as was his usual custom, some fifteen or twenty years before this; I constantly refused him by enforcing the consequences, till at last he found some gentleman who frequented the sea, who absolutely bled him three times in the course of ten or twelve days, and was then very ill.

He then sent for me, when I charged him with this breach of friendship, which he reluctantly confessed, when I refused acting in his then present case without further help, as I clearly saw it would prove fatal; and notwithstanding we had the first medical assistance we could procure in London, with the greatest dejection and lowness of spirits, with frequent sighings, which was succeeded with the hiccoughs, he in a very short time fell a martyr to his infatuation.

The usual methods I have adopted for the administration of Brook-lime, in the course of my practice, for the cure of the scurvy, are the following, which by a constant attendance thereto will seldom fail those who have occasion to make trial of them.

Take of the depurated juices of Brook-lime, scurvy-grass, and dandelion, of each half a pint, of the juice of civil oranges, a quarter of a pint, and in a very gentle heat, with about two pounds of fine powdered loaf sugar, form a syrup; two table spoonfuls, or more, of which, may be taken in wine, beer, ale, or tea, twice or thrice a day.

Or, take of the neat juices of Brook-lime, of wild or wood sage, and scurvy-grass, of each half a pint, of fresh orange or lime juice a quarter of a pint, and in a gentle heat, with two pounds of fine loaf sugar in powder, unite into a syrup, which should be taken as the former.

Or, take of the plants of Brook-lime, and wood sage, cut small, of each equal quantities, of the sweet spirits of nitre, a sufficient quantity to supernate the ingredients three or four inches; let it stand in digestion

tion for five or six days, shaking it once or twice a day, after which pour off the clear essence, and to every pint of which add four ounces of the strongest spirit of scurvy-grass, which well unite, and keep in a close phial well stopped.

The patient should take of this valuable antiscorbutic essence from thirty to sixty drops, in wine or any other proper vehicle, three or four times a day.

It may be necessary to remark in the use of the above medicines, particularly in bad cases, that a dose of cooling salts, taken once in ten or fourteen days, will greatly hasten the cure.

If a dentrifice is required, take of the juice of Brook-lime two ounces, of the sweet spirit of nitre and tincture of myrrh, of each one ounce, and with this mixture well wash the teeth and gums once or twice a day.

I think I am justified in the assertion, that there are few superior dentrifices, however pompously dignified by title or price, better calculated to preserve the teeth or gums from the scurvy, which is the chief and principal cause with which they are so frequently and usually affected.

We have not room under this plant to give the necessary regimen and advice, so trying a malady in some cases require; yet cannot for the present conclude these observations without remarking, that in the scurvy the frequent use of the following drinks are highly serviceable, viz, tar-water, lime-water, the decoction of the woods, decoction of sarsaparilla, and the decoction of burdock.

C H A P. XIX.

OF THE PLANT WHITE BRYONY.

Bryonia Alba, Offic. Ger. Emac. Vitis Alba, vel Bryonia, I. B.
Bryonia Alba. Lin.

WHITE BRYONY.

BESIDES the above species of Bryony, there are the Bryonia nigra, Offic. Ger. or black Bryony, which Gefner affirms is possessed of very drastic qualities, and some others not so common, enumerated by Parkinson and others, but we shall confine ourselves to the former, of which take the following

DESCRIPTION.

White Bryony has a very large thick root, as big as a man's arm, or thigh, pulpy, and divided into several thick fibres, growing very deep in the earth, of a light brown on the outside, and white within, of a pungent, bitter, and unpleasent taste. In the Spring it shoots forth several slender, hairy, and rough stalks of great length, which, from the joints, put forth



Male

Female

Bryonia Alba.

White Bryony.

John Frederick Miller del: 1791.

Pub: as the Act directs, 1 Dec: 1791, by J. Bosc, N: 28. Later in other Row.



forth curled tendrils, and entwine itself upon the hedges near which it grows. The leaves are rough and hairy, of a whitish or hoary green, and in shape like to a vine leaf, whence the name *Vitis alba*, or the white vine, but much less in size, than the real vine or grape leaf. The flowers are monopetalous, cut into five segments, of a whitish green colour, growing several together upon branchy foot-stalks; after which follow small berries, first of a whitish green, which change afterwards to red, and are full of small seeds.

This plant delights in cold and temperate countries, and is called by some ancient Botanists, *Tamus*, and *Ladies Seal*, growing in lanes and hedge-sides, flowering in the chief Summer months, and perfecting its seeds in September.

VIRTUES.

A very valuable ancient Author observes, “ That the roots of Bryony
 “ purge the belly with great violence, troubling the stomach and
 “ liver, and therefore not rashly to be taken; but being corrected, is
 “ very profitable for the diseases of the head, as falling sickness, giddi-
 “ nefs, and swimings, by drawing away much phlegm and rheuma-
 “ tic humours that oppres the head; as also for the joints and sinews,
 “ and is therefore good for palsies, convulsions, cramps, and stiches
 “ in the side, and the dropfy: and in provoking urine, it cleanseth the
 “ reins and kidneys from gravel and stone, by opening the obstructions
 “ of the spleen, and consumeth the hardness and swellings thereof.

“ That the decoction of the root in wine, drunk once a week at
 “ going to bed, cleanseth the mother, and helpeth the rising thereof,
 “ and expelleth the dead child; and that a drachm of the root in pow-
 “ der taken in white wine bringeth down the courses.

“ That an electuary made of the roots and honey, doth mightily
 “ cleanse the chest of rotten phlegm, and wonderfully helps an old strong
 “ cough, as well as those who are troubled with shortness of breath,
 “ and is very good for them that are bruised inwardly, to help to
 “ expel the congealed blood.”

He further remarks, “ That the leaves, fruit, and roots, do cleanse
 “ old and filthy sores, are good against all running cankers, gangrenes,
 “ and tetter, and therefore the berries are by some country people
 “ called tetter-berries.

“ That the root cleanseth the skin wonderfully from all black and
 “ blue spots, freckles, morpew, leprosy, foul scars, or other deformity
 “ whatsoever; as also all running scabs, &c. are healed by the pow-
 “ der of the dried root, or the juice thereof, but especially by the fine
 “ white hardened juice, called *Fæcula Bryoniæ*.”

Our ancient Author concludes with observing, “ That the distilled
 “ water of the roots worketh the same effects, but more weakly; and
 “ that the root bruised and applied of itself to any place where the bones
 “ are broken, helpeth to draw them forth, as also splinters and thorns
 “ in the flesh; and being applied with a little wine mixed therewith,
 “ it breaketh boils, and helpeth whitlows on the joints.”

The great Sydenham advises, “ In madness to let the patient take
 “ in the morning one drachm of the powder of the dried root, mixed
 “ with five or six ounces of cow's milk, observing a proper regimen.”

“ Or, take of the fresh root half an ounce, or six drachms; infuse
 “ it over night in four ounces of white wine: to the strained liquor,
 “ add one ounce of the syrup of violets, mix, and make a potion.”

Mr. Ray directs, “ In the gout, a sufficient quantity of the fresh
 “ root to be washed, and to be beaten to an impalpable mass, and ap-
 plied

“plied to the part affected, three or four times as a poultice. That in
 “the sciatica it is likewise no less useful, beaten, and applied in the
 “same manner.”

Stocker advises, “In the scurf or dry scabby head, to take a suffi-
 “cient quantity of the powder of the root; mix it with honey, and
 “make a liniment for the part affected.”

Bartholin remarks, “That a syrup prepared of the juice of the root
 “of white Bryony, or wild vine, after it is depurated by settling, is
 “surprisingly effectual for the killing and expelling of worms.”

Lovell observes, “That the first springs which shoot up, boiled
 “and eaten, purge by urine, as also the root drank in mead in the
 “Spring, or boiled into a decoction, purgeth as before, and helpeth
 “dropsies, falling sickness, and vertigo.”

“That the fruit applied helps scabs and leprosy; and the root as a
 “peffarie, extracts the dead child; and as a bath, boiled, and applied,
 “it taketh away wrinkles, and freckles, sun-burnings, spots, and scars.

“That the root stamped with salt and applied, helps filthy ulcers and
 “scabbed legs, as does the fruit, and that its roots, and that of Wake-
 “Robin, stamped with brimstone and applied, helpeth the morpew
 “and freckles, made in a nodulus with vinegar.”

Dr. Sir John Floyer remarks, “That the roots of white Bryony
 “taste sub-acrid, very bitter, and mucilaginous; and therefore vomits
 “and purges as other bitter mucilages do. Outwardly by the same
 “qualities, it cures warts, strumas, pains of the hips, sides, and gout,
 “as well as bruises; and is laid to the feet in cataplasms, for distem-
 “pers of the head.”

He further notes, “ That it is observed by Mr. Ray, that if the root
 “ be dried, and the mucilage afterwards drawn out by infusing it in
 “ wine, and then again dried, it purgeth and vomiteth much less.
 “ That the leaves of Bryony have the same taste and virtue; and some
 “ have used the decoction of them for the stone; but ten spoonfuls
 “ thereof purged and vomited a dog strongly.”

He also informs us, “ That the red berries have a very disagreeable
 “ and foetid smell and taste, and that country-men give them for the
 “ hooft to their cows. That the Fæculæ of the root is purgative;
 “ and as foetids and bitters, they work in hysterick cases.”

Monfieur Tournefort observes, “ That the root, feed, and leaves of
 “ Bryony do all purge strongly, and are successfully administered in
 “ the hysterick passion, asthma, epilepsy, and vertigo, or giddiness of
 “ the head. That it is corrected with cream of tartar, vegetable salt, or
 “ vinegar, either plain or with squills. That the root used to be pre-
 “ scribed, dried, and powdered, from one scruple to two, the juice
 “ from one drachm to half an ounce; and the decoction of the roots
 “ to one ounce; and from the juice of the roots a syrup is prepared,
 “ that purges effectually, to the quantity of one ounce.”

He remarks, “ That Arnoldus, in Villa-nova, gives us a relation of
 “ a certain epileptick person that was perfectly cured in the space of
 “ three weeks, by purging himself with the depurated juice of Bryony
 “ roots, adding a little sugar to it. That the root being sliced, and in-
 “ fused in white wine, does notably purge, and bring away the hu-
 “ mours, being given to the quantity of two ounces, and it helps the
 “ hysterick passion, if it be used twice or thrice a week.

“ That a water or milky juice may be obtained from the root of
 “ Bryony, by the following manner.

“ In the beginning of the Spring when the root is full of juice, cut
 “ off the upper part of it, and the other part of it sticking fast in the
 “ earth cut hollow, which being covered with the upper part that was
 “ first cut off, the next day it will be filled with a milky juice; which
 “ being given to the quantity of a spoonful, purges gently downwards.
 “ That there is also a Fæcula obtained from Bryony, being nothing
 “ else but the meally and earthy part of it mixed with a little sulphur
 “ and salt, which while the juice of the root is depurating, settles or
 “ lets fall to the bottom of the vessel, and the juice being decanted
 “ from it, is taken out and dried. That this Fæcula is made use of in
 “ the hysteric pills of Monsieur Charras.”

Dr. Strother observes, “ That white Bryony is of an acrid, bitterish,
 “ nauſeous, and viscous taste; but has no smell. That from its saline
 “ nature it purges, because its salts vellicate and twinge the stomach,
 “ and intestines, from whence also it sometimes vomits; but as it is
 “ endued with viscous parts, it is apt to raise gripes, by adhering to
 “ the coats of the stomach: and therefore should be corrected with
 “ aromatics, which by their volatile salts and essential oils do incide
 “ the viscid.

“ That oil of vitriol also, or any acid spirit, serves to bring its fixed
 “ and volatile parts into play; but that one caution is necessary, namely,
 “ that we do not overpower the active salts with acids, for then we
 “ should quite blunt them, and drown their virtue.

“ That its preparations are Fæcula Bryoniæ; this powder is
 “ given with one or two drops of oil of cloves. That its tincture may
 “ be made with spirit of wine, and corrected in the same manner,
 “ which is good in œdematous tumors.”

Drs. Quincy and Alleyne remark, “ That the root of Bryony is a
 “ powerful purger, and chiefly of water, though seldom used, and
 “ from its great uterine detergent powers, is therefore prescribed in
 “ almost

“ almost all hysterical complaints. That it is accounted very penetrat-
 “ ing, and therefore good in all grumous collections and coagulations;
 “ and that some will have it almost infallible in arthritic pains and
 “ tumours, ordered in a cataplasim; and that Etmuller commends the
 “ juice, which oozes into a cavity made in a large green root, as doing
 “ wonders in the gout.”

Dr. Brookes informs us, “ That the root of this plant has been
 “ always accounted a good purge in the dropsy, hysterical passions, the
 “ asthma, epilepsy, vertigo, palsy, gout, madness, and chronic diseases,
 “ particularly in the moist asthma, dropsy of the breast and womb.
 “ That the dose of the root in powder is from a scruple to a drachm,
 “ of the juice, from a drachm to half an ounce in broth. That mad people
 “ after sufficient bleeding, may take a drachm every third or fourth
 “ day till they are well. That an extract made with wine is safest,
 “ the dose of which is from a scruple to a drachm; and that the root
 “ held in the hand has been known to loosen the belly.”

Dr. James observes, “ That the root of the White Bryony is the
 “ only part now used in medicine; and all Authors are sufficiently
 “ agreed that it is highly acrimonious and nauseous, provokes urine,
 “ purges violently, and vomits briskly. That this root when used inter-
 “ nally, acts by its stimulating and resolvent acrimony; and may pro-
 “ perly be exhibited in cases where heating medicines are indicated, and
 “ when the intention is to stimulate the nerves strongly, and give a
 “ kind of concussion to the whole system.

“ That to this quality it is also owing, that it is so much extolled in
 “ intermitting fevers, in provoking the menses, curing those uterine
 “ disorders to which young women are subject; and in killing and ex-
 “ pelling worms lodged in the intestines. That it was formerly given
 “ as a purge, in maniacal, and hydropic cases, and in smaller doses as a
 “ resolvent and deobstruent, but is not so frequently made use of in these
 “ intentions, chiefly on account of its degree of activity in different
 states

“ states and forms, being variable and less ascertained, than that of
 “ some other cathartics in more general use.”

He further remarks, “ That externally the fresh root is employed
 “ in cataplasms, as a resolvent and discutient against tumours, both
 “ of the schirrous and œdematous kind, stagnations, and coagulations
 “ of blood from external injuries, and in ischiadic and other rheumatic
 “ pains. That if the root of White Bryony is excavated in the ground
 “ and covered properly, the liquor collected in it proves an excellent
 “ medicine for arthritic pains, if applied immediately to the parts
 “ affected. That the root itself also fresh bruised, mixed up with lin-
 “ seed oil, and applied warm, removes sciatic and arthritic pains; but
 “ must be repeated till the morbid matter is resolved and dissipated.
 “ That the leaves of Bryony also, if bruised, and applied to livid and dis-
 “ coloured spots in the skin, powerfully discuss the grumous blood.”

Dr. Lewis observes, “ That the roots of White Bryony when fresh,
 “ their smell is strong and disagreeable; their taste nauseously bitter,
 “ acrid, and biting: the juice so sharp, as in a little time to excoriate
 “ the skin; that in drying they lose great part of their acrimony, and
 “ almost the whole of their scent. That it is a strong irritating ca-
 “ thartic; and as such has been successively exhibited in maniacal cases,
 “ in some kinds of dropsies, and in several chronical disorders, where
 “ a quick solution of viscid juices, and a sudden stimulus on the solids
 “ were required.”

He remarks, “ That the extract of the root prepared with water,
 “ acts more mildly, and with greater safety than in its crude state;
 “ and if given from half a drachm to a drachm, is said to prove a gentle
 “ purgative, and likewise to operate powerfully by urine.”

An intelligent modern Botanist informs us, “ That the root of this
 “ plant is purgative and acrid; that a drachm of it in substance, or half
 “ an ounce of it infused in wine, is a full dose. That a cold infusion

“ of the root in water is used externally in sciatic pains ; and that a
 “ cataplasm of it is a most powerful discutient ; and a decoction made
 “ with one pound of the fresh root, is the best purge for horned cattle ;
 “ that the active virtues of this plant seem to claim more attention than
 “ is now bestowed upon them.”

OBSERVATIONS BY THE AUTHOR.

We are now led to consider the virtues of an English plant, whose medicinal powers, because they are great and considerable, are termed by those who are no friends to the botanic practice, irritating, acrimonious, &c. &c. not considering that on these very qualities, and these alone it is, we are enabled, in many cases, to overcome some of the most trying diseases, which usually bid defiance to the whole power of medicine.

A judicious Physician would place no value on a medicine of trivial virtue, without being able when necessary to add thereto, so as to render it useful and profitable for his patient ; and he surely does not merit the name of a practitioner, who has not the ability to restrain the effect of those which are in themselves too powerful, so as to make them equally advantageous.

The Great Dispenser of events, has, for wise purposes, thought it necessary to permit many diseases trying to human nature, probably to bring us nearer to himself, and to reduce us to a state (as it were) between life and death ; such as the epilepsy, palsy, convulsions, &c. &c. which require medicines of the most active and stimulating nature to subdue them ; but of his goodness he has not even here left us hopeless, having furnished us with very great and powerful means,
 (particularly

(particularly in the plant we are now treating of) for our advantage and deliverance; and this in our own country, without the trouble and expence of seeking from foreign climes, what he has so bountifully and gratuitously put into our hands. But we will now consider more particularly the powerful virtue of this plant.

White Bryony, upon a chymical analysis, produces much oil and acid phlegm, and consists of both volatile and fixed salts; and in its nature partakes of a sulphur joined with sal ammoniac and earth; but of this last quality, namely earth, it participates of but in a small degree to many others of a similar nature, upon which account it may be concluded, that this root purges more strong than many others of the same tribe and virtue.

It is my intention to consider more particularly the use of this plant, in paralytic and epileptic cases, which have come under my care in the course of my practice; as also to point out the means whereby this valuable medicine may so safely be corrected, as to be administered to the most delicate constitutions, or even to young infants. But it may be necessary first to take a cursory view of the nature of these alarming diseases, and of their too frequent and more usual fatal effects.

An epilepsy is a sudden and unlooked for prostration of the vis-vitæ, with a total loss of the senses both external and internal, and may arise from various causes, as the frequent fumes of arsenic or mercury, and frequently happens to those employed in the quicksilver mines; or it may proceed from a bad formation of the encephalon, or a too great flux of serum to the head, a fright, hysterics, or worms; and in this last case, as in the cutting of teeth, is the reason children are so subject to them; or from intense study, the obstruction of some secretion, violent exercise, or by any great concussion of the nervous system, whereby it may be too forcibly shocked or affected.

In this disease, the patient suddenly falls down, with frothing at the mouth, shrieks, loss of sight, no knowledge or recollection of what had happened, upon recovery, and frequently an ejection of food, and an involuntary discharge of both excrement and urine. The approach of the fit may sometimes be discovered by the contraction of the fingers, and a settled and unusual fixedness of the eyes; and at others, it comes suddenly and unawares, distorting the mouth and eyes, overspreading the face with blackness, and causing convulsive motions in various parts of the body.

In some patients the fits are of longer duration than in others, and return periodically, or varying sooner or later, longer or shorter, without any certain return, except when death is near, they come on so fast as to leave little or no intermission.

The palsy is said to be a loss of the sense and use of a particular part, or at least one of them is either very much lost or diminished in the part affected; and if of the whole side, it is called hemiplegia. In my opinion, it is a total or partial stagnation, or defect in certain parts of that ætherial and heavenly vital fluid, or nutritious latex of the nerves, which an indulgent Providence has wisely added, to give life and energy to our inanimate and helpless bodies, that otherwise would be insensible and motionless as a stock or stone. We argue certainly very sensibly upon the nervous system, its formation, order, and advantage, which the knowledge and enquiry into the human body has taught us; but when we come to speak of its origin, its cause, and manner of action, we are left in a great measure in the dark respecting these things, and ought to submit with this important and useful reflection, that an infinite Being has thought proper, perhaps to humble our pride, and to inform, and impress upon us this valuable and necessary lesson, that a finite understanding is not capable, or permitted, to comprehend his Divine perfections and power.

It is true this disease is said, and may arise from a relaxation, or some impediment of a particular branch of the nervous system, or to the course of the vital heat along the nerves, from the cerebrum, medulla oblongata, or spinal marrow, which being obstructed from some cause, prevents the free access of the animal spirits to the several parts so affected.

But our limits oblige us now to consider more particularly the use of the plant White Bryony, in the two dreadful maladies we have been treating of; and it is with peculiar satisfaction I can recommend, from experience, the following practice in the former of these diseases, viz. the epilepsy.

Take of the fresh root of White Bryony, sliced thin, one ounce; of the seeds of aniseed, two drachms; cream of tartar, one drachm. Boil the whole, close covered, over the fire, in a pint and a half of water, slowly, for six or eight hours; after which strain it from its dregs, and evaporate the clear to two ounces, to which add syrup of ginger half an ounce. The patient should begin with taking two thirds of this opening decoction the first thing in the morning twice a week. If this quantity should not purge the body smartly, let the whole be taken the next time, or, if occasion, add to the quantity of the root in the next preparation.

This cathartic medicine thus managed, will act in the most safe and gentle manner possible, without the least disturbing or irritating the human frame, or at least more than it ought to be.

It will be also necessary in the intermediate space, to prepare and take the following medicine. Take of the root of Bryony one ounce; of the root of piony and of misleto, of each half an ounce; of rosemary, lavender, and ginger, of each a quarter of an ounce. Let the roots be sliced thin, and the herbs cut small, and put into a glass vessel that will contain three pints, and pour upon the ingredients one quart of the best rectified spirits of wine; let the whole stand in digestion for eight or ten days, when

when pour off the neat cephalic tincture, and add thereto of the real and true spirits of hartshorn one ounce. Keep the whole volatile essence close stopped, and let the patient take from two to three table spoonfuls in a glass of wine, once or twice a day, except on the days of taking the opening medicine.

In the palsy, nearly the same medicines, with some small variation, will be found highly useful, and which is thus prepared.

Take of the roots of white Bryony one ounce; of the roots of parsley, two ounces; of its seeds, half an ounce; ginger two drachms; slice the roots and bruise the seeds, and add thereto a pint and a half of spring water, which keep in a gentle boil, or scald heat, over the fire, for six or eight hours, then strain out the clear decoction, and boil away the same to the quantity of two ounces, adding thereto of the syrup of marshmallows one ounce.

The intent of this preparation being calculated to carry off the disease, both by stool and urine, this quantity will in general be sufficient for two doses, as it is not required so powerful in this case as in the former, and once a week will be sufficient for its administration.

As a general medicine for this disorder, the following will be found very useful.

Take of the roots of White Bryony one ounce; mustard seed, of the roots of valerian, and horse-radish, of each half an ounce; of lavender, and rosemary, of each two drachms: slice the roots, bruise the seeds, and cut the herbs, and pour thereon one quart of the best rectified spirits of wine, and let the whole digest together for eight or ten days, shaking it twice a day, when let it settle, and pour off the clear tincture, and add thereto, of the dulcified spirit of sal ammoniac one ounce, and of the oil of rosemary, two drachms. Mix the whole well together, and let the patient take from one to two table spoonfuls of this

this powerful nervine essence, or more if required, in a glass of generous wine, twice or even thrice a day, if necessary.

It would be my wish, but we have not now an opportunity of entering more largely upon these diseases, or of the whole treatment, required by those afflicted therewith, much less imagine the above prescriptions, particularly in bad cases, all that is necessary; neither can we for the present lay down such useful advice, as to regimen and care under them, which would far exceed our proper bounds; but which shall be fully considered at a more proper time and place, as their importance require,

C H A P. XX.

OF THE PLANT BUGLOSS.

Buglossom, Offic. Buglossum, angustifolium majus, Boerh. Ind. Alt.
C. B. Echium Vulgare. Lin.

GARDEN BUGLOSS.

THERE are many species of Buglosses enumerated by several ancient botanists, as, 1, Buglossum Hortense, or Garden Bugloss. 2, Buglossa sylvestris, or wild Bugloss. 3, Echium, or Vipers Bugloss, of which species some old Authors make no less than twelve several kinds, but of which two only is said to grow with us, viz. Echium vulgare, or common Vipers Bugloss, and the Echium vulgare flore albo, or white flowered Vipers Bugloss. 4, Called by Bauhin, Licopsis; and by Dodonæus, Lycopsis Echii altera species, or wall Bugloss: and of which there are two species viz. First, Lycopsis Echii folio, or that with Vipers Bugloss leaf. Secondly, Lycopsis Anglica, or English wall Bugloss. 5, Limonium, marsh or sea Bugloss, of which species Parkinson makes seven, and Mr. Ray eleven. But it is our intention to confine ourselves more particularly to the first, or Garden Bugloss.



Echium Vulgare.

Vipers Bugloss.

Tab: as the Act directs, Jan. 1, 1792, by J. Bae, N^o 28 Later-noster Row.

John Frederick Miller, del. 1792.



DESCRIPTION.

Common or Garden Bugloss has a long thick root, which is black without and whitish within, full of a slimy juice, as are the leaves in a degree, which continues and does not perish every year, like Borage; from this root shoots up several rough, long, narrow, whitish green, hairy leaves, but less prickly than Borage, from among which grow up two or three high stalks, branched at the top, whereon stand many blue flowers, thus accurately described by a very judicious and learned botanist.

Empalement. Cup with five divisions: permanent. Segments oblong; sharp; open.

Blossoms. One petal; funnel-shaped. Tube cylindrical; crooked. Border with five shallow clefts; blunt. Mouth closed by five prominent, convex approaching valves.

Chives. Threads five, very small; fixed to the bend of the tube, tips small, covered; the mouth of the blossom being closed.

Pointals. Seed-buds four. Shaft thread-shaped; as long as the chives Summit blunt; cloven.

Seed-Vessels. None. The cup very large and bladder-shaped, incloses the seed.

Seeds. Four, rather long; covered by a dry hard wrinkled coat.

The essential character of this genus, consists in the curvature of the tube of the blossom.

The first species is cultivated in gardens, the second is found growing in plowed fields, and road sides, particularly between Rotherhithe and Deptford; and flowers from June to September, perfecting its seeds in the mean time.

VIRTUES.

Dodoneus informs us, that Andreas relates, “ That the root of
 “ Bugloss finely beaten, and made into a cataplasm, and applied to the
 “ part affected, helpeth the pain of the veins called varix, that is, an
 “ unequal nodous, and blackish tubercle of the veins, when they are
 “ too much enlarged, and filled with gross blood.”

Dr. Sir John Floyer observes, “ That the leaves and roots of this
 “ plant are cool, watery, and mucilaginous; that its juice as well as its
 “ decoction cools hecticks, inflammations, heats and thirsts, and stops
 “ rheums: and that the flowers have a little cordial heat in them,
 “ besides their watery mucilage.”

Lovell, after remarking the various species of this plant, and the observations of several Authors, with respect to its virtues, informs us,
 “ That the leaves of Garden Bugloss operate as Borage, and make the
 “ body soluble. That the root applied with oil helps green wounds,
 “ and with barley meal, is of great advantage in the St. Anthony’s
 “ fire: and that the juice, with aqua vitæ, or very strong spirit, rubbed
 “ on the body, causes sweat in agues. That the leaves, flowers, and
 “ roots, are used instead of Borage, which exhilarate, comfort, and
 “ strengthen the heart.

“ That the other Buglosses, as the Wall, Viper, rough, and red
 “ flower Vipers Bugloss, are cold and dry, and that the roots, leaves,
 “ and

“ and feeds, taken in wine, are of great service in the bite of any
 “ venomous creature, and causeth plenty of milk to those who suckle
 “ their children.

“ That the juice taken helpeth poison, or any venomous bite, par-
 “ ticularly if applied to the part affected. That the small garden,
 “ great wild, Lancashire, and small creeping, its roots are clammy and
 “ binding, and in a lohoch, is of use in coughs and condensate rheum.
 “ That the wild forts are somewhat hotter and dryer: near to the
 “ Vipers Buglofs; and, that the roots of Wall Buglofs are of use in
 “ wounds, inflammations, rheums, and fluxes, and that Stone Buglofs
 “ is sharp, hot, and bitter, and will help in delivery; and that the
 “ Vipers, as the hoary, white and black, exhilarates the spirits, and
 “ helpeth the pain of the back; and the Sea or Marsh Buglofs, is of
 “ service in all fluxes, heat, and inflammations.”

Dr. Strother observes, “ That although the taste of Buglofs be
 “ mucilaginous, yet it is dryer than Borage; however, it agrees in virtue
 “ in all things with Borage flowers. That a sweetness and viscosity is
 “ also perceived in the root; and that if the flowers and herb be thrown
 “ into wine, it is said to give pleasure to the mind, and is therefore
 “ called Euphrosyne, by the ancients. That the distilled water is used
 “ in suffusions of the eyes with success: and that experience has
 “ shown, that its flowers placed in a cellar, flow into water, or turn
 “ into mucilage.”

An ancient valuable Author informs us “ That the roots of Garden
 “ Buglofs are much more mucilaginous, viscous, or clammy, than
 “ those of Borage, and therefore not held so convenient for opening
 “ apozems; but the juice being made into a lohoch, is prevalent against
 “ the cough, hoarseness, and colds, and to condensate thin distillations
 “ of phlegm upon the lungs, particularly if prepared after the fol-
 “ lowing manner:

“ Take of the juice of Buglofs clarified three pounds, loaf fugar two
 “ pounds; boil them up to a fyrup. This fyrup is not only good for
 “ the above difeafes, but cheers the heart, prevents swooning fits, and
 “ expels melancholy.

He further remarks, “ That the Vipers Buglofs, the juice of thefe
 “ plants are wonderfully clammy and flimy, fo that it is hard to exprefs
 “ the fame; for which reason after you have well beaten the herb, you
 “ muft fet it in a cold cellar, or fome other cold and moift place for two
 “ days and nights, and then prefs forth the juice in a wooden prefs:
 “ after which you muft clarify it with the whites of eggs, beaten into a
 “ glair, and paffed through a thick Hippocras bag.

“ That it is excellent againft the biting of a Viper, and of all other
 “ ferpents, or any other venomous creature, and prevails alfo againft
 “ poison, and the malignity of poisonous herbs. You may give five
 “ or fix fpoonfuls at a time in a glafs of wine, and repeat it as you fee
 “ occafion.

“ That the effence has all the virtue of the liquid juice, befides
 “ which it is an excellent thing againft the plague or peftilence, spotted
 “ fever, purple, and all other malign fevers whatfoever; it is alfo a moft
 “ admirable traumattick or vulnerary, fo that fcarcely any of the vul-
 “ neraries, or all-heals go beyond it. That it alfo comforts the head,
 “ brain, and nerves, ftrengthens and fortifies the ftomach, and cheers
 “ the heart admirably. Dofe three or four fpoonfuls or more, two,
 “ three, or four times a day, in a glafs of the diftilled water, or in a
 “ glafs of wine, or fome other proper vehicle.

“ That Parkinson prepared a fyrup in the following manner. Take
 “ of the clarified juice four pounds: fine white fugar three pounds:
 “ infufion of the flowers one pound: mix and boil thefe gently to the
 “ confiftence of a fyrup, which keep for ufe. This, he fays, is very
 “ effectual for comforting the heart, and to expel fadnefs and melan-
 “ choly. Dofe two fpoonfuls or more. That the diftilled water is
 “ drawn from the whole plant, when it is in its chiefeft ftrength,

“ which is when it is in flower; and is profitable for all the
 “ diseases aforementioned, being inwardly taken and outwardly ap-
 “ plied; and is used as a vehicle to convey the other preparations in.

He observes likewise “ That the tincture of the flowers is highly
 “ cordial, and alexipharmick, and resists poisons of all kinds: defends
 “ the heart from the malignity of pestilential fevers, and of the plague
 “ itself, and suppresses melancholy vapours, and has the virtue of the
 “ essence, and may be given in the distilled water to two drachms.

“ That the powder of the seed is also alexipharmick, comforts the
 “ heart, expels sadness and melancholy, attemperates the blood, allays
 “ the hot fits of agues, increases milk in nurses, and eases pains in
 “ the loins, back and kidneys. Dose, one drachm.

“ That the decoction of the root prevails against poison, and the
 “ plague, and the biting of vipers, and other venomous creatures; and
 “ is a singular good thing, if made with wine, or wine and water, to
 “ be drank as a diet drink by wounded persons, and such as have inve-
 “ terate, filthy, and running ulcers, fistulas, &c. That the ointment
 “ or balsam is vulnerary, cures admirably both wounds and ulcers, and
 “ are of especial use to be applied to wounds; as is likewise the cata-
 “ plasm, made by the bitings of venomous creatures, as vipers, mad
 “ dogs, &c. or if made with any poisoned weapons, it extracts the poi-
 “ son or venom, and induces the healing.

“ He then proceeds to shew us the virtues of the Wall Bugloss,
 “ that the liquid juice taken alone, or mixed with honey, stops
 “ catarrhs, falling upon the fauces and lungs, and resists fluxes of the
 “ bowels: and being applied upon inflammations, as a phlegmon, erysi-
 “ pelas, &c. it cools them: and inwardly taken is a good traumatick.
 “ That the essence is astringent and styptic, stops catarrhs, and
 “ fluxes of the bowels; as also all fluxes of sharp humours, to old
 “ running sores and ulcers, and so renders them easy of cure. Dose
 “ one ounce at a time morning and evening, in any specific vehicle, as
 “ a mixture

“ mixture of plantane and poppy water, an infusion of catechu in fair
 “ water, &c.

“ That the oil of Wall Buglofs, is made by boiling the leaves and
 “ roots in olive oil to crispness. That it admirably heals green
 “ wounds, abates inflammations, and cures burnings, being anointed
 “ upon the part, and also mixed with barley flower and applied.”

Parkinson says, “ That this oil cures St. Anthony’s fire, but usually
 “ oily and greasy bodies do mischief in that case: to bathe with the
 “ liquid juice is much better, and to apply over the erysipelas cloths
 “ often wet with the same, or a soft cataplasm of the juice mixed with
 “ barley flower.

Our Author concludes with informing us, “ That the Sea or Marsh
 “ Buglofs, its liquid juice stops catarrhs, or distillations of rheum upon
 “ the breast or lungs, and prevails much against fluxes of the bowels;
 “ as also all sorts of inward bleedings, whether by the mouth or other-
 “ wise. Dose three or four spoonfuls in a glass of red Florence or Port
 “ wine, morning, noon, and night.

“ That the essence has all the virtues of the juice, but more stoma-
 “ chick, and therefore better for such as have weak stomachs. Dose two
 “ or three spoonfuls in red wine, as aforesaid, and at the same times.

Gerard says, “ That the powder of the seeds being drank in
 “ wine, helps the cholick, stranguary, and dysentery, or bloody flux:
 “ dose one drachm. It also stops the overflowings of the courses,
 “ and all other fluxes of blood. That a decoction of the roots, being
 “ made in red wine, is very astringent and styptic, and is good against
 “ catarrhs and fluxes of blood, and has all the virtues of the juice and
 “ essence, but not altogether so powerful.

“ That it has been found to be a specific against agues, whether
 “ quotidian, tertian, or quartan.

“ That

“ That an oil is prepared, by boiling the leaves in olive oil till they
 “ are crisp, which if applied to contusions, weakened joints, weak
 “ backs, and burnings, it cures them.”

Dr. James observes, “ That the roots of Garden Buglofs are very
 “ glutinous, and give a deep tincture of red to blue paper: the flowers
 “ very little, and the leaves scarcely any at all: that Buglofs moistens,
 “ cools, and gives relief to melancholy persons. That it is good
 “ to dissipate the defluxions of the breast, and in an obstinate cough.
 “ This plant, he says, acts no otherwise than by restoring the motion of
 “ the blood which stagnates and heats the parts wherein its circula-
 “ tion was retarded.”

Dr. Lewis remarks, “ That Buglofs has a slimy, sweetish taste, ac-
 “ companied with a kind of coolness: that the roots are the most glu-
 “ tinous, and the flowers the least so.

“ These qualities, he truly says, point out its use in hot, bilious, or
 “ inflammatory distempers, and a thin acrimonious state of the fluids.

OBSERVATIONS BY THE AUTHOR.

Garden Buglofs, particularly its roots and flowers, from a minute investigation of its parts, appears to possess mucilaginous, saline, and cordial powers, at least a degree of them; and notwithstanding its virtues have not been much experienced by those who have been before me, except some few botanic writers; yet promise in the hands of the judicious, to be of considerable advantage, at least to the inhabitants of this kingdom, more particularly when combined, as hereafter directed, with others of a similar nature and virtue.

It is well known how subject we are here to colds, coughs, &c. from the dampness and uncertainty of our atmosphere, which seldom continues the same for the space of forty eight hours together; neither is this to be wondered at, when we consider this kingdom is only an island, and from its hills and promontories, naturally attracts every fleeting cloud.

Can it then be wondered at, that the symptoms which so usually follow the taking of cold, as a cough, catarrh, hoarseness, &c. are so frequent and universal with us; and, as they are so often productive of such fatal consequences, surely merit our most diligent attention, and enquiry. Coughs may very properly be divided into two kinds, the moist and the dry.

A moist cough is said to proceed from the acrimony or sharpness of the lymphatic juice, plentifully poured out of the neighbouring glands, upon the jaws and aspera arteria, and may also be caused from a sharp serum flowing out of the arteries, into the upper parts of the throat or larynx, which lymph or serum, by irritating and vellicating as it were those parts, induce a frequent and troublesome cough, and sometimes not without convulsive motions. Sylvius thinks that blood or phlegm, or coagulated serum, translated out of the substance of the lungs into the aspera arteria, may cause a cough.

This kind of moist cough, if it is attended with but little straining and a speedy expectoration, without much labour or pain, is without danger. If on the contrary the expectoration is difficult and hard to be brought off, of long continuance, and increasing every day, it seldom leaves the patient without prejudice to the lungs: and if the humour is very salt and acrimonious, by its continuing to flow upon the lungs, it endangers the eroding of them, and at length may bring the patient into a consumption.

The expectorated substance is sometimes thin, sometimes thick, sometimes white, yellow or red, or of other colours. Sometimes this humour affects or proceeds from the sides of the larynx; and sometimes it lies deeper, in the pipes of the bronchiæ, and sometimes in the vesicles of the lungs; sometimes also in the utmost vesicles of the trachea, from all which places by violent coughing it is expectorated; which is sometimes rheum, matter, or pus, and sometimes blood.

A husky dry cough, is said to be caused, by subtil, heterogeneous, or sharp particles continually irritating the nervous fibres of the trachea, and lungs, in which nothing is expectorated or brought up, but there is rather a dryness of the throat and parts adjacent, which is called by some a spasm, or convulsion of the lungs; and this may be excited from an obstruction of any of the pneumonic passages, whether it be by compression, oppletion, or contraction, either of which may necessarily induce this.

A dry convulsive cough may be caused also from ill air, the fumes of any sulphureous or metallic bodies, whose suffocating effluvia naturally produces it, or from the discracy of the blood, or straitness of the pneumonic vessels, &c. But its conjunct cause may be in the irritation of the lungs, nerves, and nervous fibres, and may arise from an irritating matter, or acrid salt serum flowing out of the mass of blood upon the pectoral muscles, and distilling into the cavity of the larynx by the tracheal arteries.

Or it may be from a catarrh very viscous, or very thin and sharp; or from a flatus arising from the intestinum tenue, and stomach, which may be either drawn with the air into the lungs, or ascend from an effervescence of the bile and pancreatic juice, which through the lacteal veins insinuating into the heart, and thence into the vessels of the lungs, and to the trachea, may so affect the larynx, as to cause a cough.

But to return to the qualities and use of Garden Bugloss in these cases. From the emollient and softening nature of this plant, its medicinal virtues appear two-fold, the one appropriated to the solids, the other to the fluids.

In the former it loosens, mollifies and relaxes the stiff and tense fibres, and at the same time enlarges and extends the channels of the small compressed vessels; in the latter, by its viscid mucilage it sheaths and blunts as it were the sharp points of the acrimonious and corroding salts; and by these means proves an excellent lenient medicine.

The methods I have adopted for the administration of Bugloss in most coughs, have been as simple as efficacious, and have seldom disappointed my expectation, particularly in the following manner.

Take of the juice of the root of Garden Bugloss two ounces, of the syrup of white poppies half an ounce, of the fresh powder of the roots of elecampane and liquorice, in equal proportions, a sufficient quantity to form an electuary. Unite the whole well together, and let the size of a nutmeg of this pectoral medicine be taken in common cases, twice or thrice a day, or when the cough is vehement and of long continuance, should be repeated oftener.

In these last cases which are so difficult, the cure will be much sooner effected, by taking after each dose of the electuary, a small tea-cup-full of the following pectoral decoction.

Take of linseed whole one ounce, of the fresh roots of liquorice and marshmallows of each half an ounce, new poppy heads No. four: slice the roots and break the heads in pieces, and boil the whole in three pints of water to one and a half, and strain it off for use.

To those to whom the form of an electuary may be disagreeable, I have subjoined the following agreeable formulæ. Take of the root of Bugloss two ounces, of liquorice and elecampane of each half an ounce, slice them thin, and boil them in one full quart of water to three quarters of a pint, strain it off and add thereto, of the syrups of red poppies four ounces; of which a middle size coffee cup should be taken three or four times a day a little warm, or oftener if required, in trying cases. It is only necessary to remark, that cases of a very stubborn nature, have been frequently overcome by the above easy, though valuable medicines.

BUGLE, OR MIDDLE CONSOLIDIDA

SOME authors make no less than six several kinds of Bugle, though two are generally known in the kingdom, as 1. Bugle vulgaris, Bugle that comes, common Bugle, or Bugle with a blue flower, which is now called, *Prunella cordata* Jacq. var. *major*; but most writers, *Consolidida media* *perennis* *crispata*, 2. Bugle that comes with a white flower. This plant is called also by some ancient botanists, *Prunella* *Canadensis*, *Prunella* *Prunella*, and *Prunella* *Prunella*, of which see the following

DESCRIPTION

The first or common Bugle with a blue flower, *Prunella vulgaris*, and white root, spreading under the earth, like other members of the *Scrophulariaceae*, from whence rises up a hairy square stalk, about a foot or a root and a half high; it has long leaves, and flowers like those of *Prunella*, or bell-heal, though somewhat larger and longer; some grow

C H A P. XXI.

OF THE PLANT BUGLE.

Bugula, et Consolida media, Offic. Ger. Emac. Boerh. Ind. A. Consolida media, pratensis, cærulea C. B. Ajuga Reptans. Lin.

BUGLE, OR MIDDLE CONSOUND.

SOME Authors make no less than six several kinds of Bugle, though two only are generally known in this kingdom, as 1. Bugula vulgaris, Bugula flore cæruleo, common Bugle, or Bugle with a blue flower; which Tragus calls, Prunella cærulea prima, vel major: but most writers, Consolida media pratensis cærulea. 2. Bugula flore albo, Bugle with a white flower. These plants are called also by some ancient Botanists, Middle Comfrey, Brown Bugle, Sickwort, and Herb-carpenter: of which take the following

DESCRIPTIONS.

The first, or common Bugle with a blue flower, has a stringy, fibrous, and white root, spreading under the earth, like unto moneywort or pennyroyal, from whence rises up a hairy square stalk, about a foot or a foot and a half high; it has long leaves, and oleous, like those of prunella, or self-heal, though somewhat larger and longer; some green



Ajuga Reptans.

Bugle.

John Frederick Miller, del: 1792.

Pub. as the Act directs, Jan. 1, 1792, by J. Bew, N^o 28 Paternoster Row.



on the upper side, others more brown, a little indented upon the edges, and somewhat hairy, which grow by couples opposite to each other upon the stalk, from the middle whereof upwards stands the blossom, thus more accurately described.

Empal. Cup one leaf; short; with five shallow clefts; nearly equal; permanent.

Bloff. One petal; gaping. Tube cylindrical; crooked. Upper lip very small, upright, cloven, blunt. Lower lip large, expanding with three segments; blunt. Middle segment large, inversely heart-shaped. Lateral segments small.

Chives. Threads four; (two short, and two long) awl-shaped, upright, taller than the upper lip. Tips double.

Point. Seed-bud with four divisions. Shaft thread-shaped, agreeing in size and situation with the chives. Summits two; slender, the lowermost the shortest.

S. Veff. None. The cup closes, and retains the seed.

Seeds. Four; rather long.

The second, or Bugle with a white flower, grows as the former, both in its form and magnitude, neither in its roots, stalks, leaves, flowers, or seeds, is it different, except in the colour of the stalks and leaves; that these are always green and never brown, and in the colour of the flowers, that they are always white. These plants grow in woods, and wet copses and fields, generally throughout England; but the latter is not so common to be met with. Gerard says, he found the first of these plants in a moist ground upon Blackheath, near London, near a village called Charleton; but the leaves were green and not brown.

Their

Their time of flowering is from May until July, perfecting their seeds in the mean season.

A judicious modern Botanist has described two other species of Bugle, which though unknown to the Author, may be necessary to communicate to his Readers, viz. 1. *Bugula cærulea alpina*. Park. 525. Ray's Syn. 245. *Consolida media cærulea alpina*. Bauh. pin 260. Mountain Bugle, or Sickwort, which grows in hilly countries, whose flowers are in a hairy four-sided pyramid. Root leaves very large; the upper leaves are sometimes of a violet colour. Blossoms bluish, red, or white. 2. *Bugula vulgaris*. Park. 525. *Consolida media pratensis cærulea*. Bauh. pin. 260. Pasture Bugle, which grows in wet pastures, whose leaves are smooth, with creeping suckers. Blossoms blue, red, or white, in long leafy spikes. Roots astringent, and strike a black colour with vitriol of iron.

VIRTUES.

Dr. Rembertus Dodoneus informs us, “ That the decoction of Bugle
 “ dissolveth clotted or congealed blood within the body; and doth make
 “ sound and heal all wounds of the body, both inward and outward.
 “ That it also openeth obstructions of the liver and gall, and is good in
 “ the jaundice and fevers that be of a long continuance; that it cureth
 “ the foul ulcers and sores of the mouth and gums, if washed there-
 “ with. That Bugle, fresh gathered, is very useful to lay upon
 “ wounds, sores, or scratches, as is the powder, when dried, if applied
 “ to the aggrieved place. That its juice cureth sores and ulcers of the
 “ secret or privy parts, being often dropped in, as doth the herb bruised
 “ and laid upon the same.”

Dr. Sir John Floyer observes, “ That Bugle is rough in taste, and
 “ therefore vulnerary, and supposes it may be a veronica or lamium.

“ That

“ That Bugle, fabious and fanicle, makes a good ointment with boar’s-
 “ greafe, for wounds.”

Dr. Brookes remarks, “ That Bugle, or Middle Confound, is an
 “ astringent vulnerary, and good in hæmorrhages, the bloody flux,
 “ and the whites. That the expreffed juice is given from four to fix
 “ ounces; or a handful of the leaves in infufion or decoction.”

Monfieur Lemery informs us, “ This plant is vulnerary, and good
 “ againft the difeafes of the lungs, and proper to comfort and ftrengthen.
 “ That an excellent vulnerary is thus prepared.

“ Take of the leaves of Bugle, fage and mugwort, and of the leaves
 “ and roots of comfrey, of each four handfuls; the leaves of betony,
 “ fanicle, oxeye, figwort, plantane, agrimony, vervain, worm-
 “ wood, fennel of each two handfuls; St. John’s-wort, Birthwort,
 “ orpin, fpeedwel, little centaury, milfoil, tobacco, moufe-ear,
 “ mint and hyffop, of each one handful. Cut them all, and bruife
 “ them well together in a mortar: put them into a large earthen
 “ vefsel, and pour upon them twelve pints of white wine: ftir them
 “ with a ftick, and ftop the vefsel, and fet a digefting in hot dung or
 “ fome other like heat for three days: then turn all over into a large
 “ copper cucurbit, tinned within; and having fitted to it a bolt-head,
 “ refrigeratory, and receiver, proceed to diftil the humidity by a gentle
 “ fire after the ufual manner; which vulnerary muft be kept in a
 “ bottle well ftopped.

He fays, “ That it is good for contufions, diflocations, and difcuffing
 “ tumours outwardly applied; cleanfeth wounds, and old ulcers;
 “ reneweth the flefh, ftrengtheneth, and hindereth putrefaction, and
 “ ftoppeth gangrenes; and may be alfo ufed againft vapours.”

An ancient valuable Author remarks, “ That the liquid juice of Bugle,
 “ is excellent for fuch as are troubled with the rickets. That it
 “ ftrengthens

“strengthens the whole body, and being taken inwardly to two,
 “three, or four ounces at a time, it contributes to the healing of old
 “ulcers, running sores and fistulas, and to the uniting of broken
 “bones, and corroborating any member out of joint.

“That the essence dries and astringes moderately, and is of good
 “use for such as have got a fall or inward bruise, for that it dissolves
 “the congealed blood, and disperses it.

“That it has all the virtues of the liquid juice, and is very effectual
 “to strengthen the inward parts, and to cause to heal all manner of
 “running sores, foetid ulcers, and fistulas, whether they be old or
 “new. Dose, five or six spoonfuls in a glass of red port wine.

He further acquaints us, “That the decoction in wine, has the vir-
 “tues of the juice and essence, but not quite so powerful; but is very
 “good to cleanse old running, and stubborn sores and ulcers, by wash-
 “ing them therewith.

“That the syrup, whether it is made of the herb, or of its juice,
 “is an excellent thing against coughs, colds, hoarseness, wheezings,
 “or shortness of breath, difficulty of breathing, soreness of the breast
 “and stomach, and other distempers of those parts: as it stops spitting
 “of blood, and cures ulcers of the lungs.

“That the distilled water is a good vehicle to convey the other
 “things in; but if mixed with half its quantity of the juice or essence,
 “it is good to wash a sore or ulcerated mouth, and to cure such sores
 “or ulcers which happen in the secret parts of men or women.

He also notes, “That the spirituous tincture heals admirably any
 “sore or ulcer, whether inward or outward. That in ulcers of the
 “lungs, it may be mixed with the former syrup thus, as follows.

“Take

“ Take of the fyrup one ounce, or the distilled water one ounce and
 “ a half: of the tincture two drachms: mix for a dose, to be given in
 “ ulcers of the lungs. That outwardly mixed with the juice, or essence,
 “ it cleanses old ulcers, incarnates and heals, and sometimes heals sim-
 “ ple wounds at once or twice dressing; and may be thus made. Take
 “ of the juice, or essence, four ounces, of the fyrup one ounce and a
 “ half, of the tincture one ounce: mix them to wash any ulcer with.

“ That the acid tincture is an admirable thing against inward
 “ wounds, or thrusts in the body or bowels, and is excellent to be
 “ mixed with all wound drinks, and to be given mixed with the fyrup
 “ against the rickets in children. That it stops the running of gan-
 “ grenes being applied: and opens obstructions of the liver and gall;
 “ and is good to be mixed with washes for sore mouths and throats.
 “ Dose inwardly from thirty to forty drops, in any specific vehicle.

“ That the oily tincture cures wounds at a few times dressing, but
 “ chiefly wounds of the nerves, for which it is a sovereign thing: for
 “ if a nerve is pricked or wounded, it presently eases the pain, and
 “ prevents the return of convulsions upon that account.

“ That the saline tincture is cleansing, and good for to wash and
 “ bathe those parts, which are apt to break out with blotches, boils,
 “ scabs, itch, scurf, morpew, and other disorders of the skin.

He further directs a lotion of the juice to be thus made. “ Take of
 “ the clarified juice of Bugle a pint, honey three ounces, allum six
 “ drachms: mix and dissolve them over a gentle fire. It is good to
 “ wash inveterate and running sores with, which are very foul, and
 “ have been of long continuance; and is as powerful and effectual to
 “ heal all running and disagreeable ulcers, and is an excellent gargle
 “ for curing sores or cankers in the mouth or throat.

“ That an ointment is made of the leaves of Bugle, two parts of
 “ self-heal, fanicle, and fabious, of each one part; bruised and boiled
 “ in hog’s lard, or in a mixture of equal parts of sheep’s suet, and olive
 “ oil, till the herbs are crisp, and then strained forth and kept for use.

“ That it is a very good thing for healing any fresh or green wound,
 “ though lacerated, torn, or bruised; and brings to digestion, cleanses,
 “ incarnates, and speedily heals it.

“ That Parkinson says, he could wish all good women and ladies,
 “ that desire to do good to their families, or their poor neighbours,
 “ not to be without this ointment, always ready prepared and at hand
 “ by them.

“ That the balsam has the virtues of the ointment, but more diges-
 “ tive, cleansing, and incarnative, and therefore more fit for compli-
 “ cated wounds, which are accompanied with contusions, dilacerations,
 “ and other ill symptoms.

Our Author concludes with observing, “ That a cataplasm made of
 “ the green herb, is good to abate inflammations, and other hot swell-
 “ lings in the neck and throat, and other parts. That it discusses con-
 “ tusions, dissolves congealed blood, and is profitably applied to those
 “ parts which are hurt by any blow or fall: that it is profitable to be
 “ applied to all sorts of ulcers, whether recent or inveterate, washing
 “ the same also with the lotion before directed, every time you dress
 “ them.

“ That the cataplasm also, is good to be applied to broken bones and
 “ dislocations, where the parts have been long out of joint, and have
 “ been often reduced, and fall out again from weakness: but as these
 “ things ought to be applied outwardly, so the essence, or juice, ought
 “ to be used all along inwardly, to corroborate the tone of the parts.

“ That

“ That the fixed salts is opening, cleansing, and diuretic, removes
 “ all tartarous matter out of the reins and bladder: and taken to one
 “ scruple or twenty grains with the essence, it is good to heal wounds,
 “ and ulcers of the urinary parts.”

Riverius informs us, “ That a decoction of Bugle in mutton broth,
 “ is of excellent service in consumptions, and even ulcers of the lungs;
 “ which practice is also recommended by Poterius, as being highly
 “ useful in these cases.”

Parkinson and Mr. Ray directs “ An ointment made of the leaves of
 “ Bugle, fabiam, fabious, and fanicle, in equal parts, with hog’s lard,
 “ as excellent for the cure of all ulcers, contusions, and wounds.”

And Konigs affirms, “ That he has known it to heal scrophulous
 “ ulcers in the neck.”

Rieger says, “ That it is most properly used in decoctions, or the
 “ expressed juice, which is excellent in malignant ulcers.”

Dr. James observes, “ That Bugle on account of its abstergent qua-
 “ lity, is reckoned an excellent vulnerary: and is also said to be a pre-
 “ sent remedy in spreading apthæ, and ulcers of the mouth.

The Doctor remarks, “ We may easily perceive the reason why this
 “ plant is said to be diuretic, and why it is recommended in spitting of
 “ blood, dysenteries, and the fluor albus. For when coarse, tenacious,
 “ and viscid substances are attenuated, and obstructions removed, in
 “ order to make way for a free circulation of the juices, the emuncto-
 “ ries are not only opened, but the spasmodic contractions, which
 “ are the immediate cause of the morbid fluxions, being removed,
 “ these disorders are cured.

“ That the herb Bugle is most properly exhibited in decoctions, or
 “ its expressed juice may be used, which is highly saponaceous and
 “ opening.”

OBSERVATIONS BY THE AUTHOR.

Bugle, or Middle Confound, upon a chymical analysis produces much acid phlegm, oil, and urinous spirit, as also a considerable quantity of concreted volatile salt, and earth; from which properties it appears to be possessed of constringent and vulnerary qualities, and consequently must be useful in all cases, where mild astringents or corroborants are wanting.

The particular purpose for which I have made use of this plant in my practice, has been in a hæmoptœ, or a spitting of blood, and for which I have great reason to recommend it.

But before we proceed to the cure of this disease, we should do well to consider its cause, and situation, as it is to be feared the want hereof has too often proved fatal to numbers of mankind; and for our better guidance and direction herein, it will not be improper, first minutely to examine what part or vessel the blood proceeds from, or is thus particularly affected.

The blood in this disease is generally sharp and more acrid than usual, and therefore it is usually attended with a kind of tickling in the throat, with heat and thirst.

If it comes from the aspera arteria, it is generally brought up by hawking with little coughing. If it comes from the head, pain and heaviness has usually gone before with a tinkling of the ears, and the blood seems in a state of commotion. If it proceeds from the lungs,
 the

blood is commonly florid and frothy, and comes forth with coughing, but without pain, and that at certain intervals.

If from the breaking of a large vein or artery, it flows forth in great quantity without any observed preceding cause, and is forced up as it were by vomit. If it comes from erosion of any of the smaller veins or vessels of the lungs, caused by a sharp humour delacerating them, then it comes by degrees, at certain intervals, and not in such great abundance.

So likewise may we form some idea of the part affected, from the colour of the blood voided, as in general, if it comes from the aspera arteria, it not only comes up, as was before observed, with little pain and cough, but it is hot and red, and but little in quantity. If it comes from the stomach, it is voided without coughing and rather by vomiting, and is not in quite so large quantities as from the lungs, because it is brought thither from the other parts, which by reason of its continuance for some time before it is voided, becomes grumous.

If from the liver or spleen, a heavy pain afflicts those parts, and it is brought up by vomiting, but if lower it is with more difficulty distinguished. If it comes from the rupture of some little vessel near the throat, as it may happen from straining to cough or vomit, it is then voided in small quantities at the beginning, and is generally thin and red. But if it comes up foetid, mixed with pus, or purulent matter, with a violent and frequent cough, it presages a phthisis, or a consumption of the lungs.

We will next consider its cause and consequence.

An hæmoptysis, or a spitting of blood, may arise either from a tenuity of the fibres of the lungs, or too great abundance of serum, which makes the blood too fluid, or from an acrimony of the blood, from acid or sharp salts dissolved in its mass, and by its sharp particles
lacerating

lacerating the vessels, either by opening the mouths, or by corroding or breaking the small fibres of the arteries and veins, and by thus producing a greater or lesser flux of blood, according to the magnitude of the vessels thus broken or opened. It may also proceed from a too great plenitude of blood, contusions, the stoppage of necessary evacuations, violent exercise, coughing, vomiting, &c, &c.

This disease is not so dangerous, if upon the rupture of an artery or vein in the lungs, the blood be presently voided, as it is when it falls upon or into the substance of the lungs, and there remains, as in this case it may cause a peripneumonia, or inflammation of the lungs, and so corrupt and exulcerate them as to cause a consumption, which is so difficult of cure, by reason the lungs being in continual motion, it is with great trouble, when once ulcerated, to heal them.

If it proceeds from a large artery of the lungs, the danger is great from an immediate suffocation, through the great abundance of the evacuated blood, so that frequently the patient is lost in the time of its effusion.

So likewise if it continues long and will not submit to proper medicines, and accompanied with a violent cough, or if in a scorbutic, cachectic, or ill habit, particularly if attended with hiccoughs, convulsions, or swooning, in which cases the danger is very great indeed.

Notwithstanding what has been observed, sometimes a spitting of blood is an idiopathic disease, to which some persons are subject at times for many years, without any manifest inconvenience, and in this case is attended with little or no danger.

Great disputes have arisen among the learned of the profession, with respect to the propriety or impropriety of bleeding in this disease, and which I think is of too great importance to be overlooked in a case of such moment.

The great Sydenham, and many others, have countenanced and directed the necessity of bleeding, even where there was great feebleness and weakness of the whole body; while others, and persons of no small knowledge and experienced practice, have as loudly condemned it, particularly a learned physician, in a late treatise, whom I shall quote nearly in his own words.

Speaking of the ingenious Monsieur Le Sage, he observes “in his town and country the picture (meaning I presume the practice of physic) bore no very enlarged features; but in this enlightened age, and in a nation teeming with philosophers, who will take nothing upon trust, whatever deference may be due to a generally received opinion, it can certainly be no unpardonable crime, to call the propriety of it in question, and if it is found unsupportable by experiments, to militate against it.

“Of this kind it is presumed, is that too general one of the necessity of blood-letting in internal hæmorrhages, which I have often seen to prove highly pernicious, and productive of fatal consequences.

“Of what signification is it, whether a person loses his life by bleeding from a natural or artificial orifice?

He says, “he once knew a family, of which two brothers and two sisters were each at different times seized with an hæmoptœ; they were all bled five or six times, and not one of them survived many weeks after their respective attacks: another brother was taken in the like manner, who suspecting the effects of the lancet, applied to me, and although he laboured under another disease, he was soon (without bleeding) restored to, and still continues in perfect health.

He further observes, “innumerable instances have I been witness to of the most alarming hæmorrhages, which have all yielded to the use of other means, without a single application of the lancet: if then (as is evident) phlebotomy is not necessary to the cure, is it not more eligible

gible to preserve that important fluid than to lavish it away without cause, and thereby destroy the health and shorten the lives of those who commit themselves to our care?"

For my own part, as in all disputed points I would wish to avoid giving offence, so I shall only observe, that there may be patients in which both practices might be useful and necessary, and in which only a judicious physician can determine, as the case is before him; yet notwithstanding I must remark, that when the body is weak from a consumption, more particularly when the lungs have been some time ulcerated, or any other internal hæmorrhage, where especially the spitting of blood has been of long continuance, whereby the frame is much reduced: in such situations I should apprehend, the further loss by blood, highly improper and injurious, although so frequently practised; and in this I am for myself convinced from experience.

But to return to my usual administration of Bugle, or Middle Confound, in an hæmoptœ, or spitting of blood; in all those cases which would admit of relief, has usually submitted to the following medicines.

Take of the juice of Bugle one ounce, of the juice of plantane and purelane, of each half an ounce, syrup of poppies two drachms, mix them together, which should be taken for a dose, and repeated frequently, according to the urgency of the case.

Or, Take of the leaves of Bugle, nettles, and plantane, of each three handfuls, bruise them and pour upon them one pint and a half of the best red port or claret wine; reduce the whole by gently boiling them over the fire to three quarters of a pint, when strain off the clear decoction, and add thereto of the tincture of cinnamon, and syrup of poppies of each two ounces, of which from two to four ounces may be taken for a dose, and repeated as the former.

As in so trying a disease frequently every assistance is required, so I shall subjoin,

Necessary

Necessary Regimen and Advice to those afflicted with a Spitting of Blood.

The air ought to be pure, temperate, and clear, rather inclining to cold, for a warm air acuates the subtil particles of the salts, which are injurious to the lungs and their vessels, as a too intense and cold air excites coughing, and puts the lungs into great perturbation.

The food ought to be cooling and glutinous, neither acid nor salt, such as milk, barley, cream, rice, calves or sheeps' feet, or their jellies, rice milk; with either pigeons, small birds, partridges, young rabbits, veal, lamb, &c. But meats which are sharp, salted, spiced or pickled, and such as are hard of digestion, should be carefully avoided.

Let the drink be taken cold, which should be either very hard baked toast and water, barley water, or the arabic emulsion, which in this case is highly beneficial, and is thus prepared.

Take of sweet almonds blanched one ounce, loaf sugar two drachms, cold water in which one ounce of gum arabic has been dissolved, two pints. Pour the water by a little at a time upon the almonds and sugar, first beat them together, and continue to grind the whole till the liquor becomes milky, after which it is to be passed through a strainer.

All malt liquor, particularly stale beer, strong or spirituous wines, should be carefully avoided, except now and then a glass of good red or white port, or claret wine, or mixed with the toast and water.

As fruits, smart or roughish apples, pears, medlars, quinces, or preserved damsons, may be eaten; and either endive, succory, lettuce,

purflane, cucumbers or melons, may be taken as falads. Above all things, at bed time let the following draught be administered.

Take of the juice of Bugle one and a half ounce, tincture of cinnamon half an ounce, liquid laudanum from fifteen to thirty drops.

Great advantage, particularly in flight cases, may be expected from this medicine the patient at the same time lying cool and perfectly at ease.

The body should be kept soluble, and all violent passions of the mind, as anger, fear, sudden joy, fretting, &c. &c. should be carefully avoided, and even the exercise of the voice as much as possible.





Arctium Lappa.

Burdocke.

John Frederick Miller, del. 1792

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C H A P. XXII.

OF THE PLANT BURDOCK.

Bardana major, et Lappa, Offic. Ger. Emac. Lappa major Arctium
Dioscoridis, Boerh. Ind. A. J. B. Arctium Lappa. Lin.

GREAT BURDOCK.

THERE are several species of this plant to be found in different parts of this kingdom, called also by some ancient botanic writers; the great Clott-Bur, and the lesser Clott-Bur, &c. &c. which we are informed are nearly similar in virtue; and as the Great Burdock is the more usual appellation by which this plant is known, I shall consequently confine myself thereto, and of which take the following

DESCRIPTION.

Great Burdock has a large and thick root about a foot long, or sometimes more, externally of a dark colour, nearly black, but internally white and fibrous, from which shoot up in the Spring many large leaves somewhat resembling Butter-bur, nearly a foot long, and sometimes more, upon the upper side of a darkish green colour, but underneath greyish or hoary, and are pointed, rough and hairy. Among these leaves rise up thick, hard, and rough, green hairy stalks, two or three

feet high, with many branches from them, bearing the like but lesser leaves, whose summits produce heads or tufts, in which are contained many purplish threads, which are the blossoms; but thus more accurately described by a judicious botanist.

Empal. Common, globular; tiled. Scales spear-shaped; ending in awl-shaped prickles; long and hooked at the points.

Bloff. Compound, tubular; uniform. Florets with chives and points equal.

Individuals one petal; tubular. Tube slender; very long. Border egg-shaped; with five clefts. Segments strap-shaped; equal.

Chives. Threads five; hair like; very short. Tips forming a hollow cylinder, as long as the blossom; with five teeth.

Point. Seed-bud oblong, with soft hairs at the end. Shaft thread-shaped; longer than the chives. Summit cloven; reflected.

S. Vefs. None. Cup closing.

Seeds. Solitary; like an inverted pyramid; the two opposite angles imperfect; hunched on the outer side. Feather simple; shorter than the seed.

Recept. Chaffy; flat. Chaff like bristles.

This plant grows plentifully by the road sides, in dry ditches, among rubbish, and waste places; flowering in July and August, and perfecting its seeds soon after.

VIRTUES.

VIRTUES.

Rembertus Dodoneus says, “ That the juice of Great Burdock with
 “ honey provoketh urine, and easeth the pain in the bladder. That if
 “ taken with old wine, it healeth the sting or bite of any venomous
 “ creature. That the leaves bruised with a little salt, is with great
 “ advantage laid to the bite of serpents, mad dogs, &c. &c.

“ That the seed powdered and taken with the best wine for a confi-
 “ derable time, is useful for such as have the sciatica. That a drachm
 “ of the root in powder, with the kernels of pine apples, is a soveraign
 “ remedy for such as spit blood and corrupt matter; and that it is
 “ also good for such as have aches or pains in their joints, from broken
 “ bones or other injuries.

“ That the green leaves bruised with the white of an egg, cureth
 “ burns and old sores, being applied thereto.”

An old author remarks, “ That Burdock leaves are cooling, mode-
 “ rately drying, and discuffing, whereby it is good for old ulcers, and
 “ sores. That the leaves applied on the places troubled with the
 “ shrinking of the sinews, or arteries, give much ease.

“ That the juice of the leaves, or rather the roots themselves given
 “ with wine, doth greatly help those that are bit of serpents, and that
 “ the root beaten with a little salt and laid upon the part, suddenly
 “ easeth the pain thereof, and helpeth those that are bit by a mad dog.

“ That the decoction of the leaves, fomented on any fretting sore
 “ or canker, stayeth the corroding quality, which must be afterwards
 “ anointed with an ointment made of the same liquor, hog's lard, nitre
 and

“ and vinegar, boiled together. That the roots may be preserved with
 “ sugar, and taken fasting, or at other times for the said purposes, and
 “ for consumptions, the stone and the lask. That the seeds are much
 “ commended to break the stone, and cause it to be expelled by urine,
 “ and are often used with other seeds, and things for that purpose.”

Lovell informs us, from other old authors, “ That the stalks of
 “ Burdock, when young and boiled, the rind being peeled off, with the
 “ fat meat, strengtheneth nature, helpeth ulcers of the lungs, and hæ-
 “ moptysis or spitting of blood, with the kernels of pine apples. That
 “ the juice of the root drank with ale, helpeth a cold or windy
 “ stomach; and that the leaves applied to the gout with treacle of
 “ Andromachus, and the whites of eggs in equal quantities, helpeth it
 “ and easeth the pain.

“ That the decoction of the root, with the seed applied, helpeth the
 “ tooth ach, burnings, and kided heals. That taken in wine it helpeth
 “ the stranguary and pain in the hip. That the fruit applied helpeth
 “ hard swellings: and that the root pounded and strained with mal-
 “ mesey, helpeth the running of the reins, and whites, and strengtheneth
 “ the back with the yolks of eggs, powder of acorns, and nutmegs,
 “ taken first and last.”

Mindererus says, “ That if the leaves of Burdock be cleaned and ap-
 “ plied to the part affected with the gout, with the face inverted for
 “ half a day, and then renewed, it will be of excellent service.”

Mr. Ray informs us, “ That the seed of Burdock pulverized and
 “ drank in beer-poffet-drink, is a famous lithontriptic. Or, that if a
 “ drachm of the same seed pulverized be taken in white wine, it is an
 “ approved remedy in this disease.”

Mr. Boyle advises in the stone, “ To take of the seeds of Burdock,
 “ and wild carrot of each half an ounce, bruise them a little, and infuse
 them

“ them in a bag in one gallon of ale, for common drink. That the
 “ pulp or shaving of the fresh root, spread upon linen, and applied
 “ warm to the part affected, is good in all fugillations or contusions.”

Alexander Benedictus recommends in the pleurisy, “ To give one
 “ drachm of the powder of the roots in warm water in the morning,
 “ and encourage a sweat; which presently eases the pain and cures the
 “ patient.”

Dr. Sir John Floyer remarks, “ That the root tastes watry, slimy,
 “ bitterish, and smoaky; by which it is diuretic, and good in the gout,
 “ stone, and cough. That the seed is bitter, and of the same virtue
 “ with the root; and that the leaves are very bitter, like Carduus Be-
 “ nediectus, and may be used for sweating and vomiting, instead of it.
 “ That this plant, by its prickly head and purple flower, is like to the
 “ carduus kind, as well as by the smoaky taste, and bitterish slime.”

Monfieur Tournefort observes, “ That the root and seed of Burdock
 “ provoke urine, and cleanse the womb: and that a water is drawn
 “ from the leaves by distillation, to be used for the same effects. That
 “ the stalks being peeled when they are young and tender, and before
 “ the plant begins to seed, and being eaten either raw or boiled, with
 “ sweet oil and vinegar, makes no unfavoury dish, powerfully provoking
 “ urine; and for which purpose he has directed the following prescrip-
 “ tions:

“ Take of Burdock roots four ounces, boil them in a sufficient quan-
 “ tity of water, adding to each pint, of vegetable salt one scruple.

Or, “ Take of the seeds one ounce, bruise them in a marble mortar,
 “ and pouring four ounces of barley water upon them, make an emul-
 “ sion, sweetening it with a sufficient quantity of the five opening
 “ roots.

Or, “ Take of the roots of Burdock, and dog-grafs, of each two
 “ ounces, of the leaves of pellitory of the wall, and ftraw-berries, of
 “ each two handfuls, of marygold flowers two pugils; boil them
 “ in a fufficient quantity of water to a pint and a half, and make an
 “ apozem for three dofes, adding to each dose of foluble tartar chaly-
 “ beated, one fcruple.

“ That the roots of Burdock pickled or preferved, are prefcribed to
 “ two ounces; and the feeds from half an ounce to one ounce, fteeped
 “ in white wine or ale.”

Dr. Strother informs us, “ That Burdock is of a gently bitterifh,
 “ fweetifh, fub-acrid tafte; but of no fmell. That its virtues are to be
 “ diaphoretic, and diuretic, from the falts it contains; and it is anodyne
 “ in the venereal difeafe, becaufe it contains oils: that he knew one,
 “ who laboured greatly under venereal pains, of which he was relieved
 “ with a decoction of this root, when great remedies had failed.

He adds “ From thefe properties it is, we give it in the leprofy;
 “ firft, becaufe by its falts it volatilifes the acid falts in that difeafe,
 “ and then by its oily parts, it relieves the itching fo common in the
 “ fame. It is upon thefe accounts alfo ufed in gouts as a fpecific,
 “ by eafing their pain, and attenuating their juices; for its oily parts
 “ are looked upon as nutritive alfo.”

An ancient valuable Author obferves, “ That the juice of the root
 “ of Burdock, taken to the quantity of three or four ounces, with a
 “ draught of ale or wine, is an excellent thing againft wind, and cold-
 “ nefs of the ftomach.

“ That the effence has all the virtues of the juice, befides which, it
 “ is an excellent thing againft poifon inwardly taken; and is good diet-
 “ etically againft venereal difeafes, and heals inward ulcers of the lungs,
 “ and is good to cure fpitting of blood. That it is alfo good againft
 “ gravel

“ gravel and tartarous matter obstructing the reins, ureters, and bladder, and prevails against vapours in women, obstructions of the womb, and hysterick fits. Dose, from one spoonful to four, or six, mixed with any proper vehicle.

“ That the saline tincture of the leaves or seeds powerfully opens obstructions of the womb, reins, and bladder, bringing away the matter causing the obstruction: outwardly, it is good to wash the part bitten by a mad dog, for it draws out the malignity and poison. Dose inwardly, one or two drachms, in arsmart or parsley water, or any other proper vehicle.

“ That the oily tincture, is an excellent thing against punctures, and other wounds of the nerves, prevails against cramps and convulsions, inwardly given, from twenty to thirty drops, and outwardly applied. That the decoction of the root, drank liberally for some time; has been found very good to exterminate the relics of the venereal disease, and that the conserve of the root is helpful in consumptions, and is good for such as are troubled with the stone, or any flux of the bowels.

“ He further directs, to take of the juice of the root, which make with alicant two pounds, old tent a pint and a half, and mix them together; that four ounces of this being drank morning, noon, and night, after due purging, is good against the running of the reins in men, and the whites in women. Or thus: take the juice of the root, made as aforesaid twelve ounces, old tent eight ounces, yolks of new laid eggs number four, powder of acorns one ounce and a half, nutmegs in powder half an ounce, mix the whole together. It has the virtues of the former, besides which, it eases pains in the reins, and wonderfully strengthens a weak back.

He concludes with adding, “ That the salt made from the ashes of the plant, taken in white wine, arsmart or parsley water, from a

“ scruple to half a drachm, is good to provoke urine, cleanse the urinary passages, and to carry off the watry humours in dropfies.”

Drs. Quincy and Alleyne inform us, “ That the leaves of Burdock are much in use among the country people, for burns, and inflammatory tumours. That the seeds are by all authors of the best note, esteemed extremely diuretic; and are reckoned effectual in carrying off, by those discharges, what is very much the occasion of arthritic pains, when it is once deposited upon the joints.”

Dr. Brookes says, “ That Simon Pauli perfected the root of this plant to the decoction of the woods against the venereal disease, especially for those that are emaciated and of tender constitutions. That Henry the third of France was cured of this disease, by a decoction of the root; and that it is also commended for an empyema, consumption, a purulent spitting, and the gout. The dose of the root in powder is to one drachm; in decoction one ounce for every pint of water; and that taken thus, it promotes urine, and expels gravel and small stones.”

Dr. Sir John Hill says, “ To speak of the benefits that may be obtained from Bardana in the gout and rheumatism, were needless; but some late instances have shewn its efficacy in cases of loose gravel, where there was no stone formed, nor any thing required but to clear the passages of red sand, which it would be dishonest to conceal.

“ The plant is that common and troublesome weed, called in English Burdock; but as there are several species of it, that particular one which is most useful in medicine, is termed the Great Burdock. It grows to five foot high, very robust and stout. Its leaves are pale, and its burrs purplish.

“ The

The method of using it is this: “ Take up the roots of vigorous
 “ plants, wash them, and slice a pound of them thin; put these into a
 “ gallon of the Dog and Duck water, and boil them for a quarter of an
 “ hour: at the end of that time, add three ounces of honey, let it
 “ stand to be cold, then strain it through a flannel. It will be a
 “ clear pleasant liquor, of which a half pint before is to be drank, just
 “ warm, once in two hours, for four or five times.

“ The discharge of urine that it produces is wonderful; and this
 “ without irritation. It is perfectly safe in all these cases: but in that
 “ particular sort of gravelly complaint here mentioned, it exceeds all
 “ things I have seen.”

Dr. James informs us, “ That the roots of Burdock are recom-
 “ mended as mild diuretics, diaphoretics, and sweeteners, in scorbutic,
 “ rheumatic, gouty, and venereal disorders; and that the leaves boiled
 “ in milk, and applied as a cataplasm, also answer the same intention.

“ That they are good for burns and inflammations, and for that rea-
 “ son were ordered in the *unguentum populeum*. That the common
 “ people frequently apply it to the feet and wrists in fevers. That the
 “ seeds reduced to a powder and exhibited in white wine, are good to
 “ provoke urine, and alleviate fits of the stone.”

Dr. Lewis remarks, “ That the seeds of Burdock have a bitterish
 “ sub-acrid taste: that they are recommended as very efficacious diure-
 “ tics, given either in the form of an emulsion, or in powder, to the
 “ quantity of a drachm.

“ That the roots taste sweetish, with a slight austerity and bitter-
 “ ishness, and are esteemed aperient, diuretic, and sudorific, and said
 “ to act without irritation, so as safely to be ventured upon in acute
 “ disorders.

“ That decoctions of them have of late been used in rheumatic,
 “ gouty, and other disorders; and preferred by some to those of farfa-
 “ parilla.”

OBSERVATIONS BY THE AUTHOR.

Burdock, we have been so largely treating of, appears from the evidence of so many and great authors, to be a plant of considerable power and virtue, and which upon a chymical analysis, produces a considerable quantity of an acid phlegm, oil and earth, with some concremented volatile salts, as well as fixed, from which it evidently appears to partake of a sulphur blended with a sal ammoniac and nitrous quality.

The particular purpose to which I have appropriated in my practice this valuable plant, has been in the gout, for which it is peculiarly useful, umore especial if duly and properly adhered too in the manner hereafter directed.

But before we enter hereon, I shall at the repeated requests of many of my friends, give them such general and useful extracts from a treatise I have written some years upon this trying malady, as an address to persons afflicted with the gout: proving the futility of some of those leading arguments already offered upon this disorder, though too frequently adopted, with the nature and operation of a certain and innocent medicine I have prepared for this disease, together with some of the attestations I have had the honour to receive in the course of my practice herein, as well as a necessary and useful regimen and advice pointed out for those troubled with the arthritic.

THE ADDRESS.

THE study of Medicine is of all others the most laudable, as far as it tends to the ease and happiness of our fellow creatures; yet it is to be truly lamented, that the most diligent researches in this most intricate science, are not always crowned with that success they so justly merit.

From hence, very ingenious and worthy men have often been so far perplexed, as to give up as lost what has cost them immense labour and difficulty, from which they have only adopted some few opinions, which probably, had it been pursued somewhat farther, might have been attended with more salutary effects for the advantage of mankind; nay, how often has chance, and a thousand accidents in life, produced in medicine what the most diligent study and application could never obtain.

Physic, like Natural Philosophy, is a science wholly supported by experiments; in the pursuit of which we are often foiled in our intended aim, but are sometimes recompensed by some valuable and unexpected discoveries. Perhaps a stronger instance cannot be given of our limited knowledge, than the many ineffectual attempts to subdue the inveterate malignancy of many diseases, which have hitherto withstood all the power of medicine, and are still considered as the *opprobrium medicorum*, viz. the scrophula, scurvy, or atrophy, &c. &c. &c.

There is, perhaps, no disorder with which the human race are afflicted, or to which a remedy has been more earnestly and diligently sought after, than the Gout. Yet, after all their toil and anxiety, and the numberless volumes written on this subject, how trivial the advantage gained from it? how far short have they fallen of any certain method
of

of cure? There never were indeed any pointed out for the Arthritis, which would suit with all constitutions: the exercises or medicines necessary to be followed were such as would ill suit with the weak and delicate state of the constitution of the major part of mankind, when afflicted with this disorder.

As every member of society is under an indispensable obligation to promote, as far as he is able, the ease and comfort of his fellow creatures, so it is with peculiar happiness and satisfaction that the Author of this address now offers to the Public a most valuable and innocent medicine, that will agree with the most tender constitutions; and though he might take upon him to boast of the intense study &c. he had taken in the discovery of so excellent a medicine, yet will not pretend to such presumption, but ingenuously confess to the world, he is indebted as much to accident as to application for this most valuable remedy.

Let us for a moment, for the advantage of mankind, reflect impartially upon some of the most leading arguments now offered in the present day upon this disorder, and which, by a too general adoption and adherence, so many valuable lives have been sacrificed.

One fundamental point laid down and supported by many is, “ that in the whole *Materia Medica* there is not to be found a specific for this dreadful malady.”

Permit me, first, to observe the remarks made upon this fallacious doctrine by a judicious author, who has gone before me on this head, and from whom I shall take the liberty of transcribing his sentiments, being so consonant to my own. “ A little attention,” he justly observes, “ to the present state of things, would convince such reasoners of the futility of their supposition; for while every art and science is daily and rapidly improving, would it not be a degree of impiety to suppose the Almighty has restricted our endeavours in matters so essential to
the

“ the happiness of the human race? The present advanced state of the
 “ medical art is a full reply to such erroneous opinions; and at the
 “ same time demonstrative of the just distribution of omnipotent good-
 “ nefs and mercy.

“ From an opinion of the Gout being incurable, innumerable evils
 “ arise, and the generality having yielded to it, the rational means of
 “ relief are neglected; and instead of using those which a little know-
 “ ledge of the disorder, reason, and reflection would dictate, they pursue
 “ the most certain methods to irritate nature.

“ On the first attack, the friends of the afflicted most absurdly wish
 “ him joy; advise him to drink plentifully of Madeira and other strong
 “ wines, or of punch, in order, as they say, to keep up his spirits, and
 “ to keep the Gout out of his stomach. This being the advice on the
 “ first attack, with the addition of patience and flannel, the patient ad-
 “ mits it as a proper regulation for his future conduct; and concludes,
 “ that as there is no cure, so this is all that is necessary for him to know
 “ or do: This proves to him a source of increasing evils; for by this
 “ management he suffers more frequent and violent attacks, aggravated
 “ at each return by the same injudicious treatment, till by their repe-
 “ titious he becomes a very martyr to the GOUT'S FIERCE RACK; each
 “ fit is prolonged, and the intervals shortened; and in a few years he is
 “ reduced to an object of compassion, useless to the world, and a bur-
 “ den to himself.”

I have been led, from such striking and glaring inconsistencies, again and again to consider, what reasons could have been suggested for the adoption of so fatal an opinion, which at once cuts off all ingenious enquiries upon so momentous a subject; and I am well assured, to this great evil alone may be justly attributed the most essential reason why a specific has not long been obtained for the cure of this disorder. It is not want of abilities, but the exercise of those abilities, in the present day, that is the principal cause which has obstructed the further light into this

this and some other chronical diseases ; and while this method is pursued, which unfortunately for mankind, in the treatment of the Arthritis, and some other complaints, is too general, what improvements can possibly arise therefrom. The moment we give up our researches in this, or any other endeavour after knowledge, for the ease and happiness of our fellow creatures, we may be justly said to take the most effectual steps to stab the very vitals from which such knowledge could possibly be obtained. It is then as evident as the sun in its meridian, that the want of this attention has been the true and only cause which has prevented the further general insight into the disorder in question, and has left the world so much in the dark respecting it.

I believe it will be allowed (I would not wish to be too positive) that the Gout is in general more hereditary than acquired, which if granted me, I must confess, for my own part, I am firmly of opinion, that Providence never permitted a natural disease to afflict the human race, but it has as providentially permitted a cure ; that it has, in the present medicine in question, time and twelve years experience has happily evinced ; for certain I am, as far as practice and conviction can lead a man to speak in *futurum*, that in another age, if men are not so blind and weak to their own interest, to follow an opinion (which though adopted by many in preference to an easy and safe medicine, which might be safely administered even to an infant, the disorder in question will be little thought of. As mysterious as this may appear to those unacquainted with the proper treatment of this disorder, this soon will vanish, if they will only consider, if the persons who now practise inoculation for the small-pox with the greatest success, had a few years back profest a cure for both Gout and Small-pox, which would have been most easily credited ? Doubtless the former.

I am well aware of the difficulty in the establishment of any new opinion or medicine, which is repugnant to the usual and general mode of practice. Custom and prejudice has such an amazing power over the human mind, that it is greatly to be feared, a too close adherence to

it, is often attended with many fatal effects. I shall only add, on this head, that as both my inclination and duty pointed out to me the necessity of speaking thus plainly, where the health and happiness of thousands were at stake, in behalf of a newly discovered medicine; so I doubt not in a future time, though it may not clash with the judgment and interest of a few individuals, will in the end secure me in the esteem and approbation of the best and most discerning part of mankind.

I shall now proceed to combat another too generally adopted opinion, which is, “that the Gout is supposed to be necessary for the prevention of other diseases;” and what is more astonishing, this supposition is equally held valid with the patient, as with some of the faculty; how glaring a proof, that the mind of man is so easy bewildered by the fascinating power of public opinion, be it ever so preposterous.

Let us endeavour to as calmly combat this fallacious and delusive idea, as we did the former. It must indeed be acknowledged, “that as there was no cure to be found in the whole *Materia Medica* for this evil,” consequently to pacify the afflicted with the idea that it might keep off others, may be truly praise-worthy; at least I am certain it is in the patience of the sufferer, as nothing could require a greater exercise of their faith, than the suffering of a greater evil, to avoid a less. But to be more serious; let us now minutely and fairly examine into the propriety of this second mistaken opinion: If we will only take the trouble to enquire of nineteen out of every twenty of mankind, who have been afflicted with the Arthritis, if they are more than others exempted from other diseases, we shall easily find the only justice in this assertion is this: That the Gout, wherever it attacks violently, so far only justifies this idea, that seldom, or ever, but sooner or later, it prevents both this and all other diseases, by sending them to a world, which, we trust, is free from all.

It is well known, and I appeal to the judicious of the faculty, whether many Arthritic persons are not afflicted with the Stone, Jaundice,

Dropfy, and nervous complaints; though it must be acknowledged that these disorders do not attack the patient during the paroxifm of the Gout; as the Gout, like a true tyrant, admits of no rival while on the throne, but that great one death, which in this malady is too generally the cafe, and to which all others must give place. Is it not amazing that mankind fhould give up their reason to fo futile and fimple an argument, where even their lives are at ftake, without attending to the confequences of it?

I have not taken a little pains to dive into this ridiculous fuppoftion; and where this was not the cafe, I feldom failed of finding it ftill worfe: that thofe who were troubled with the Gout, and who had ftrength of conftitution to overcome its attack, inftead of being free from, and not liable to other diforders, as other men, on the contrary, have been often afflicted, or if not, have generally carried to the grave the fatal effects of this malady, which in moft has been ten times worfe than nine tenths of the difeafes to which the human race are fubject.

From hence, I fhould imagine, to every impartial and candid obferver, fufficient has been urged to amply explode fome of thofe futile arguments, which as yet have been adopted, in refpect to this dreadful difeafe; but, if men wilfully fhut their eyes againft reason and experience, and prefer a moft miserable exiftence to health and eafe, how vain the attempt to convince them.

I think it now neceffary to fpeak of the medicine here offered for the speedy cure and certain prevention of fo dreadful an evil, both as to its nature and operation. And firft of its nature: It is of itfelf a very mild fudorific, yet ftrengthens and invigorates the whole frame, particularly the ftomach, where the attack of this diforder is ever moft dangerous: and though, for my own part, I think it not very palatable: yet thofe who have taken it, after a little ufe, inform me, they fhould like it as a cordial, and would take it every morning as fuch, if it was not my defire to the contrary.

And

And now of its operation, which I have before observed, is of so gentle a nature, that it might safely be administered to an infant. In the night it causes a gentle perspiration, so highly necessary, over the whole frame; and generally in the course of the next day, procures a motion or two extraordinary; consequently, no medicine from its nature and operation, can more sufficiently recommend itself, even to the most delicate constitutions, as these are the only apparent effects in the use of it. As its quality, so likewise the quantity necessary to be taken, is very moderate, from two to three table spoonfuls, and that only night and morning; as I really believe, the effects of many valuable medicines are destroyed, by the quantity and too frequent repetition of them.

It is with peculiar happiness, I have it in my power to assure those afflicted with the Gout, that the medicine which I now offer for the cure of this disorder, is no less singular on this account, than for its virtue in the prevention of it. If at any time the patient has reason to expect a fit coming on, of which the usual symptoms of its approach are a peculiar lassitude over the whole frame, a drowsiness and inclination to sleep, acute sensations in the parts which have been before afflicted, and a total depression of the spirits; let him not fail the same evening going to bed, to take three table spoonfuls of the medicine, which will, in the use of it for only a few nights, effectually convince him of its virtue.

Were it not for the benefit of mankind, I should not inform my readers, that this valuable medicine is equally as efficacious in the Rheumatism as the Gout. This indeed I should think would be readily granted, as very often the two disorders are so blended, that it requires no little skill to distinguish them; however, I believe it will be allowed upon all hands, that what will cure the Gout, will undoubtedly the Rheumatism. My only reason for wishing to confine my medicine to the Gout solely, is this: lest it should be classed with those numberless nostrums daily put forth, some of which we should have belief in, if they were confined to any one disorder; but when one medicine is put

forth, as is often the case, for the cure of all diseases to which we are subject, it must stagger even *an Abraham's faith* to credit.

It is needless to add much more, in respect to the virtue and efficacy of the medicine for the Gout; it is sufficient to observe to those who are desirous to make trial of it, that they shall be recommended to those of the first character and probity, who have been afflicted with this disorder for these last twenty years, who for these twelve years have not been able to walk two or three miles with any degree of ease; but by the use of the medicines at different periods, are now able to walk ten or twelve miles with the greatest pleasure and satisfaction; which must be more satisfactory than all that can be offered in its praise, let it be ever so deserving.

I shall conclude with observing, my practice has fully proved to me, that those who will regularly attend to my medicine and advice, have little to fear from this dreadful disorder; and which I am justified both in the eyes of God, and those who have made proof of it in that time, thus solemnly to attest; the certainty of which alone, has prevented me from publishing it to the world long ago, to the great loss both of the public and myself.

For the advantage of the Public, this medicine is sold in quart and pint bottles, at one guinea, and half a guinea each, which shall be forwarded to any Gentlemen desiring it, with proper advice, by a line addressed to the Author, post paid, to be left with his Publisher, Mr. Bew, Bookseller, Paternoster Row, London.

Proper Regimen and Advice to be observed by those afflicted with the Gout.

In these observations I have the same difficulties to encounter with, as in the establishment of my medicine, viz. the prejudice of the human mind; which in some may, perhaps, lead them in part to acquiesce with my directions, while others are so self-opinionated, as to contemn
both

both me and it. Notwithstanding this humiliating idea, the good of mankind, which I trust will be ever my first motive, leads me to offer these observations and instructions to those few who may be pleased to accept them, as they are the result not only of theory, but what is infinitely better, of the most successful practice, founded upon that theory.

It is no small difficulty to point out a regimen that is proper to be observed in general; indeed it is impossible, as our features and complexions, so our constitutions vary; and what would be of infinite service to some, would be very prejudicial to others; to guard against such extremities, I shall endeavour to take the happy medium, as I am from experience convinced, that an attention to it will be productive of the most happy consequences to the observers of it. As it is a natural rule to avoid the rock on which others have split, so in the article of food which some who have gone before me have much insisted upon, nay so far as to disgust their patients with the bare idea of an adherence to it; so on this point I shall touch but lightly, knowing it is but in vain to teach men in this respect, as they will indulge their palates. I love what is called good living myself, and I am happy I have it in my power to permit it to others, who enjoy it likewise, (i. e.) I allow the use of this in every degree of moderation.

In the article of food, I would most earnestly recommend to avoid as much as possible all kinds of salt meat, and indeed of high-seasoned dishes, or if used at all, in a very sparing manner; as there is nothing contaminates the blood and juices, and goes so far to bring on the Gout, as the use of them. Fresh meats of every kind, except pork, and all sorts of poultry, and shell fish, with not too high seasoned sauces, may be used; and surely these, with the assistance of the vegetable world and ripe fruit, which I would wish to be plentifully made use of, as they will in a great measure counteract any bad effects of the former, must be amply sufficient for any man of prudence and discretion.

The use of liquors I would in general allow; the man who makes use of them to excess, and that in a constant practice, I would not wish to advise, as he totally subdues by that very means the efficacy of most things which can be administered for his relief. Such a one may be helped, but I will not take upon me positively to assure him, that either my medicine or regimen will have the desired effect, as with those who live soberly.

I think it necessary to observe to those afflicted with this disorder, that I would advise them to be rather sparing in the use of malt liquors, particularly all such as are new, as it is in general apt to be of too windy a nature for this complaint: and I have generally found the use of brandy, hollands, or rum and water, particularly the former, made rather good and chearful, to be far preferable for gouty persons than malt liquor, or these last articles made rather weak and in too great a quantity. Notwithstanding all that has been offered respecting wines, spirits, &c. possessing those pernicious qualities, I am inclined to believe, that the great evil is in the quantity, and that a man may drink a few glasses of either, whichever agrees best with him, without any injury. If a man will but attend to himself, he may soon discover what is most suitable to his constitution, and agrees best with him; and to make a few glasses sufficient, needs only a resolution to drink no more.

This is what every man regarding his health should do: In all our concerns of life, does not the prudent man watch over the progress of his undertakings, to discover which is for the best? this is done to increase his gain, and shall we be less attentive to that which promotes our health? what is all the wealth in competition with this blessing? or what would not the rich and afflicted give in exchange for it?

I come now to treat of a point of equal, if not superior importance, to that of regimen, which is the use of gentle and frequent exercises; and by this I would be understood to mean, those that can be procured by
easy

easy means, such as walking or riding; if the patient can bear it, I would prefer the former, so as to keep up a proper circulation of the blood in the exterior parts; not that I can in the least hold with those violent, disagreeable, and expensive muscular exercises, so highly recommended for the cure of this disorder, which are so repugnant to the gentle operations of nature, that they must necessarily be very hurtful to weak and tender constitutions. This is very certain, that a degree of exercise is absolutely necessary to the preservation of health, and in this every one is best judge for himself, having in view this general rule, that his exercise must be used in such a manner only as not to fatigue him, or to occasion profuse perspiration.

In the account given of the circulation of the fluids, it appears “ that the last state of digestion is in the secretory vessels, to fit the matter for transpiration, which is more or less perfect, according to the elasticity of the fibres, of which our solids are made up.” Nothing can more preserve this elastic tone than exercise in the open air, and this should be as moderate and regular as possible, not to destroy the spirits, and hurt the concoctive powers, which are strengthened in proportion as our exercise is more or less continued and gentle. From hence it is obvious, that as violent exercise is hurtful, so a sedentary and inactive life is by no means proper for gouty persons; yet it may be generally remarked, that an inclination thereto is too frequently the case, and too often indulged by those troubled with this disorder. Some time after dinner I would most earnestly recommend the use of walking or riding, particularly after eating a too hearty meal, as this will in a great measure destroy any bad effects arising therefrom; though I am fearful this advice, notwithstanding the necessity of it, will be too little attended to for the reasons I have already adduced. Gouty persons think very little of the consequences of giving up to a slothful habit, especially before the fit comes on, and for this obvious reason, because it proceeds from the nature of the disorder; but this must not be given up to, but by such as would wish to encourage this complaint; those who would not, I think it my duty to inform them, that exercise is equally

as necessary as regimen; and I assert this from experience, especially of that kind, and at those seasons particularly before recited.

Those who cannot get the better of this natural habit (and which I believe is the case of most) should not fail of informing me of it, as by such information I shall be enabled to help nature in such a manner, as shall in a great measure answer the purpose for which exercise has been so necessarily pointed out.

There is nothing to be dreaded, and ought more carefully to be avoided by those afflicted with the Arthritis, than a cold, as this in general seldom fails of bringing on a fit.

It is therefore absolutely necessary, to carefully guard against this most dangerous enemy; and not to be too careless, as too many are, particularly of their hands, legs, and feet; but be sure to wear good worsted stockings, and stout shoes, and when they go abroad, if the air is cool, as is generally the case both in spring and fall, not to fail putting on a great coat, and worsted gloves. By thus guarding the extreme parts of the body, will in a great measure contribute to the avoiding this malady: or why should it more generally first attack these parts, which are usually so slightly defended. If all these precautions are not sufficient, but notwithstanding you have reasons, from the symptoms before described, to expect an attack, have recourse to the medicine, in the manner before directed, and you need not doubt the happiest consequences. I may perhaps be accounted rather tedious in these observations, and probably so to those who know nothing of this disorder; those who have been afflicted will not be unthankful for this advice from a brother sufferer, as I have learned from experience the necessity of these things.

It may, perhaps, be likewise asked, by those whose narrow views carry them no farther than their dear selves, why I should so far enlarge upon a doctrine, which, if duly attended to, must deprive my family of a great part of the advantage which must otherwise arise from
the

the demand for this excellent medicine? To such I answer, that to do good to my fellow creatures I was taught from my youth, was my indispensable duty; the practice of which, as far as it has been in my abilities, has proved through life a source of that happiness and satisfaction which riches cannot procure, and which the various accidents of life cannot deprive me of.

ATTESTATIONS, &c.

TO DOCTOR BAYLIS.

“ SIR,

“ THE very great benefit we have received from your Medicine, and peculiar easy Method of Treatment for the Gout, induces us to give you this public testimony of our approbation; and shall be truly happy in every opportunity of recommending you to our fellow sufferers, labouring under so dreadful an affliction.

John Clarke,

John Sigrist,

George Manvill,

Richard Maxfield,

John Hawksley,

William Anstey.

To JOHN CLARKE, Esq. one of his Majesty's Justices of the Peace, and those other Gentlemen who have honoured me with their public Approbation of my Medicine and Treatment for the Gout.

“ GENTLEMEN,

“ Permit me most respectfully to acknowledge the peculiar obligation I shall ever think myself under, for the distinguished mark of your favour, in your very friendly and public recommendation of my Medicine, and Treatment for the Gout.

“ It is now full twelve years, since I was so fortunate to find out this medicine, which proved so infinitively serviceable to myself, under this affliction; and I am truly happy, by experience, to find that you, gentlemen, some of whom have been martyrs under it for the last five-and-twenty years, can thus publicly and justly recommend it.

“ I have particularly during this period, turned my mind and study to this disease, and I trust it will be thought no presumption to declare, that my practice and medicine have furnished me with such useful observations, as will be of the most infinite service to mankind, labouring under this complaint; and for the truth of which, I can, with honour and justice, appeal to your own experience.

I am, with great regard,

GENTLEMEN,

your very obedient,

and obliged humble Servant,

E. BAYLIS.”

But it is necessary we should return to my usual method of administering Burdock in the Gout, of which the following will be found highly useful.

Take of the fresh roots of Burdock, taken up early in the Spring, a sufficient quantity, wash and clean them well, and cut them the length way of the root into thin slices, and to every eight ounces thereof, add two ounces of the root of sarsaparilla. Boil these in a sufficient quantity of water for four or six hours to obtain all their virtue; strain off this decoction, and evaporate the clear by very gentle boiling, to an extract of about the thickness of good honey, keeping it stirring towards the last to prevent its burning; take it then from the fire, and add thereto of the powder of wood sage, and ginger, in equal proportions, a sufficient quantity to form an electuary; the quantity of a nutmeg of which

which or better should be taken, the first thing in the morning, and the last at night.

Also, Take then of the fresh clean dried roots of Burdock, taken up at the time before directed, and cut fine four ounces, of the fresh inner bark of the elm tree two ounces, of dry marsh-mallow roots, cut thin one ounce; boil these very gently close covered, for five hours, in full two quarts of river water, when add of the new seeds of angelica six drachms, and of fresh horse-raddish root sliced thin one and a half ounce. Continue the boiling gently for one hour longer, taking particular care that it is covered so close, that no part of the steam may evaporate, when strain off the clear decoction, and keep it in a bottle loosely corked, in a cool place for use.

Four table spoonfuls of this purifying decoction, with two table spoonfuls of my gout tincture, should be taken about eleven in the morning, and four or five in the afternoon.

The discerning part of mankind will perceive my opinion of the grand cause of the gout, and many other chronic cases, which I have before hinted in this work, particularly in the consumption; that they chiefly proceed, or at least are principally aggravated by a latent impurity of the blood and juices; and thus far I will take upon me to assert, that in all and every of these cases, if experience will convince mankind, it will be found, that whatsoever will tend to purify and restore the habit, will subdue these evils, or at least keep them under, and which nothing short can possibly effect.

It is unfortunate for mankind, that in the gout and many other constitutional diseases, which have been forming in nature for many years, they expect from the faculty an immediate removal of these complaints, as of a slight cold, cough, or such like, the pernicious consequence perhaps of a day, or even an hour. But if they will give themselves a little cool reflection upon what has been now offered upon

this disease, these ideas will be found more than can be expected from either nature or art, and will prove only to be a vain delusion or imagination of the mind.

I thought it thus far necessary to hint, upon the medicine here offered for the removal of the gout, to shew the necessity of a close adherence to this practice, at least for the first six months, and afterwards every other month for the same period; after which two months every spring and fall will be found sufficient.

To those who have ability, and would wish to avoid a great part of this tedious though useful practice, I must recommend the use of my cordial gout tincture, which after twelve years close study and practice I have greatly improved, and found so highly beneficial in all arthritic cases: assuring those gentlemen who place themselves under my care, of my most faithful and diligent attention to their respective cases, with such private advice and instruction as will soon convince them of the safe, speedy, and powerful effects of my medicine, but which the duty I owe my family will not permit me further thus publicly to enlarge upon.

In the most excruciating pains of the gout, and which indeed will be found very useful to shorten its duration, I have experienced the greatest advantage from the application of the following cataplasm.

Take of the fresh leaves of Burdock, if they can be obtained, if not of dry ones just made moist, as when green with spirits of turpentine, four or six handfuls, bruise them well in a mortar, till very soft, when add thereto of the best flower of mustard and saffron, of each two drachms, ginger in fine powder half an ounce, of liquid laudanum and oil of linseed, of each in equal proportions a sufficient quantity to make it soft.

In acute cases, this cataplasm may be applied every four or six hours, if it should not enflame the part too much, though if it should, it will
prove

prove of the greater service, the pain most commonly abating, upon drawing out by perspiration such humours as will raise a dew upon the skin, and sometimes lift it up into small blisters; but for common use, if this cataplasm is renewed twice a day, it will be found sufficient, neither can any danger possibly attend such an application, which is the case of too many of these topical compositions.

With respect to the use of Burdock, I would further observe, that in many other cases arising from an impurity of the habit, I have experienced great benefit from the use of this plant, as in the scurvy, scrophula, &c. particularly if prepared and taken after the following manner.

Take of the fresh roots of Burdock in thin slices eight ounces, liquorice, and marsh-mallow root of each two ounces; boil these in three quarts and one pint of water to two quarts, strain it off from the dregs, and evaporate the clear by gentle boiling to a soft extract, keeping it stirring towards the end to prevent its burning, until it is about the consistence of new honey; to which add of the powder of the leaves of buckbean or marsh trefoil, and of the fresh root of arum, that is, cuckow pint or wake robin, in equal proportions, a sufficient quantity to form an electuary.

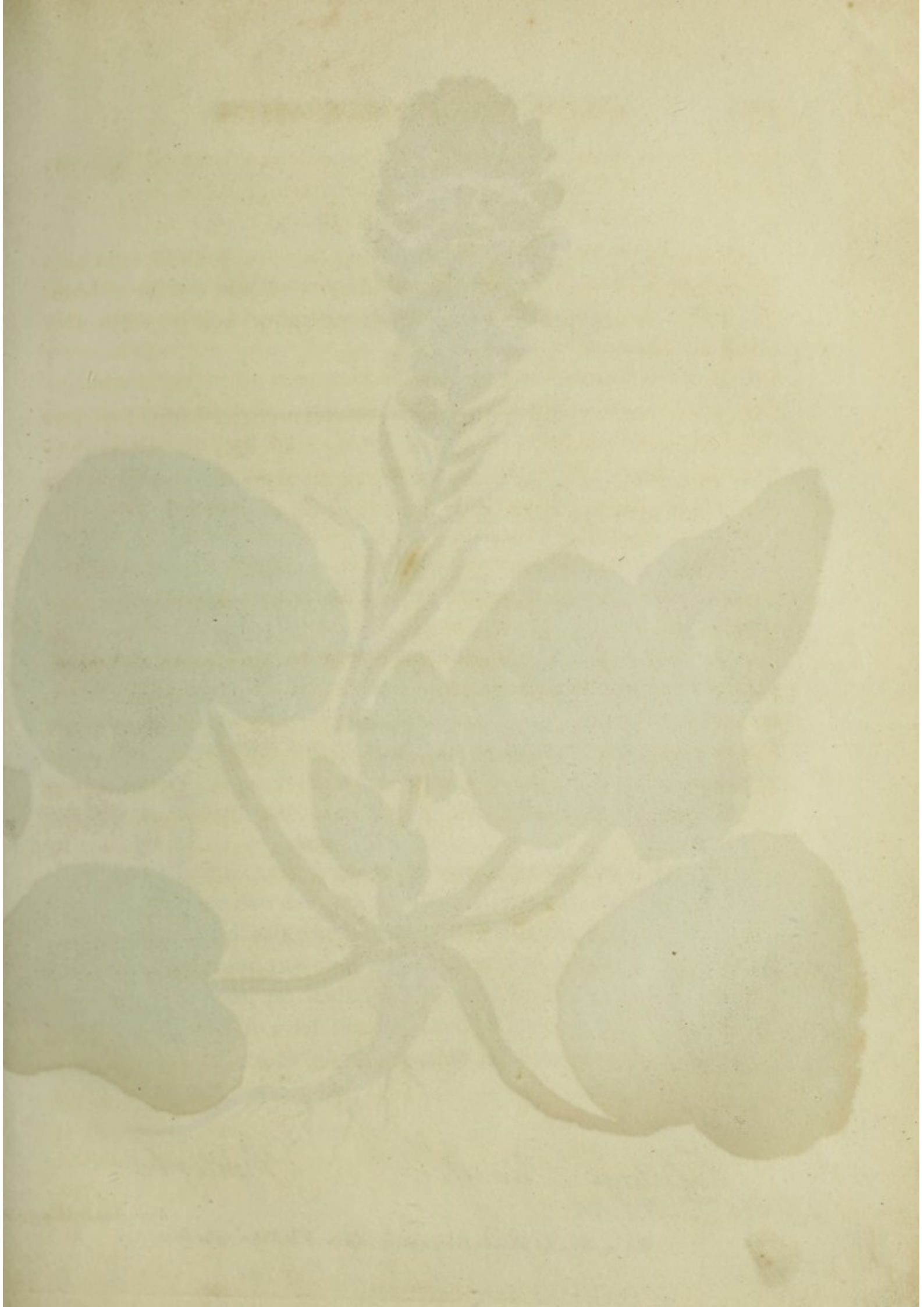
Take then of the fresh roots of Burdock, and the fresh inner bark of the elm tree cut thin, of each three ounces, of liquorice root sliced two ounces, of the dry leaves of marsh-mallows one ounce, new angelica feeds six drachms, dry mezereon roots, and ginger, cut into thin slices, of each three drachms. Boil these gently close covered in two quarts of soft water, to about one pint and a half, or what is better of lime water, as hereafter prepared, the same quantity, which must be then strained off, and kept in a cool place.

Preparation of the Lime-Water.

Procure of the best and most hard stone lime one pound, put it into a pan, and pour thereon four quarts of boiling water, stirring it together till the whole is dissolved; let it then settle till it is perfectly fine, when pour the clear lime water off for use.

In the use of these last medicines for the scurvy, &c. I would recommend about the quantity of a nutmeg of the electuary, to be taken the first thing in the morning, and the last in the evening; and from four to six table spoonfuls of the decoction, about eleven in the morning, and four in the afternoon.

Here also I must advise the patient not to expect an immediate and lasting advantage, or that it will be of any real service, from a short use of these medicines; it is necessary they should be continued at first, particularly if it has been of any long standing, for some months, after which about one month every spring and fall will produce real and lasting benefit, more especially if accompanied with a proper and useful regimen, which our limits here will not permit me now to observe, and which nothing short of this can fully answer the end in such habitual and trying cases.





Tussilago Petasites.

Butter-bur.

John Frederick Miller, del. 1791

Pub: as the Act directs, Feb: 1, 1792, by J Bosc, N: 28, Paternoster Row.

C H A P. XXIII.

OF THE PLANT BUTTER-BUR.

Petafites, Offic. Petafites major et vulgaris, Tourn. Inst. Petafites vulgaris, rubrens, rotundiori folio, Offic. I. B. Tuffilago Petafites. Lin.

BUTTER-BUR.

WE are informed this plant is called from the Latin Petafites, from the largeness of its leaf, it being as large as a hat, or covering to the head, which term may be implied both from the Greek and Latin derivation: some will have it to be Theophrasti, while others take it to be Perfolata Plinii. It is called in English, Petafites, and Butter-bur, and by some ancient botanic Authors, Pestilent Wort, and Lagwort.

We are also informed from respectable authority, both ancient and modern, there are two different species of this plant, as the greater and lesser, common and tall, varying also in the flowers, though much like one another; yet for my own part I never saw but one, which is the common Butter-bur, particularly mentioned by Dr. Sir John Hill, and which I shall hereafter describe; though it may be necessary, for the information of others, to give from other Authors the following

DESCRIPTIONS.

DESCRIPTIONS.

Butter-bur has long roots spreading under ground, white within, but rather darker on the outside, and are oftentimes worm eaten, of a bitter and unpleasent taste. It springs up very early in the year, with a thick stalk about a foot high, on which are set a few small leaves, or rather pieces, and at the tops a long spiked head of flowers in the one, which is the less, and more rare to be found, wholly white, and of a better scent than the other, though some say it has none but in the greater, which is the more common with us, of a blush, or deep red colour, according to the soil in which it grows, a clay ground bringing forth a pale colour, somewhat weak, and before the stalk has stood with the flowers a month above ground, it will be faded away and gone, and blown away with the wind; after which the leaves will begin to spring, which when they are full grown will be very broad and large, sufficient to cover the whole body, or at least the head; they are somewhat thin and almost round, whose thick red foot-stalks, being about a foot or more long, stand under, or towards the middle of the leaves, the lower parts of which are divided into two round parts, close almost to one another, of a pale green colour above, and hoary underneath. That which brings white flowers, brings forth also smaller leaves than the other doth, having divers ribs and veins within.

Gerard has another kind of description which in some measure explicates the former, for which reason it may be necessary to insert it here.

Butter-bur does in a manner bring forth its flowers before the leaves, as Colt's-foot does, hence some have thought it to be one of the kinds of Colt's-foot, and for which reason Matthiolus and Camerarius in their epitome, particularly the last, calls the more common

Mas

Mas, the other Fæmina: but in his epitome of Matthiolum, he calls the greater, Tuffilago major.

These flowers are small and mossy, tending to a purple colour, forming themselves into a big ear, which with its stem, thick, full of substance, and brittle, quickly fade and fall off; soon after the leaves, spring forth, like a round cap or hat, of a size sufficient to shelter a man in a shower of rain, or from the heat of the sun, larger than those of the great Burdock, of a colour inclining to white, but still whiter underneath; every stem bears its leaf, which is sometimes a cubit long, thick, and full of substance, and stands nearly under the leaf in the center or middle almost of the circumference, similar to one of the largest mushrooms, excepting the cleft at the lower part of the leaf, near the stem, especially when they are perishing or withering away: as at first the upper superficial or outside of the mushroom stands out, and when they are withering, inclines inwardly, and the edges turn up; so it is in the Butter-bur leaf, which has on the outside a shallow hollowness.

A judicious botanist, has given us an accurate description of the blossoms of Butter-bur.

Empal. Common, cylindrical. Scales spear-shaped; narrow; equal: fifteen or twenty in number.

Bloss. Compound, various. Florets with chives and pointals, in some species are all tubular, in others only tubular in the center.

Florets with only pointals, in some species narrow; in others entirely wanting.

Individuals with chives and pointals, funnel-shaped. Border with four or five clefts; sharp, reflected; longer than the empalement.

Individuals with only pointals, either none at all, or very narrow; entire; longer than the empalement.

Chives. Threads five; hair like; very short. Tips forming a hollow cylinder.

Point. Seed-bud, where there are chives and pointals, short. Shaft thread-shaped, longer than the chives. Summit thickish.

Seed-bud, where there are only pointals, short. Shaft thread-shaped; as long as the other. Summit thickish; cloven.

S. Vefs. None. Cup but little changed.

Seeds. In all the florets, solitary; oblong; compressed.

Feather hairy; standing on a pillar,

Recept. Naked.

These plants are found growing in moist and wet sandy places near the sides of rivers, ditches, and in meadows. The flowers rise and decay in the months of March, and April, when the leaves succeed, which remain till Winter, new ones still growing up, and being added to the former.

VIRTUES.

Rembertus Dodoneus says, “ That the root of Butter-bur dried and
 “ made into a powder, and so taken in wine is a fovereign medicine
 “ against the plague and pestilent fevers, because it provoketh sweat,
 “ and for that cause driveth the disease and evil from the heart. That
 “ it killeth worms if taken in the samemanner, and cureth bad ulcers,

“ or old stubborn fretting sores, and inflammations, if the powder
 “ be strewed thereon.

“ That the powder is excellent for the farcy in horses, however it
 “ be administered, whether it be given inwardly, or applied outwardly.

An ancient Author remarks, “ That this plant is a great strengthener
 “ of the heart, and chearer of the vital spirits. That the roots hereof
 “ by long experience are found to be very available against the plague,
 “ and pestilential fevers, and if the powder thereof be taken in wine,
 “ it also resisteth the force of any other poison; and that the root hereof
 “ taken in wine with zedoary, and angelica, or even without them,
 “ helps the rising of the mother.

“ That the decoction of the root in wine, is singular good for those
 “ that are troubled with the asthma, or are short winded. That it pro-
 “ voketh urine also and the courses, and killeth the flat and broad
 “ worms in the belly. That the powder of the root doth wonderfully
 “ help to dry up the moisture of sores that are hard to be cured, and
 “ taketh away all spots and blemishes of the skin; and that it would
 “ be an act of great humanity, if the rich would keep this root properly
 “ preserved, to assist their poor and distressed neighbours.”

Dr. Sir John Floyer informs us “ That the roots and leaves of But-
 “ ter-bur, taste much like angelica, sweet, bitterish, and very acrid, and
 “ smells like it, but more unpleasant, with a headiness and fætor, of a
 “ mithridate flavour; and therefore it is used as a sudorific, in pestilen-
 “ tial fevers, and in the cough.

Monfieur Tournefort advises, “ To take of the roots of Butter-bur
 “ and Burdock, of each two ounces, of the leaves of cardus benedic-
 “ tus, and meadow-sweet, of each two handfuls, of elder-seeds three
 “ drachms, of red poppy flowers three pugils, boil them in one pound
 “ or wine pint and a half of fair water, and make a sudorific apozem

“ for three doses, adding to each dose of oily and aromatic volatile
 “ falt, half a drachm.

Or, “ Take of the roots of preserved Butter-bur one ounce, of the
 “ volatile falt of hartshorn, grains fifteen, of laudanum grain one, and
 “ make a sweating bolus.”

An old valuable Author has favoured us with the proper dose of this
 plant, and says, “ If one drachm of the powder of the root of Butter-
 “ bur be given in wine, it is a most excellent thing against all sorts of
 “ pestilential fevers, as the plague, spotted fever, purples, measles,
 “ small pox, &c. because it is sudorific, or promoting perspiration, and
 “ thereby driving from the vital parts the evil tendency of their poison,
 “ but it also kills worms, and is powerful against hysteric fits, or va-
 “ pours, and suffocation of the mother.

“ That the juice when it is expressed out of the roots, by being
 “ beaten in a mortar, with the addition of a little white port wine, has
 “ all the virtues of the powder, and may be given from one ounce, to
 “ two or three ounces, morning and evening, as a preventive against
 “ the plague, and every six hours after infection.

“ That the essence has all the virtues of the powder and juice, but
 “ more powerful to all the intentions, as it provokes urine, and the
 “ monthly terms, and destroys all kinds of worms in the belly, and is
 “ a powerful thing in the cure of the yellow jaundice, and the bitings
 “ of the viper; dose one or two ounces mixed with wine as often as ne-
 “ cessary.

He further says, “ That the spirituous tincture is good against poi-
 “ son, and the biting of venomous beasts, and prevails against fainting
 “ and swooning fits, and is a famous thing to rectify the diseases of the
 “ stomach. Dose one or two drachms in a glass of canary.

“ That

“ That the decoction of the root of this plant, is good against coughs,
 “ colds, asthmas, wheezings, difficulty of breathing, and other diseases
 “ of the lungs, causing expectoration. That it kills worms, provokes
 “ the terms, and has all the other virtues of the powder and essence
 “ aforegoing, but not full out so powerful; dose, from two ounces to
 “ four, or more, as hot as it can be well taken, morning and evening,
 “ to prevent the infection of the plague, and as much every six hours,
 “ for those who are already seized with it.

That a mixture is thus made, “ Take of the juice expressed with vi-
 “ negar, or the essence, twelve ounces, juice of rue four ounces, Venice
 “ treacle, or mithridate two ounces, mix them well together by shak-
 “ ing. That this mixture is a powerful antidote against the plague,
 “ or putrid fevers, spotted fever, purples, small pox, measles, poison,
 “ biting of vipers, or other serpents, or of any other venomous crea-
 “ ture. Dose, two ounces at a time, as often as need requires.”

“ Dr. Strother observes, “ That Butter-bur is of a bitterish and
 “ acrid or biting taste, and of an aromatic favour, from whence it is
 “ accounted alexipharmic, cardiac, very inciding and attenuating, and
 “ by consequence conduces in disorders of the stomach, nerves, and
 “ womb.

“ It is diaphoretic, and forces the menstrual flux, by hastening on
 “ the circulatory motion of the blood, and scouring their vessels, it
 “ frees them from their viscid, and obstructing cause.

“ That its extract conduces much, in malignant and contagious dis-
 “ eases: and from its roots is made a resin, which is very useful in com-
 “ plaints of the lungs, because it sheaths the acrimonious matter, from
 “ whence ulcers arise, by its oily parts.

“ That

“ That its dose in substance is to a drachm, in infusion to three
 “ ounces ; but we do not make use of it in decoction, because the vo-
 “ latile parts fly away by long boiling.

“ This seems to be an argument also against its extract ; but if we
 “ consider, that besides its volatile parts, it has also resinous particles in
 “ it ; in decoction, therefore, it may lose its volatile parts, but will
 “ retain its resin.

“ It is upon this footing that guaiacum is decocted, and by this means
 “ it communicates its resin to the water, as appears by its whiteness
 “ and muddiness ; for oils will not unite well with water alone.

He says, “ That some make a tincture from this root and contra-
 “ yerva, which agrees very well with contagious diseases ; so that this
 “ is reputed as an alexipharmic, and recorded among them.”

Drs. Quincy and Alleyne remark, “ That the root of Butter-bur
 “ is not greatly unlike the master-wort root, in pungency and flavour.
 “ That it has also the virtues ascribed to it as an alexipharmic ; upon
 “ which account it is in many of the dispensatory compositions of that
 “ intention : and that there was also a compound water, under its name
 “ in the College Dispensatory, very uniform and efficacious, though
 “ now rejected. That it is likewise reckoned detergent, and good in
 “ all obstructions of the viscera, and the distempers thence arising.”

“ Dr. Brookes informs us, “ That the root of Butter-bur is ac-
 “ counted sudorific, alexipharmic, cordial, diuretic, and pectoral, and
 “ that some give it to destroy joint worms. That the dose of the dried
 “ root in decoction, is from three drachms to half an ounce ; of the
 “ fresh, from one ounce to two.”

Dr. James remarks, “ That the root of this plant is used, which is
 “ esteemed sudorific and alexipharmic, and is accounted and recom-
 “ mended

“ mended in hysteric fits, coughs, and asthma. That it kills the
 “ flat worms in the intestines, and excites urine and the menses. That
 “ externally applied it is good for buboes, and malignant ulcers.”

Dr. Lewis observes, “ That the roots have a strong smell; a bitter-
 “ ish not very agreeable taste; that they have been given in the dose of
 “ one drachm, or more, as an aromatic, and likewise as an aperient and
 “ deobstruent.”

Dr. Sir John Hill says, “ That the head of the flowers of common
 “ Butter-bur,” (which is the species of this plant I have in my botanic
 garden,) “ is oval and compact, a perennial spreading plant common
 “ in wet grounds and low meadows, and has the strange property of
 “ sending up its flowers at a different season from its leaves, long before
 “ them, as the colt's-foot does. Many an eye is familiar with its vast
 “ leaves, that never knew the ruddy tuft of flowers belonging to the
 “ same plant.

“ The flower stalk appears early, and grows to eight inches high,
 “ thick, tender, juicy; and hung about with a multitude of skinny
 “ films, of a pale fresh colour. The leaves come afterwards, and
 “ grow to a vast size, and are roundish of a pale green, with thick
 “ white veins, and often are a foot and a half in diameter.

“ The flowers are also of a pale fresh colour, which blow in April,
 “ and fade before the leaves arrive at any great size. The root is
 “ whitish, thick, tender, juicy, and spreads about under the surface to
 “ a great extent.

“ The virtue of this plant, is one of those innumerable instances that
 “ the providence of God, ever attentive to the good of man, has placed
 “ those things about us in so great plenty, which is of the greatest use.

“ This

“ This is an admirable medicine in fevers of every kind, for when
 “ taken early, it prevents the mischiefs that often rise naturally in those
 “ diseases.

He observes, „ We may remember, that in a fever which raged
 “ near twenty years ago, and proved very fatal; the physician usually
 “ asked at his first visit, if the patient had been bled, and if he was
 “ answered yes, he would tell the relations there was little hope.
 “ Bleeding was indeed fatal in these cases, as the disease was of the
 “ putrid kind, and the same fever raged at the same time in Germany,
 “ but by avoiding phlebotomy, and the use of the valuable plant But-
 “ ter-bur, they survived.

“ In this greatest of all calamities, there are few things from which
 “ we may expect so great relief, as from this herb; neither is this any
 “ new thought, or hasty observation. The Greeks used it with the
 “ greatest success, and it were happy if their practice were more fol-
 “ lowed, as the very name of the plant among the Germans, is pesti-
 “ lence wort.

“ Whether for common fevers, or for this, for putrid fevers, or for
 “ what is called the fore throat, with ulcers, which ulcers are indeed
 “ only one symptom of a putrid fever, however imagined.

“ The method of using the Butter-bur is this. Lay open the earth
 “ about the root, and it will be found to consist of an oval body, send-
 “ ing out long, thick fibres: throw away the fibres, and cut the oval
 “ body of the root through, to see if it be sound.

“ It will be found of a whitish colour, of a pleasant, fragrant, spicy
 “ smell, and a warm aromatic bitter taste, soft and tender to the touch,
 “ and juicy, which should be well cleansed and washed from the earth.

“ Slice thin one ounce of it, and set on some soft water to boil, put
 “ the roots into a new earthen pipkin, and pour upon them a quart of
 “ the water boiling hot. Let this stand till it is quite cold, no longer,
 “ then pour it clear off, and add a quarter of a pint of mountain wine,
 “ and a little fine sugar.

“ Let about a quarter of a pint of this be taken once in four hours,
 “ the spirits will be raised, the horrid anguish that attended those fe-
 “ vers and announced their danger will soon be removed, a kind gentle
 “ sweat, not violent, will follow, and every bad symptom will disap-
 “ pear, and the patient will recover.

“ If, as it then often happened in those deplorable cases, a boil should
 “ appear under the arms, or elsewhere, be assured that on its coming to
 “ ripeness depends the hope of life, and to promote that, use the same
 “ root externally.

“ Make a common poultice of bread and milk, and to half a pint
 “ basin of this, add a quarter of a pound of Butter-bur root bruised,
 “ but not boiled; add also a little salad oil, and apply this carefully,
 “ keeping it warm by many cloths doubled, and renew it often. The
 “ patient will thus have all the chance of life, the nature of this dread-
 “ ful case will admit.

Sir John farther proceeds, “ Will you have more authority? receive
 “ it, for confidence in truth is half a cure. Dioscorides the father of
 “ botanic medicine, recommends Butter-bur plainly enough for this
 “ outward use: and we should probably have read with him its praises
 “ also internally, if all stood right in the copies, but to our irreparable
 “ injury, that confusion of names which I have laboured so much to
 “ get men to avoid, took place even so early. This plant and colocasia,
 “ an herb as different as possibly could be, excepting only in the form
 “ and outline of the leaf, were confounded in one name of Petasites.

“ Theophrastus, the parent of botanic knowledge, called the Butter-
 “ bur Petasites, because its leaf resembled the round hat of the antient
 “ Theffalians, which they call Petasis, and in his time to Dioscorides,
 “ the Ægyptian Colocasian Water Lilly, having a round leaf also, ob-
 “ tained also the same name.

“ As both plants grew in watery places, the confusion became more
 “ fixed; but still when sudorific virtue is attributed to Colocasia, I
 “ think that all the praise belongs to Butter-bur. Galen has signified
 “ his opinion plainly; by placing it according to his method among
 “ simple medicines, warm in the third degree.

The excellent Fuchsius is most express, and records its virtues as
 wonderful in pestilential fevers, in these words. “ Experimento com-
 “ probatum est radicem Petasitidis mirifice conferre pestilentialibus fe-
 “ bribus.” And this he speaks not from tradition but his own experi-
 ence. “ Shall we go on? but were it needful to prove the sun gives
 “ light; ’tis scarce less certain, or less obvious, that this root beyond all
 “ things else, cures pestilential fevers.

The Doctor then informs us of another species of this plant, which
 he calls the tall Butter-bur, and which “ he says, has a cluster of
 “ flowers, which is long, and stand loose. This like the former grows
 “ in our wet grounds, and has all the particularities of its appearance.
 “ It is a perennial that sends up its loose flowers in Spring, and its
 “ leaves long after them.

“ The stalk is as thick as a man’s thumb, of a pale fresh colour, and
 “ leafless, only some thin films hang about it as in the preceding.

“ The leaves are of an enormous magnitude, rugged on the surface,
 “ and of a pale green colour, with whitish ribs. The flowers are
 “ whitish with a faint dash of flesh colour. They blow in March.

“ The

“ The root of this has the taste and flavour of the former kind, but
 “ with more bitterness. Its qualities are nearly the same, but the for-
 “ mer is to be preferred. However the two herbs have been used in-
 “ discriminately, and this is in many places the more common.

“ In a meadow near the late Sir William Bowyer's at Denham,
 “ there grows a great quantity of this kind.”

OBSERVATIONS BY THE AUTHOR.

The roots of Butter-bur upon a chymical analysis, produce a considerable quantity of volatile salt, somewhat of the nature of sal ammoniac, with a less proportion of oil and some earthy parts, which may be gathered from its acrid and biting taste; and appears therefore to be possessed of alexipharmic, sudorific, and attenuating qualities, and consequently useful in all fevers, more particularly those of a morbid or putrid nature.

But before we proceed to my usual manner of administering this plant in these cases in the course of my practice, it may lead to the instruction and satisfaction of my readers, to consider minutely the nature and causes of these diseases, which in such trying maladies, surely demand our closest attention, and from which investigation alone we can form a just and proper ground for such actions, and which is so absolutely necessary, for our guidance and direction herein.

A judicious Author, from whom I shall take the liberty of introducing some extracts, whose sentiments upon this subject are so consonant to my own, observes, that whoever designs to render service to mankind by the practice of physic, should first of all make himself master of the laws of nature; for without this knowledge I am well assured it is impossible, however capacious the understanding, or learned the system,

he must constantly meditate and make accurate observations upon them, and obey them to a tittle; as had the laws of nature been as well understood in the time of Hippocrates, as they are in the present day, and had proper observations been constantly made from that time to this, such inferences and improvements would have been made, as to have reduced the practice of physic much nearer to a standard of certainty.

If a physician knows not how heat and cold, fluidity and firmness, fermentation, putrefaction, viscosity, coagulation, dissolution, &c. are generated and destroyed in animal bodies, he will be at a great loss when he comes to find out the causes of diseases; for many of them intirely depend upon the presence, absence, or change of these or the like qualities. On the contrary, it is of the first consequence to have attained by a variety of experiments, the different ways whereby nature sometimes produces the same effects; for several solutions of the same appearances may hence arise, which otherwise might never have been suspected. He therefore, who is only acquainted with a few of nature's ways of procedure, is unlikely to know how numerous diseases are produced; and consequently, must sometimes mistake the cause, and apply remedies accordingly, when the poor patient perhaps may dearly pay for want of due attention and knowledge herein.

The justice of these observations might, if necessary, be fully proved, from many mathematical and mechanical demonstrations, but which is unnecessary here.

It is true it is not always in our power to account for all the phenomena of diseases, from these principles; but however, it behoves us to search into them as much as possible, and to explain by their assistance, the nature of the antecedent causes of diseases, and the manner how they produce such and such disorders, with such and such symptoms.

By these assistances the genuine method of cure will be greatly illustrated, though it must be confessed that experience alone can enable us

to foretel the issue of the disease, as well as the effect of the remedy administered; and that our best reasoning upon such subjects is only *à posteriori*.

The learned Boyle very justly imputes many of the deficiencies in the reasoning of philosophers, to their having too hastily, and without due observation, presumed to deliver axioms and established principles, without a sufficient number of experiments, and fuller enquiry into nature.

Ubi philosophus desinit, incipit medicus, is a maxim universally received, by reason of the usefulness of philosophical enquiries, towards investigating and illustrating the laws of the animal œconomy, as well as the causes of diseases; and it is to be regretted that we too frequently consider the outward and general appearance of disorders, without a minute investigation of their origin, and which consequently require different methods of cure. It is greatly to be feared a want of attention herein, as hinted at in my observations respecting the cure of consumptive cases, is oftentimes the occasion of fatal errors, which is frequently ascribed to the difference of constitutions, while at the same time it is too often the misapplication of medicines, from our want of attention to the antecedent causes.

By a careful attention to such observations as these, we cannot fail of being happy as well as successful practitioners; for when the nature and rise of diseases are well known, the greatest difficulty is surmounted, as the path is plain and open before us, and the curative indication not that difficulty so frequently imagined and inculcated, for reasons too obvious even for slender capacities to stand in need of an explanation.

Thus by accurately observing the phœnomena of diseases which daily occurs to us in practice, and by comparing them one with another, we may possibly find out the true causes of many of them, and afterwards explain them by the true light of reason.

There is not a practitioner of the lowest understanding but must blush at the usual and former manner of treating the small-pox till within my own memory, nor is it necessary to prove here that numberless victims have fallen a sacrifice to the want of even common observation, which the very disease itself naturally pointed out.

By the same assistance or light of reason, doubtless we may in many cases investigate the modus of nature, in producing as well as carrying off diseases, for if we do not check her endeavours, she will ever, or at least in general facilitate our labours.

The great Sydenham justly observes, the chief defect in the practice of physic does not proceed from the want of means to answer this or that intention, but because we do not rightly and justly know what that intention is which is to be answered. But what can more conduce to form the judgment right in this matter than an exact observance of the natural phenomena of diseases, and likewise of the *juvantia* and *lædientia*; for if these were duly compared one with another, they would shew the nature of the complaint, and whence the curative indications are to be taken: for we may as certainly take the curative indications from the smallest circumstances of the disease, as we do the diagnostic from them.

Indeed some, and physicians of the first ability, have thought, that if we had an exact history of every disease, we should never want a remedy suitable thereto. Certain it is, the various phenomena plainly points out the way we ought to proceed in, and which phenomena, if they were carefully compared one with another, would lead us to those obvious indications, which are taken truly from nature, and not from the errors of fancy.

Hippocrates acquired his great skill and character by accurately observing and diligently comparing the phenomena of diseases, and deducing the curative indications from them. Experience surely is the
best

best guide, for as there is much subtlety in the operations of nature, as well as medicine, he only can be a successful practitioner, who is well acquainted with the natural history of diseases, and has collected a sufficient number of observations from the most remarkable incidents which proceed either from the nature of the disorder or the method of cure.

He that aims at eminence in his profession, wishing to be thoroughly acquainted with the knowledge of diseases, must not overlook the most trifling circumstances, but be careful in observing and discovering the seats of distempers, the alterations occurring in the parts affected, the symptoms attending various diseases, and their usual consequences. By these means he will render himself master of the diagnostic and prognostic signs, which will enable him to distinguish the difference of diseases, however similar in appearance; then having carefully collected a series of such observations, he will be competent to pronounce his medical predictions from sound principles.

From these observations it must evidently appear, that medical practitioners, destitute of a plenary knowledge of its rules and principles, must render their practice not only precarious, but contradictory.

Every judicious physician will make it his study to discover the original cause of diseases, not entirely confiding on external and general appearances, without penetrating into the particular constitution of the patient, the air, the abuse of the non-naturals, &c. &c. which probably occasioned and supported them, and therefore require on these accounts different methods of cure.

There is no enquiry possibly demands a more minute attention and investigation than a diligent and scrupulous examination into the state of the habit, if not primarily affected with a latent scorbutic taint, which I have previously observed is the principal and chief cause of most consumptions, dropies, and many other evils, though little attended to.

Hence

Hence it is that a variety of medicines, recommended in particular diseases, do not produce the proper effects in various constitutions, and different states of the air, or when disorders arise from excesses and irregularities of life. Our inattention to the antecedent causes, too frequently occasions a fatal error in the administration of medicine; we cannot therefore be too diligent and attentive in discovering and accurately examining into their effects and influence on the animal frame.

By a diligent and accurate observation of the symptoms and phenomena which characterize each particular disease, we are able to distinguish and remark their progress, variations, and the several changes that attend them. Thus we learn that persons actually affected with such and such symptoms, have certainly such a disease. Nature so frequently changing from one appearance to another, it becomes of the utmost importance to distinguish the diagnostic or characteristic marks of the disorders, that by these distinctions the specific differences are to be determined, however analogous they may appear to a superficial observer.

It must be confessed that the ancients were very successful, and performed many surprising cures, notwithstanding their ætiology, strictly considered, was wrong. Should it be asked how they performed so well, with so false a theory, and with the many disadvantages they laboured under, it may be answered, it was in consequence of an indefatigable application and study in observing the phenomena of diseases, which in a great measure pointed out the remedy. Had they understood the circulation of the blood, and the laws of the several motions in the animal œconomy, as we are furnished with in the present day, no doubt their industry would have left but little for the moderns to discover, and delivered to posterity an exact natural history of diseases, and a genuine method of cure.

It is consonant also with the true principles of philosophy, agreeable to the plan I have adopted in this work, first to analyse the subject,
whose

whose nature and properties we intend to make any researches into, by a regular series of experiments; then by laying the result of these experiments before us in one view, to discover what light their united and concurring evidence will give us. If we reflect on the many discoveries that have been made in the animal economy, we shall find, that the most considerable of them are owing to their statical examinations and chemical processes. By the former were discovered the quantity and proportion of the solids and fluids in an animal body, the rapidity and force with which the fluids are circulated through their proper channels, the proportion between the aliment taken in, and the recrementitious matter cast out of the several excretories, &c. By the latter, we have obtained a great insight into the nature of digestion, and sanguification, the properties of the several fluids, the manner of their action on each other, their fermentation, and many other particulars unnecessary to enumerate. In short, the researches of experimental philosophy are without end, gratifying the curious observer with a full elucidation of the hidden mysteries of nature.

It is evident therefore, he only deserves the name of a good physician who deduces his curative indications from the cause of the disease, and the symptoms that attend it. And as the causes of diseases are more easy and plain than they are generally thought to be, the cure of them is oftentimes effected by the use of a few, and frequently plain medicines, the certainty of which alone has induced me to adopt the botanic system, notwithstanding I practised for many years in London in the regular established method.

Some of my readers perhaps may think me too prolix in these particulars, which to them may appear at first sight minute and trivial; but as this work is designed not only for the satisfaction, but also the advantage and instruction of my friends, I would wish them to consider, that a design of this nature cannot be too plain, as frequently, for want of perspicuity in authors, the inexperienced are oftentimes subject to error, and which may be attended with bad consequences. It will

therefore be my principal endeavour throughout the whole of this work, to lay down the most exact rules in regard to practice; and though in respect of some readers, for obvious reasons, I might have been excused this trouble, yet I flatter myself there are not a few to whom such communications will be truly acceptable.

But it is necessary we should apply the advantage of these observations, more particularly in the case now before us, or to the consideration of the nature of the antecedent causes of a putrid and malignant fever. It is a common observation, that malignant or pestilential fevers are seldom prevalent in cold weather, but are generally the consequences of excessive heat, and for this obvious reason, because at such seasons all animal and vegetable bodies have naturally a general tendency towards putrefaction.

Sanctorius very justly observes, that an obstructed perspiration in Summer, disposes to malignant fevers, whereas in Winter it makes but little alteration: for bodies are more subject to an acrimony or sharpness of the perspirable matter in Summer than Winter seasons. For when the fibres are weak, as in sultry weather, and the perspirable matter, by any cause whatsoever, happens to be obstructed, the solids are consequently less able to circulate, and prepare it for transpiration; and the heat also of the external air will favour its falling into fermentative and intestine motions, and dispose it thereby to corruption: from whence will arise such as are commonly called malignant and putrid fevers. But in cold weather, both the constitution is better able by degrees to overcome and wear away such an additional load, and the obstructed matter will besides not be so apt to putrefaction, but sometimes continue a considerable while without any great injury.

It is properly remarked, in the new Theory of Chemistry, that heat is well known to excite more than ordinary vibrations and agitations in the dullest of matter; so that in animal bodies, whose texture consists of the most active, heterogeneous, strongly attractive, elastic particles,

it is beyond our finite capacities to conceive into what commotion their constituent particles are put, when agitated by heat; or how suddenly their texture, bulk, and figuration are commuted or changed by such intestine, fermentative motions.

Boerhaave well illustrates the ill effects of a very hot air, by an experiment which he relates he made, by putting a dog into a sugar-baker's drying stove, the heat of which was so great as to raise the mercury in Fahrenheit's thermometer to an hundred and forty-six degrees. After the dog, says he, had been in seven minutes, he panted much for breath, though he did not sweat, and in a quarter of an hour expressed great uneasiness; soon after which he grew faint, and died in twenty-eight minutes. He drivelled all the time a great quantity of red foam, which smelt so intolerably, that a strong labouring man who went near it, was almost struck down in an instant therewith.

From this experiment the Doctor observes the dire effects of this degree of heat, how soon it brought on a most acute distemper, with very violent and mortal symptoms; how suddenly the humours were changed from a healthy to a nauseous putrid state, more pestilential than the most deadly carcase, and how greatly the humours must be altered in so short a time, to make the saliva red. He also justly observes, that these were not the mere effects of the heat of the stove; for if the flesh of a dead animal had been hung up there, it would have dried, and not have turned to pestilential corruption, which must therefore arise from the friction caused by the vital motion of the blood in the lungs, where it being in this case not at all refrigerated, did thereby acquire a greater heat than that of the stove; hence its sudden tendency to putrefaction, the oils, salts, and spirits of the dog being thoroughly putrefied in twenty-eight minutes.

He also observes, that when a man breathes an air as hot as his natural heat, he soon finds such a difficulty of breathing, that he cannot long endure it, but earnestly pants after cooler air, which invigorates,

while hot air weakens and dispirits; for neither animals nor plants can long bear a hot air, without intervals of cool refreshing air.

Hence it is plain to a demonstration, that extreme hot weather may dispose to putrid malignant fevers, by rendering the animal salts and oils acrid, and alkaline, and by destroying the healthful crasis of the blood and humours. For if the air be moist as well as warm, it will render the animal fibres more supple and lax, and sooner dispose the humours to corrupt and putrify. And as moist air may help to dissolve the crasis of the blood, and to spoil its consistence, by rendering it too thin and inactive, so it may weaken the action of the heart, lungs, and arteries, and thereby bring on putrid fevers.

It sometimes happens, that the air is contaminated with some certain effluvia which destroys the healthy crasis of the blood, and renders malignant fevers endemial. But what these effluvia are, whence they arise, from what bodies they are produced, how they act upon the several fluids of the body, and excite such strange and dismal symptoms, seems exceeding difficult to determine, and can only be deduced from accurate and diligent observations of their effects on animal bodies.

This phenomenon was remarkable in these parts no longer than June last, at which time the air remained in this state of putrescency for many days; when I observed to several of my friends my fears that we should experience a trying and fatal Autumn and Spring, and which has been awfully verified: as in the last five months I doubt not, if it could be properly ascertained, more deaths have happened from putrid and malignant fevers, than have been experienced in so short a period for a long series of time. It is true these putrid diseases did not appear immediately but partially, till about the end of October, when they came on very brief, and have so continued to the Spring, which confirms me in an observation I have frequently made on the contaminated state of the atmosphere at those particular seasons.

A judicious writer has observed, that it is certain the venomous miasma wherewith the air is impregnated at such times, may pass immediately into the blood through the vasa inhalantia situated on the external superficies of the body, and the internal superficies of the lungs, as well as swallowed along with the aliment; so that consequently the blood and humours may be affected in such seasons according to the nature and proportion of the morbid effluvia. If we may be allowed to guess at their manner of action, from the symptoms they produce, it is reasonable to suppose, that upon their mixture with the blood, a sort of effervescence arises, or by their strongly attractive and repulsive power they create more than ordinary agitations and commotions in the animal fluids, in consequence of which corpuscles are generated *de novo*, some of the globules coalesce and form *moleculæ* too bulky to pass freely through the minutest vessels, whilst others are dissolved and melted down, so as to be of no further service to the animal economy. Hence the blood is rendered unfit for the generation of fresh spirits, the vital vigour of the body decays, and the compounding globules both of blood and lymph, are assimilated from smooth, polite spherules, into angulated and sharp pointed corpuscles.

This will however appear more obvious, when we come particularly to consider the more usual symptoms attending a malignant fever, as the languor, sudden decay of strength, oppression of the præcordia, colliquative sweats, petechial spots, &c. incident thereto, all which demonstratively prove the truth of this supposition.

Arbuthnot properly observes, when the air is replete with the steams of animals, especially such as are rotting, it has many times produced pestilential fevers in that place. So also the steams of great quantities of corrupted vegetables have produced the same effects in their neighbourhood.

The effluvia of human live bodies are extremely corruptible: the water in which human creatures bathe, by keeping, smells cadaverous.

And

And less than three thousand human creatures living within the compass of an acre of ground, would make an atmosphere of their own steams about seventy-one feet high, in thirty-four days, which if not carried away by winds, would turn pestiferous instantly; from hence we may infer, that living in great and populous cities, or in camps, or near a number of dead bodies, may dispose to putrid, malignant fevers.

It is true, the causes of malignant fevers cannot always be ascribed to the sensible alterations of the weather, or the manifest qualities of heat, cold, moisture, or dryness, highly predominant in the air; but they sometimes proceed from causes more latent than these. For putrified or corrupted food may occasion this disease, by mixing with the blood some deleterious, morbid particles, which will impress the same qualities on the animal fluids, that they are possessed of themselves. As the constituent parts of all animal and some vegetable bodies, are highly exalted and volatilized, and changed from a neutral state to one that is acrid and alkaline, whenever they are corrupted to a state of putrefaction; it evidently follows that stale, stinking meat, or stagnant, corrupted water, may vitiate and deprave the animal juices, by assimilating them into their own nature, and so rendering them alkaline, corrosive, and poisonous.

A corruption or putrefaction of the animal fluids is no more than a disjunction of their component parts, whereby the proper cohesion, or cement between their globules, or that consistence which best subserves the purposes of life is destroyed; and whereby the globules both of the red blood and lymph, divide into lesser and lesser, and continue subdividing till some of their particles, chiefly the saline and oleaginous, become volatile, acrid, and pungent. And if the dissolution be carried further than this, as in dead corrupting bodies, these volatile, pungent particles become more minute, and fly off the body in great quantities, and yield a strong and foetid smell.

Sanctorius proceeds further and informs us, that if any of the excretions are obstructed, and the retarded matter is neither removed by nature, nor a feverish heat, there is an immediate danger of a malignant fever. For if the opposed matter be so much corrupted or degenerated from its natural crasis, that it cannot be excreted; or if the vessels have so far lost their vigour or elasticity as to be unable to excite a feverish heat; the obstructed matter will, by being long detained in the body, grow acrid, putrid, and corrosive, and will be disposed to produce intestine fermentative motions in the animal juices, whereby some parts will coalesce and form corpuscles too bulky to circulate freely, whilst others will be reduced too low for a healthy state.

Bellini, in his mechanical account of fevers, tells us, that preceding illnesses sometimes degenerate into malignant fevers; and that malignant fevers are sometimes the consequences of those that are not so: that a simple intermitting tertian easily changes into a double intermitting, and this into a continuent, and that into a malignant fever.

It is also observed, in these cases, by a judicious and more modern Author, that when intermittents happen to be changed into continuents, the lentor is aggravated; yet when continuents degenerate into malignant fevers, the most usual diagnostic signs plainly discover the texture of the blood to be weakened, and consequently the attraction between the constituent globules of the lentor to be less strong.

If it was allowable, says the same author, to let blood in malignant fevers, the thing would shew it and evidently appear, but as it is not, we must depend upon the symptoms for our guide. It has been observed in a few cases, that the blood which flowed from the nose of persons afflicted with this disease, and which had not only more serum than was ever found in ardent fevers, but the crassamentum was more tender, and a considerable quantity of red powder was sunk to the bottom of the cup, which appeared as though the red globules had been ground and torn to pieces by some dissolvent quality in the malignant matter.

However

However, as the instances are but few, and the quantities of blood but small, it cannot be pretended that great stresses can be laid upon these phenomena, but only as they are analogous to the arguments we have deduced from the symptoms of this disease.

It may be gathered from Dr. Lobb's rational methods of curing fevers, that there is some reason to think the nervous, as well as the other animal fluids, are sometimes affected by the antecedents, not only by diminishing the secretion in the brain, but by altering the quality of the matter secreted. For though the nervous tubuli are exceedingly minute, and though very subtile particles only can pass through them, yet it is easy to apprehend that some of the malignant, febrile particles may be small enough to be discerned by the glands of the brain, and sent through the nerves, since any particles, whose bulk is less than the diameter of the orifices of the secreting tubuli, may enter into them, though they are of different figures and make. Indeed if different sorts of particles did not sometimes happen in the nervous fluid, it doth not seem possible that so great a variety of nervous diseases should afflict human bodies as have occurred to the observation of every one's practice.

For if the nervous fluid was purely simple, and consisted but of one sort of particles, which admitted of no variation, and only could differ from the healthful standard by excess, or deficiency in their quantity, nervous diseases might be fewer in number, and more uniformly the same in their appearances. But if the crasis of the blood may be so far dissolved, and the animal salts and oils so contaminated and divided, and the mouths of the secret tubuli of the brain so much widened and relaxed, as to admit of some foreign, heterogeneous particles to pass along with the nervous fluid; then it would follow, that as they render it either more sharp and acrid, or more viscous and less fluxile, they will produce a large train of direful symptoms, proportionable to the qualities and quantities of the morbid particles.

I have

I have been more particular and entered more fully into these observations, from the great danger attending most putrid cases; to throw the greatest light possible upon the cause, and origin of a disease, which has too frequently baffled the efforts of the first gentlemen of the profession, and the true nature of an alarming evil, which demands our most serious and diligent consideration.

We come next to consider the most usual symptoms incident to a malignant fever. Most authors agree that the general and true characteristic phenomena of this disease are cold shiverings at the beginning, with a quick, low, unequal pulse; for as the crasis of the blood is vitiated, the secretion in the brain diminished, and the fibres too lax; consequently their impulses will be weak, and the expulsion of the arteries outwards but faint: and as the obstructions in the capillary vessels happen to alter the flow of the blood and spirits to the heart, the pulse will be quicker or slower, or more or less unequal, proportionate thereto.

Great heat in the inward parts soon succeeds the rigor, not only from the blood being accumulated in the larger arteries and viscera, but also from the intestine, fermentative motion, between the elastic, strongly attracting morbid particles, and those of the blood.

The thirst is oftentimes exceedingly troublesome, and much beyond the measure of heat, by reason of the paucity of saliva, and the acrimony of the juices, which are secreted by the glandules of the fauces, oesophagus, and stomach, and which fret and irritate the nervous tunics, so as to cause a perpetual uneasiness.

The extremities of the capillary vessels which terminate on the superficies of the tongue, sometimes mortify, by reason the proper supply of blood and lymph is prevented by some obstructions, and from a tendency in the fluids towards putrefaction. But if the patient recovers, these dry, black, mortified fibres are sloughed off from the sounder

parts in thick skins, by the impulse of a fresh and sufficient supply of juices.

Colliquative, symptomatical sweats break forth in the beginning and increase of this disease, which greatly debilitate the nerves, and aggravate the symptoms. These arise from the dissolution of the blood and lymph, and the relaxation of the miliar glands, and their excretory ducts. The vigour of the stomach being abated, and its glands relaxed, a considerable quantity of viscous, sharp, bad matter is commonly cast into it at the beginning of this disease; whence an inappetency, nausea, vomiting, and heart-burning. Violent head-ach, pains in the back and loins, oppression on the breast, and frequent sighings, arise from obstruction in the arteriolæ, and the distension of the vessels from the intestine, fermentative motions of the fluids.

There are also frequently attending this disorder, pertinacious watchings, deliria, coma, &c. which proceed from the same cause in a greater degree. A languor, fainting, horror and despair, are almost constant concomitants of this fever, by reason the crasis of the blood is vitiated, and the secretion of animal spirit diminished; and perhaps not only so, but what I have frequently observed in my own practice, and which I believe is pretty generally the decay of the *vis vitæ*, is sometimes so extremely sudden, that it appears as if the malignant matter had entered even the nerves, and fixed and destroyed the elasticity or virtue of the nervous juice already secreted.

Dr. Lobb observes, that petechial spots or red efflorescencies in large æreas, sometimes appear upon the skin, and never rise above the surface. These seem to be constituted of broken particles of red blood oozing from the capillary sanguine arteries through the lymphatic arteries, and cutaneous glandules, which being not minute or subtle enough to perspire through the pores of the epidermis and the cutis in the form of flat spots. These do not seem to be critical discharges from the blood, because the sick does not grow any better upon their appearance.

ance. The brighter red they are of, the less danger; but when they appear of a purple, brown, dusky, or black colour, there is great danger, as they manifest a greater putrefaction.

When the venomous miasma have very much ruined the crasis of the blood, and broken down the red globules into their minima, it is no uncommon thing for them to run out of their own proper channels, and produce tumours, carbuncles, hæmorrhages, &c. and is the cause of these appearances frequently after a very bad kind of small-pox, tho' this is not known by all, but which I may more particularly animadvert upon at some future and proper opportunity. The urine also is sometimes limpid and pale, like that of hypochondriac and hysteric persons, and at other times it is intensely red and high coloured. When it is most crude and clear, the symptoms are generally aggravated, by reason the acrid, sharp, corrosive, saline, and sulphureous particles are left behind in the blood, which are apt to inflame the meninges of the brain, and dispose the patient to be delirious, &c.

Towards the height of this disorder it is common for an apthæ, or an inflammation of the membranes which lines the mouth, gullet, stomach, and intestinal tube to arise; and is generally looked upon as an effort of nature to throw off the morbid matter through the excretory ducts of the glands which serve those parts.

In the last stage of malignant fevers, when the secretion of animal spirits is greatly diminished, when the humours are most putrid, when the animal salts and oils are rendered extremely acrid and corrosive, when the red globules are melted down, and the crasis of the blood is utterly spoiled, it is no uncommon thing for the sick to be deficient in his sight, hearing, smelling, taste, occasioned by the paucity of animal spirits, and the languid, relaxed state of the nerves, which are no longer able to receive and convey the ideas, in a proper or sufficient manner to the common sensorium of the brain. For the same reasons, a stupor, syncope, tremulous nerves, subsultory tendons, hiccoughs,

involuntary effusions of the fæces and urine, coldness of the extremities, loss of their motion, and mortification may arise: for when the vis vitæ is at the lowest ebb, there is nothing bad that does not happen at that time; and of all the miseries that attend human life, there are none more deplorable and dreadful than those which at some time or other attend malignant fevers.

But we must now consider the cure of this most alarming disease, and which in a measure is plainly deducible from what has been offered in regard of the antecedent, and the phænomena that attend it; namely, to support the vital power of the whole vascular frame, to dissolve the grumous parts of the fluids, to correct and alter the animal salt and oils from their acrid, alkaline property, back again into a neutral state, and to restore to the blood and lymph their natural and healthy crasis. And for this purpose, I cannot sufficiently recommend the following preparation from that useful and beneficial plant, Butter-bur, whose sovereign and great power in such a number of putrid and malignant cases, I have so frequently experienced such amazing virtues from in the course of my practice.

Take of the largest part of the root of butter-bur, newly taken up, cleaned, dried, and reduced to a coarse powder, one ounce and a half, saffron half an ounce, new angelica seeds two drachms; add to these ingredients, of the dulcified or sweet spirit of nitre one pint and a quarter: let these stand in digestion for six or eight days, shaking it twice a day, when press out the neat liquid, and dissolve therein, as it will easily, of the powder of gum camphor one drachm and a half, which shake and unite well together, and keep this febrifuge essence close stopped for use.

Take then of the larger part of the root of butter-bur, fresh taken up, cleaned and sliced thin, two ounces, leaves of garden sage and Virginia snake root, of each half an ounce; pour upon these ingredients of very strong tea made from garden sage and boiling hot, two pints and a half; let it remain before the fire, or by its side, for twenty-four hours,

hours, when press out the infusion, and add thereto of good red port wine half a pint, of the best French brandy, and the juice of lemons, of each four table spoonfuls, to which a little sugar may be put, if more agreeable to the palate, which keep in a bottle confined from the air for use.

In the beginning of a putrid or pestilential fever, I would recommend from one half to a whole tea-spoonful of the former febrifuge essence, to be taken in from two to four table-spoonfuls of this latter infusion, every three or four hours, as the urgency of the case may require, or in some slight cases every six hours may be sufficient; using as common beverage a mixture of equal parts of good old red port wine and strong sage tea, with some saffron squeezed into it, and lightly acidulated with the juice of lemons.

I cannot but recommend to my readers to value these medicines and advice, in that alarming and trying calamity a putrid and malignant fever, as their extraordinary virtues and advantages deserve.

I shall close this chapter with some useful advice by way of instruction, respecting the treatment of persons labouring under so alarming a malady as that we have been now treating of, and which the first authority has given sanction to.

Vomits seem to be most proper in the beginning, to discharge the acrid corrosive matter from the first passages, and to attenuate the lentor. Blisters may be serviceable in bracing up and constringing the fibres, though perhaps if the alkaline acrimony of the fluids is great, it may do mischief. Sweats are not to be encouraged in the beginning, and increment of this disease, and therefore we should be careful in the use of hot, acrid, volatile, pungent medicines, lest nature should be weakened and confounded, by overstraining the animal springs, and elongating the fibres, instead of shortening and contracting them.

Purges also are highly detrimental in the beginning and increase of putrid fevers: for daily experience convinces and sufficiently informs us, that whenever there is a general relaxation or flaccidity of the solids, a poverty of the fluids, and a languor upon the spirits, even the most gentle purging medicines create great uneasiness: for truly if any excretion be considerably enforced, some inconvenience or other will be sure to succeed it, more especially in these morbid cases, which will of all others the least admit of it.

But above all things, be sure to refrain the use of the lancet, as we value the life of our patient or our friend; as I am verily of opinion many thousands have been sacrificed thereby, by changing a continent fever, into that of a malignant one. But in that case none, or very few indeed can judge for themselves, as it requires the understanding of a skilful physician to direct herein, and who can alone discriminate in a matter of such importance: For since nothing so immediately rebates the vigour of the fibres, since no other discharge from the blood, lets out the red globules thereof, and since these are most instrumental in maintaining the heat and strength of the body; consequently bleeding in putrid cases, is of all evacuations the most pernicious, and certain to bring on fatal consequences.

A learned writer has observed, that if the pulse is quick, if there be any preternatural heat, with a scorched dry tongue, and throat, diluents and coolers are most certainly indicated, notwithstanding some of the symptoms may seem to require more generous liquors. If, says he, we consider how long these fevers sometimes last, if we reflect on the nature of the lentor, and the acrimony of the humours, it may be easily apprehended how necessary cooling, acescant, diluting drinks may be, and how prejudicial those which are hot, acrid, and spirituous. All forinacious things therefore are proper, as having an acescant quality, as rhenish wine mixed with water, barley water with vinegar, sack whey with the juice of lemons or oranges, and even the strongest acids, viz. oil of vitriol, oil of sulphur, &c. dropped into some convenient vehicles,

as they produce good effects, by strongly attracting, and fermenting with the alkaline animal salts, and reducing them back again to a neutral state.

It is my duty to the public notwithstanding to observe here, that the common and usual beverage I have before directed in these cases, to be taken at pleasure, has in general much better answered my expectation in practice, than any of the above low, weak, and cooling liquids; for I am clearly of opinion, that notwithstanding violent, hot, acrid and spirituous liquors, are hurtful herein, yet a happy medium of these is absolutely necessary, and that many practitioners have fatally erred herein, and have omitted what is of the first consequence, to support, or at least sufficiently, the *vis vitæ*; and that it should be our first study to prescribe in these cases, such liquors as are cordial, strengthening, and reviving, but at the same time are neither too fiery, hot, or spirituous.

All medicines which strengthen the action of the heart, lungs, and arteries, raise the pulse, and promote the secretion of animal spirits, without colliquating and dissolving the globules of blood, and increasing the alkaline acrimony of the juices, are of excellent use. But all volatile, and fiery salts, and spirits, are in themselves destructive medicines, because they are known to break down and colliquate the blood globules, and to render the animal juices more acrid and alkaline, so that consequently, where the blood tends to an alkaline corruption, where the bile is too acrid and pungent, and where the solids and fluids are dissolved and melted down, such medicines as these should be carefully avoided.

If petechial spots appear, and the symptoms continue moderate, it is sufficient if what you give be able to keep out the eruptions, and to preserve them of a good colour.

But

But towards the stationary period of this disease, when every thing seems to take a fatal turn, we frequently meet with apthæ, which may be conjectured coming on, from the great dryness of all the parts of the fauces, but especially those more backward, attended with some difficulty, in passing of liquors: when this proves white, and separates kindly, after a few days, the patient may have still hopes of his recovery; but if black, shining, or glossy, spreading further over the palate, too long durable, or if casting off, returning again, there is little to be expected as to recovery.

This thrush is not to be meddled with, but suffered to fall off of itself; for nature, who has found out the way of this particular crisis, will, in her own time, best fit it for throwing it off which art may possibly interrupt by too hasty a suppuration.

If tumours or carbuncles arise, or if the crisis happens to fall upon any part, where external applications can be serviceable, it ought to be immediately encouraged, by softening, relaxing, emollient cataplasms: Vide Dr. Sir John Hill's cataplasms in these cases. But if no crisis can be procured either by art, or the strength of nature, if the pulse flags, the tremor and subsultus tendinum increase; the tongue falters, the urine and fæces come away involuntarily, the features sink, the patient keeps picking up the bed-cloaths, and the extreme parts are cold; we may naturally make a fatal prognostic, and endeavour to support nature with the highest cordials: for we do not want instances of those who have recovered, even after all these alarming symptoms have been upon them.

I shall conclude this subject, with the practical and useful advice of a very great physician, in all putrid and malignant cases. He directs acids to be sprinkled about the room and upon the bed of the sick frequently, and to evaporate them upon hot irons, or by boiling. For the afflicted to smell often to rue, tansey, wormwood, or the fresh peel of lemons, and oranges, and to be kept as quiet as possible, and for the
the

the former herbs to be placed in different parts of the house to prevent contagion. The food should be light, sharpened with acids, and it is of great use to foment the feet and hands with camomile blossoms, or what is better, a strong decoction of the bark. If the spots disappear, and a delirium comes on, use warm cataplasms or poultices of mustard and vinegar, to the feet, which has often proved, under these alarming symptoms, of the utmost advantage.

DIURNUM

We are informed there are four different species of Burnet, as
1. *Pimpinella vulgaris* (ve common, the common or lesser Burnet.
2. *Pimpinella inodora*, smaller than the first, & distinguished by
major the *Pimpinella*, great or wild Burnet, & *Pimpinella maxima* Aca-
demia, the greatest or American Burnet.

The *Pimpinella* has the appellation of *Sanapinella*, to distinguish it
from the *Pimpinella Santifera*, which is of a very hot nature; but will
be better known from the following account.

DESCRIPTION

The first *Pimpinella vulgaris* five angles, or six, or seven, or eight, before
which we shall more particularly explain, which is of a very hot nature,
is small and long, and of a dark green; inclining to black on the out-
side, growing deep into the earth, with some short roots from them;
from whence come forth many long winged leaves, which are open the

C H A P. XXIV.

OF THE PLANT BURNET.

Pimpinella, et Sanguisorba, Offic. Pimpinella, Sanguisorba minor hirsuta lævis. C. B. P. Sanguisorba Officinalis. Lin.

BURNET.

WE are informed there are four different species of Burnet, as
 1. Pimpinella vulgaris five minor, the common or lesser Burnet.
 2. Pimpinella inodora, smellless Burnet, 3. Sanguisorba seu Pimpinella major five sylvestris, great or wild Burnet. 4. Pimpinella maxima Americana, the greatest or American Burnet.

This Pimpinella has the appellation of Sanguisorba, to distinguish it from the Pimpinella Saxifraga, which is of a very hot nature; but will be better known from the following minute

DESCRIPTIONS.

The first Pimpinella vulgaris five minor, or common or lesser Burnet which we shall more particularly confine ourselves to, has a root which is small and long, and of a dark brown, inclining to black on the outside, growing deep into the earth, with some fibres shooting from them; from whence come forth many long winged leaves, spreading upon the
 ground,



Sanguisorba Officinalis.

Burnet.

John Frederick Miller, del: 1792.

Pub: as the Act directs, Mar: 1, 1792, by JBew, N^o 28 Pater-noster Row.



ground, which consist of divers small roundish or rather oval leaves, green on the upper side, and greyish underneath, finely dented about the edges, set on each side of a middle rib : from among which rise up several crested brown stalks, a foot and sometimes more in height, according to the strength of the soil, with some smaller leaves set in some places thereon, and divided into several branches. At the summits grow small round loose heads, upon long foot-stalks of a brownish colour, from whence is produced small purplish flowers, thus more accurately described.

Empal. Cup two leaves, little leaves opposite, very short ; shedding.

Bloss. One petal; wheel-shaped; with four divisions. Segments blunt, egg-shaped; united by the claws.

Chives. Threads four; broadest in the upper part; as long as the blossom. Tips small; roundish.

Pöint. Seed-bud four cornered; situated betwixt the cup and the blossom. Shaft thread-shaped; very short. Summit blunt.

S. Veff. Capsule small; with two cells.

Seeds. Small.

The leaves of this species are sometimes from its quick and agreeable smell and taste, put into wine, to give it a grateful flavour; and the very young shoots are pleasing in sallads.

The 2d *Pimpinella inodora*, the inodorous or smellless Burnet, in roots, stalks, leaves, and heads, is altogether like the former, but that the leaves are not so round, but something longer, and have no manifest smell or taste in them.

The 3d *Sanguisorba* feu *Pimpinella*, major five *sylvestris*, the great or wild foiled Burnet, has a root black and long like the first, but larger, from whence spring up such winged leaves, but not so numerous, each leaf twice as large as the former, indented about the edges, and of a greyish colour on the under part of the leaf. The stalks also are larger, and rise higher, with greater round heads on the summit, of a dark brownish green, which produce small dark purple flowers very much like the former, but in most respects larger.

This plant has very little smell or taste which can be perceived.

The last *Pimpinella maxima Americana*, or the American great Burnet, has a root much larger than any of the former species, and is also longer, woody, and more black than the last; but in all its other parts, it is like our field Burnet, but greater. Its leaves are of a bluish green on the upper side, and frequently folded half way together inward, so that the under sides of the leaves which are greyish, shew themselves upwards, and are dented somewhat deeply about the edges, which make them appear more comely and pleasant to the eye in our botanic gardens.

The tops of the stalks bear smaller, and much longer light green spiked heads, each of which when it blossoms, flowering from the bottom at the beginning to the summit, appears as four whitish green leaves, having many small white long threads in the middle, after which are produced their seeds as the former.

The first species which is by far the more common, is to be found in several counties in this kingdom. The 2d have been found in some meadows in Norfolk, not far from Lynn Regis. The 3d have been found in Norfolk, Suffolk, Cambridge, Huntingdon, and Northamptonshire, as also near London, by Pancras Church, and other places around it.

The last is a native of Canada, and the north parts of Virginia, and has been frequently brought here, and planted in our botanic gardens.

All these generally flower in June and the beginning of July, perfecting their seeds by the latter end of August.

VIRTUES.

Rembertus Dodoneus informs us, “ That the decoction of Burnet
“ is of great service in the bloody flux, spitting of blood, and all other
“ fluxes of blood.

“ That the herb and seed made into a powder and taken in wine or
“ water wherein iron has been often quenched, hath the like virtues,
“ as also hath the herb alone. That the green leaves bruised, and ap-
“ plied to wounds keep them from inflammation, and are very useful
“ for hot tumours, swellings, or ulcers. That it is also good for
“ inward wounds, and is used in decoctions for that purpose, to prevent
“ inflammation, and the too great loss of blood.

“ That the leaves of the plant infused in wine, cheers and exhila-
“ rates the spirits; and are good for the palpitation of the heart, and
“ all trembling and shaking of the same.”

Sir John Floyer says, “ Burnet has an aromatic cordial smell, parti-
“ ticularly when infused in wine.

“ That the root is very rough and bitterish, and therefore useful in
“ intermitting fevers, before the fits. That the green leaves are very
“ slimy and rough after that taste is over, but that the whole plant is a
“ good styptic, and vulnerary, and is useful in spitting of blood.”

Schroder in his Chymical Dispensatory remarks, “ That the virtues
 “ of Burnet is that it is of a pleasant taste, moderately cooling, drying,
 “ and binding, and is therefore vulnerary, and useful for the lungs.

“ That it is used chiefly in catarrhs, and diseases of the lungs, and
 “ corrosion in consumptions, and malignant diseases, in fluxes of the
 “ belly, and hæmorrhoids, and prevents abortion; and outwardly is
 “ useful against all sorts of bleeding. That its chief preparations are a
 “ distilled water of the whole plant, with the roots and flowers ga-
 “ thered in June; a syrup of the juice with sugar; and a conserve of
 “ the flowers.”

An ancient and valuable Author observes, “ That the liquid juice
 “ taken from three to four ounces, either alone, or mixed with red
 “ wine, stops all manner of inward bleedings whatsoever. That it
 “ strengthens the stomach and the heart, and is singular good for all
 “ sorts of wounds either inward or outward.

“ That the decoction has the virtues of the liquid juice, but is much
 “ weaker, yet very good to repress vapours in women. Dose six ounces
 “ morning and evening.

“ That the syrup of Burnet is excellent against spitting of blood, and
 “ heals bloody fluxes of the bowels; and is so much the more effectual
 “ with steeled water or wine. If it is made from the juice, it is useful
 “ for healing all sorts of wounds of the head and body, inward or out-
 “ ward, for all old ulcers, ulcerated cancers, and running sores which
 “ are hard to be cured. Dose, two or three ounces at a time.

“ That the wine cheers the heart, revives the spirits, and is good
 “ against melancholy, drooping of the mind, and fainting of the heart.

He further remarks, “ That the vinegar prepared from the plant is a
 “ special thing to preserve from, and cure the plague, the spotted fever,

“ or any other malign acute disease of that kind; for it in an especial
 “ manner defends the heart from poisonous and infectious vapours, and
 “ all contagious diseases, being given mixed with the juice in equal
 “ quantities, and the patient laid to sweat thereupon. Dose, three
 “ ounces.

“ That the acid tincture has all the virtues of the vinegar, but is
 “ much more powerful to all the purposes and intentions there speci-
 “ fied. Besides it is an extraordinary stomachic, and therefore powerful
 “ in stopping vomiting, and also spitting of blood, being given in a glass
 “ of canary, or red port wine. Dose, thirty or forty drops, to fifty or
 “ sixty, two or three times a day.

“ That the spirituous tincture comforts and warms the stomach and
 “ bowels, strengthens nature, and takes away the weakness of the
 “ stomach and intestines, thereby stopping fluxes of the belly of all
 “ kinds. It strengthens the heart and liver, and other principal parts,
 “ and therefore is good against faintings and swoonings. Dose, one
 “ spoonful at a time, in a glass of wine.

“ That a spirit prepared from this plant, stops inward bleedings, com-
 “ forts the heart and bowels, and is excellent against fluxes of all kinds,
 “ more especially the bloody flux, and the profuse evacuations of
 “ women; and this it does more powerfully, if a little catechu be dis-
 “ solved in it. It prevails also against the contagion of the plague.
 “ Dose from one drachm to half an ounce.

He also informs us, “ That the powder of the plants used outwardly
 “ to old ulcers, moist and running sores, it dries them up greatly, and
 “ prepares them for healing;”

That Parkinson says, “ That the seed made into a powder is no less
 “ effectual, both to stop fluxes; and to dry up moist or running sores,
 “ being given, to one drachm, in steeled water or wine, that is, if
 “ water in which hot gadds of steel have been quenched; or if wine,

“ in which old nails have been infused for two or three months before
 “ hand. The powder of the feed may be also mixed with ointments or
 “ injections.

“ That the oil is used to abate inflammations, ease pains, to strengthen
 “ weak parts, cure burnings and scaldings, and to draw malignity out of
 “ wounds made by the bite of venomous creatures. That the ointment
 “ has the virtues of the oil, but penetrates not so much, yet is more
 “ effectual for the curing of wounds, ulcers, and other running and
 “ malignant sores.

“ That the balsam, if it is made of the juice or green herb, is one
 “ of the best vulneraries that can be. It digests, cleanses, dries,
 “ strengthens, and heals all green wounds, old ulcers, running sores,
 “ and other stubborn diseases of that kind, and is certainly a most excel-
 “ lent wound balsam. That if it is mixed with powder of scammony,
 “ it is of admirable service in the most dreadful cases.

“ That the American Burnet has all the same preparations with our
 “ English, and the same virtues, uses, and doses.

Riverius observes, “ That the plant Burnet its decoction, cured a
 “ dysenteric patient by the sole use of it, made with water and butter,
 “ perfectly within three days, by taking a porringer of it morning and
 “ evening; and that a drachm of the powder in broth, is of the greatest
 “ efficacy in consumptions.

In the translation of Mr. John Cruso's works we are informed,
 “ That this plant is alexipharmic, vulnerary, pulmonic, cordiac. That
 “ the green herb is put into wine to exhilarate the heart, and improve
 “ the wine itself, by communicating to it an aromatic flavour and taste,
 “ like that of the melon. That it preserves also from the pestilence and
 “ other contagious diseases. That it is also an astringent, whence it is
 “ of excellent service in an immoderate flux of the menses, fluxes of
 the

“ the belly, all sorts of hæmorrhages, and in drying, conglutinating
 “ and healing wounds and ulcers.”

Mr. Boyle, it is observed, “ used to exhibit the powder of the dried
 “ herb or root, with sugar of roses, for an hæmorrhage of the nose,
 “ spitting of blood, and a consumption of the lungs: and that the same
 “ without the sugar, sprinkled on cancerous ulcers, restrains them from
 “ spreading, and which is confirmed by Dr. Bowles.”

“ Solenander recommends a conserve of the leaves, with a draught of
 “ its distilled water afterwards, for voiding of bloody urine.”

Mr. Ray says, “ Burnet is of excellent service in relaxed fibres, and
 “ a too thin and fluid state of blood.”

“ That in an immoderate flux of the menses, it may be eaten with
 “ bread and butter or drank like tea; and so used, it renders all manner
 “ of poison of no effect.”

“ That it is of singular virtue in the dysentery, both by correcting
 “ the acidity of the peccant matter, and by gently astringing the relaxed
 “ fibres of the intestines, and that a conserve of the flowers is of extra-
 “ ordinary efficacy in all the diseases before mentioned.”

Boerhaave informs us, “ That the leaves infused in wine or common
 “ water, are good for the stone and gravel in the kidneys.”

Staricius and Etmuller remark, “ That the root of Burnet fried in
 “ fresh butter, and applied to the wound, will extract the balls lodged
 “ therein.”

Morrison says, “ There is not a more present remedy in an immode-
 “ rate flux of the menses, than the decoction of this herb, made either
 “ in spring-water or wine, and drank three times a day.”

Dr. Strother observes, “ That Burnet is used in all fluxes of humours and blood, both because it gently binds, and because it is only temperate.

“ Hence it is used among the tribe of corroborants, and is specific in distempers of the lungs, infused in wine, with the flowers of daisy and ground ivy, to purify the blood.”

Dr. Quincy says, “ That it is hot, drying, and astringent, and has a quick pungency upon the palate; so as supposed to open, attenuate, and promote sweat.

“ That it cleanses the liver, kidneys, and lungs; dissolves the stone; is good in stranguries, and helps the colic: that it is excellent in the lues venerea; and an admirable antidote against the mercurial poisons.”

Dr. Brookes informs us, “ That the root of this plant is stomachic, diuretic, attenuating, aperient, detergent, diaphoretic, and alexipharmic. That it cleanses the blood, opens obstructions of the glands, and promotes the secretion of the fluids; and is recommended against hæmorrhages, spitting of blood, and the bloody flux. The dose in substance is a drachm; and its tincture which is given from twenty to sixty drops.”

Dr. James says, “ This plant has the appellation of Sanguisorba, to distinguish it from the Pimpinella Saxifraga, which is of a very hot nature; but the plant we are now treating of, is gently astringent, aromatic, and very beneficial in a relaxation of the fibres, and a too thin and fluid state of the blood. That it is prescribed in an immoderate flux of the menses, to be eaten with bread and butter, or drank like tea; infused in wine it is commended where a laxness of the part requires adstriction; and there is scarce, among vulneraries, a better plant for repressing a flux of the blood in an hæmoptoe. That it is of singular use and virtue in the dysentery, both by correcting
“ the

“ the acrimony of the dysenteric or peccant matter, and by gently
 “ astringing the relaxed fibres of the intestines. That the leaves infused
 “ in wine or common water, are good for the stone and gravel in the
 “ kidneys.”

OBSERVATIONS BY THE AUTHOR.

Burnet is in taste gratefully astringent, and somewhat acrimonious, though it partakes of this last quality but in a gentle degree; and upon a chymical analysis appears to consist of both salts and earth, and consequently is possessed of mild astringent and diuretic powers.

The particular purpose, in which I have experienced such advantage from the use of this plant in my practice, has been in the stone and gravel; for which disease Burnet appears to be particularly calculated.

But before we proceed herein, it might not be improper somewhat minutely to consider the nature of their causes and effects, for our better direction in their cure.

Among the many and various diseases human nature is subject, there is none perhaps more dreadful, or pain more excruciating, than that of the stone. It is of all others most acute, particularly when it is of considerable size, and of long continuance, more especially in certain situations, that frequently death would be looked upon as a pleasing messenger, in removing from a continued scene of wretchedness and misery, to a state we trust is free from all.

This disease happens most commonly in the kidneys, and bladder. If the stone is seated in the former, a fixed pain is found in the region of the loins, a dull pain in the kidney, bloody water, or urine, by any sudden motion or violent exercise, numbness of the leg on the side of the afflicted kidney; sometimes a drawing up of the testes of the same side in which the pain is felt: pain in stooping, and sometimes in the
 R r 2 thigh,

thigh, a loathing in the stomach, attended with colical pains, sickness, and vomiting. The urine frequently changes to various colours, as black, pale, bloody, though these last symptoms principally depend upon the formation of the stone, whether it be smooth or rugged.

Fleshy filaments, or voiding by urine, mucilaginous slimy matter, are strong suspicions of a stone in the kidney, especially if the patient has been subject to voiding of gravel.

If the stone, when lodged in the body of the kidney is but small, and well inclosed in a mucilaginous slime, the pain is but trifling, neither is it great if it falls into the pelvis; but if it falls into the ureter, and there remain, the pain is most acute, especially if it is large, rough, and angulous, as in this case it frequently pricks and injures the membranes in its passage. It often also stops at the flexure and valve of the ureter, and sometimes in the urethra, or passage of the urine from the bladder.

The greatness of the pain depends upon the magnitude of its dimensions, which is always worse after much walking or riding, or any considerable exercise of the body, which still increasing there is a difficulty in voiding the urine, both in the urethra and glans, and most commonly a white glutinous slime is voided therewith, and which is sometimes bloody. While it remains in the bladder it creates but little or no pain, but remaining for a considerable time, it becomes a confirmed stone, and frequently so large as to be impossible to be voided by the urethra.

The manner of its formation is by concentrical rings, like an onion, about the first kernel, which continually attracts and increases more and more.

If the stone is seated in the bladder, a titillation is usually found about the neck of the bladder, and the parts adjoining, a frequent inclination to make water, a sensation of weight in the abdomen, with a great pain, particularly upon any sudden motion, which causeth a concussion of the bladder,

bladder, and a momentary suppression of urine by the stone, which therefore comes off by drops and with great difficulty, as it incloses the orifice of the bladder, and is frequently attended with a tenesmus or inclination to stool, and a fiery pain in the urethra.

The peculiar symptoms usually attending the stone, are the dysury, strangury, ischury, and an inflammation of the reins, kidneys, and bladder.

The dysury or difficulty of making urine, whether little or much, is always attended with pain, and proceeds from an injury to the tone of the urinary, and other parts affected from the stone.

The strangury or discharge of urine by drops, and attended with pain, is for the most part followed with both pain and heat, though sometimes this is not the case, and may arise from the continual irritation of the expulsive faculty of the bladder, and may be caused either from the stone, or from a vitious humour affecting the sphincter muscles, and injuring thereby the retentive faculty.

The ischury or suppression of urine, varies from the last symptom only in degree, this being a total stoppage of urine, and sometimes attended with great pain and torture, which oftentimes produces a fever, by the stone's filling up the passages, or some other viscous matter, injurious to the tone of those parts.

If this complaint should not proceed from the stone, it may arise from the abolition of the attractive faculty of the reins and ureters, or obstruction of the parts by viscid humours, which clog and fill up the passages, and proves injurious to the nerve, which communicates sense to those parts, whereby the bladder becomes as it were insensible, and not disposed to perform its natural function.

When

When the reins are inflamed, the patient is attended with a kind of a heavy throbbing pain in the lower parts of the back, attended frequently with heat and febrile symptoms, pains in the head, nausea, or inclination to vomit, with great thirst and want of rest.

The urine is both hot and painful, and it is with great difficulty to remain in any position long together, or to move even without pain, which may proceed either from the stone or other tartarous matter obstructing and inflaming the vessels, or from the acrimony of the blood in those parts.

If the kidneys are inflamed, a pungent pain is felt in the region thereof, a stupor or dull pain in the thigh, colic, wind, vomiting, a fever, urine sometimes totally suppressed, or in small quantity, high coloured, and which is worse, sometimes quite pale, without any sediment.

Whatever obstructs the blood in the extremities of the arteries of the kidneys will produce this disease; as a wound, abscess, bruise, swelling, lying much on the back, too violent motion, especially walking in hot weather; whatever obstructs the passage of the urine, as a viscous matter, gravel or stone: every thing which drives the blood into the urinary canals, as heat, hard riding, too great fulness of blood, but especially sharp and forcing diuretics, which is too frequently made use of in these cases; or spasms and involuntary contractions of the vessels of the kidneys.

Coffee-coloured urine is not a dangerous symptom; it proceeds indeed from a mixture of a small quantity of blood with the urine, but often prognosticates a resolution of the obstructed matter, and the expulsion of gravel, or a stone, after great pain.

The inflammation of the bladder, is caused by sharp and violent pain; the heat is felt above the pubes, as also in the perinæum, with redness,
heat,

heat, fever, and the other symptoms before recited; there is also some suppression of urine, with a great inclination for voiding it. The urine is high coloured, little in quantity, and made with heat and pain; the belly is costive, and there is also a tenesmus, with a redness in the parts adjacent. This inflammation is either in the sphincter muscle, or in the space beyond it, and is caused either by a fluxion of blood into the part, or by an attraction of it thither by irritating the part by a stone sticking therein; or sharp humours flowing thither, or a long retention of urine.

With respect to the causes of the stone, Paracelsus says, that the stone is bred of a tartar, or tartarous matter in the blood and urine; that is of a mucilage or slime, which in its original is the essence of a stone, or of a stoney concretion; and this truth appears obvious from daily experience, for if it was not so, how is it possible that children of two or three years old, which have been cut in this disease, have had stones taken out that have weighed two or three ounces.

This is also confirmed by Helmont, who informs us, that it is caused by a tartarous fæculent slimy matter, which is coagulated, and that the coagulator is present in the urine, and is either sent into the bladder or bred there.

It is observed by Sylvius upon this subject, that a red calculous urine is caused by an acid acrimonious humour; and that though the urine be made clear, yet when it is cold, that sand, gravel, or tartar, will settle to the bottom or sides of the vessel it is in, generally red or yellow, but seldom white, and that it daily grows larger in the reins or bladder, gradually increasing till it becomes a large stone, unless it be constantly voided. He thinks not that heat is the cause of this concretion of the stone, but rather hinders it, because gravel never settles till the urine is cold.

Others are of opinion, that a volatile acid spirit is the cause of the concretion of the stone; and Tachenius endeavours to prove it by observing, that if we abstract the volatile acid spirit from the stone, it becomes a soft powder or mucilage: and pour the said volatile acid spirit upon it again, and it will reassume its pristine hardness.

For my own part, as I have before observed in the course of this work, upon some other disorders, that I am clearly of opinion, the stone is caused from a sharp acrimonious scorbutic humour, so general to the inhabitants of this kingdom, which so usually vitiates and denses the fluids, and produces such numberless diseases; for it is the nature of all corrosive acids to coagulate and fix the flowing humours, as the fiery spirits, or oil of vitriol will affect and thicken, any liquid oleous substance it is united with.

In the stone and gravel, my usual method of administering the plant Burnet has been the following; which I can with great justice recommend to such patients who are afflicted therewith.

Take of the whole plant of Burnet, and of the herb Biting Arsmart, when in their greatest perfection, of each equal quantities, fill a glass or stone vessel three parts full when lightly pressed down; and pour thereon of the best sweet spirits of nitre, as much as will exceed the height of the ingredients about three or four fingers breadth: let the vessel be close stopped and shaken twice or thrice a day, for six or eight days; let it then settle, when pour off the neat nephritic essence, and give the patient a tea-spoonfull or two, with half a tea-spoonfull of the calcined white ashes of onions, in either a glass of the neat juice of Burnet, or the distilled water of the Biting Arsmart, or rather of the gum arabic mucilage described, page 41, twice or thrice a day.

I now embrace the opportunity of laying before my friends certain medicines for the cure of the stone and gravel, for which prescriptions

no less a sum than five thousand pounds were given for them, and shall only remark that in those patients where the habit is strong, and the case not desperate, the greatest advantage may be relied upon their virtue.

The medicines are a powder, a decoction, and pills. The powder consists of egg-shells and snails, both calcined.

The decoction is made by boiling some herbs (together with a ball which consists of soap, swines-creffes burnt to a blackness, and honey) in water.

The pills consist of snails calcined, wild carrot-seeds, burdock-seeds, ashen-keys, hips and hawes, all burnt to a blackness, soap and honey.

The Powder is thus prepared..

Take hens egg-shells, well drained from the whites, dry and clean; crush them small with the hands, and fill a crucible of the twelfth size (which contains nearly three pints) with them lightly, place it in the fire, and cover it with a tile; then heap coals over it, that it may be in the midst of a very strong clear fire till the egg-shells be calcined to a greyish white, and acquire an acrid salt taste: this will take up eight hours at least. After they are thus calcined, put them into a dry clean earthen pan, which must not be above three parts full, that there may be room for the swelling of the egg-shells in flacking. Let the pan stand uncovered in a dry room for two months, and no longer: in this time the egg-shells will become of a milder taste, and that part which is sufficiently calcined will fall into a powder of such a fineness as to pass through a common hair sieve, which is to be done accordingly.

In like manner take garden snails with their shells, cleaned from the dirt, fill a crucible of the same size with them whole, cover it, and place it in a fire, as before, 'till the snails have done smoaking, which will be in about an hour, taking care that they do not continue in the fire

after that. They are then to be taken out of the crucible, and immediately rubbed in a mortar to a fine powder, which ought to be of a very dark grey colour.

If pit-coal be made use of, it will be proper, in order that the fire may the sooner burn clear on the top, that large cinders, and not fresh coals, be placed upon the tiles which cover the crucibles.

These powders being thus prepared, take the egg-shell powder of six crucibles, and the snail powder of one, mix them together, rub them in a mortar, and pass them through a cypress-sieve. This mixture is immediately to be put up into bottles, which must be close stopped, and kept in a dry place for use. A small quantity of swines-creffes burnt to a blackness, and rubbed fine, was generally added; but this was only with a view to disguise it.

The egg-shells may be prepared at any time of the year; but it is best to do them in summer. The snails ought only to be prepared in May, June, July, and August; and those are best which are done in the first of these months.

The Decoction is thus prepared.

Take four ounces and a half of the best Alicant soap, beat it in a mortar with a large spoonful of swines-creffes burnt to a blackness, and as much honey as will make the whole of the consistence of paste. Let this be formed into a ball.

Take this ball, and green chamomile, or chamomile-flowers, sweet fennel, parsley, and burdock-leaves, of each an ounce; (when they are not to be obtained green, take the same quantities of the roots) cut the herbs or roots, slice the ball, and boil them in two quarts of soft water half an hour; then strain it off, and sweeten it with honey.

The

The Pills are thus prepared.

Take equal quantities by measure, of snails calcined as before, of wild carrot-seeds, burdock-seeds, ashen keys, hips and hawes, all burnt to a blackness, or which is the same thing, till they have done smoaking: mix them together, rub them in a mortar, and pass them through a cypress-sieve. Then take a large spoonful of this mixture, and take four ounces of the best Alicant soap, and beat them in a mortar with as much honey as will make the whole of a proper consistence for pills; sixty of which are to be made out of every ounce of the composition.

The Method of giving these Medicines is as follows.

When there is a stone in the bladder or kidneys, the powder is to be taken three times a day; viz. In the morning after breakfast, in the afternoon about five or six, and at going to bed. The dose is a drachm averdupoiz, or fifty-six grains, which is to be mixed in a large tea-cup full of white wine, cyder, or small punch; and half a pint of the decoction is to be drank, either cold or milk-warm, after every dose.

These medicines do frequently cause much pain at first, in which case it is proper to give an opiate, and repeat it as often as there is occasion.

If the person be costive during the use of them, let him take as much lenitive electuary, or other laxative medicine, as may be sufficient to remove that complaint, but not more: for it must be a principal care at all times to prevent a looseness, which would carry off the medicines; and if this does happen, it will be proper to encrease the quantity of the powder, which is astringent; or lessen that of the decoction, which is laxative, or take some other suitable means, by the advice of physicians.

During the use of these medicines, the person ought to abstain from salt meats, red wines, and milk, drink few liquids, and use little exercise, that so the urine may be the more strongly impregnated with the medicines, and the longer retained in the bladder.

If the stomach will not bear the decoction, a sixth part of the ball made into pills must be taken after every dose of the powder.

Where the person is aged, of a weak constitution, or much reduced by loss of appetite, or pain, the powder must have a greater proportion of the calcined snails, than according to the foregoing direction; and this proportion may be increased suitably to the nature of the case, till there be equal parts of the two ingredients. The quantity also of powder and decoction may be lessened for the same reasons. But as soon as the person can bear it, he should take them in the above mentioned proportions and quantities.

Instead of the herbs and roots before mentioned, sometimes others have been used, as mallows, marsh-mallows, yarrow, dandelion, water-creffes, and horse-raddish root, without any material difference.

This is the manner of giving the powder and decoction. As to the pills, their chief use is in fits of the gravel, attended with pain in the back and vomiting, and in suppressions of urine from a stoppage in the ureters. In these cases, the person is to take five pills every hour, day and night, when awake, till the complaints be removed. They will also prevent the formation of gravel and gravel-stones in constitutions subject to breed them, if ten or fifteen be taken every day.

I have now an opportunity of laying before my readers, such useful regimen and advice I had not, when treating of this disease with the plant Biting Arsmart; and which so trying a disorder particularly require.

Necessary Regimen and Advice to those afflicted with the Stone and Gravel.

The regimen in the stone in the kidneys is by diluent and soft diuretics to try to expel it, if it is small enough to pass; if the stone is brittle, it will often crumble and pass in the form of gravel.

If the stone is too big to pass, the best method is to come to a sort of composition or truce with it; the diet ought to be cool and diluent, as far as possible to hinder its growth; to use diuretics that gently resolve, as parsley, fennel, scorzonera, saffra, mallows, and tea, dandelion, cichory, oats, barley, honey, honey and vinegar; nitrous salts, as spirit of dulcified nitre; the most soft cooling diluent of all, is whey; the best emollients are decoctions of marsh-mallows, linseed tea.

Bathing in tepid water, clysters, seasoning the aliment moderately with sea-salt, for the moderate use of it is resolving and diuretic; the belly, in all cases of the stone, ought to be kept lax and open.

In a confirmed stone of the kidneys too violent exercise is dangerous.

During the passing of a stone, one should avoid at first all strong forciers. Relaxing and lubricating the passages, and quieting the spasms by opiates is certainly the best method; and where bathing cannot be conveniently had, ox-bladders half full of warm water, applied constantly to the affected part may be usefully substituted. Letting of blood takes off a tension better than any thing, and is very necessary where the symptoms are violent. When the parts are sufficiently relaxed, stimulating diuretics may be used more safely, especially if associated with opiates.

The surest way to hinder the generation of a stone, is to procure a diarrhoea by whey, broth and a liquid diet; and indeed what would not one do to prevent so painful a disease?

When the stone is fallen to the bladder, care should be taken to make it pass as soon as possible, for the reasons above mentioned: if all the symptoms abate without the passing of the stone, it is not certain that the stone remains in the bladder, because a very small stone may pass insensibly by urine; if the stone has passed, it is not certain that the fit
is

is over, for there are often more, and the usual remedies ought not to be left off.

The irritations of the membranes of the bladder by a stone, may be much mitigated by the injection of the oil of linseed or almonds, into the bladder.

Such as are subject to the gravel or stone ought to be careful of their diet, to use such aliment as generate a small quantity of fœces, or relax the belly: aliment demulcent, as pease. A decoction of chick-pease is a remedy in a fit of the stone. They ought to drink whey in the spring, and take honey in several forms, if it agrees with them. Rice, barley, millet, are all good in this case; nothing makes stones or gravel pass more easily than opiates.

If the stone sticks in the urethra, it may be fetched out by emollient fomentation of the parts, by oil injected, or, in case of great extremity, by an instrument with a cavity like a small spoon, dipped in oil.

The stone in the bladder is not only a painful, but a mortal disease, if not extracted. The diet of a patient in such a case, is such as of a wounded person, nourishing, without acrimony.

The expulsion of the obstructing cause must be promoted by emollient and soft liquors drank plentifully, by clysters of the same frequently injected, by bathing and outward fomentations, by opiate and anodyne substances, which appease and relax the fibres; those liquors must be swallowed down notwithstanding the continual vomiting; for vomiting is the instrument of nature to promote the expulsion of the stone, gravel, or other obstructing cause.

Whey, and in a great feverish heat, butter-milk, emulsions of barley and poppy-seeds, honey in whey and water, are proper liquors for this intention.

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When the gravel, stone, or other obstructing cause is separated from the kidney, soft expressed oils, and oily substances relax the passages; if the pain proceeds only from gravel, or a stone, oily substances may be joined safely with stimulating substances, as with juice of lemon, juniper-water, and some diuretic fyrup.

It happens sometimes to end in a fistula, with which the patient may live many years in no great uneasiness. Butter-milk, not very four, has been reckoned a great secret in ulcers of the kidneys, and chalybeat waters have been beneficial to some; spruce beer is a good balsamic in such a case. Soft malt liquors are better than wine.

Such as are subject to nephritic symptoms, ought to be extremely careful of the choice of their liquors, sharp wines which abound with tartar, are hurtful; malt liquors not hard, nor stale, are certainly better to make use of; and soft diuretics. They must avoid acrimonious substances in their aliment, use moderate exercise, and not to lie hot, soft, nor much upon the back.

I shall conclude these observations, with a most excellent cataplasm, from which I have experienced so great advantage even in the most excruciating fits of the stone.

Beat onions into a pulp, and apply them as a cataplasm, not only to the back, but also to each groin, which should be renewed as often as there is occasion.

C H A P. XXV.

OF THE PLANT BUTCHERS-BROOM.

Bruscus, five Rufcus, Offic. Ger. Emac. Rufcus Aculeatus. Lin.

BUTCHERS-BROOM.

THE plant Butchers-Broom, generally so called from the use it has been so frequently applied to, is termed also by many Authors, Knee-Holly, Sea-Holly, and by some more ancient, Knee-Holm, Knee-Hulver, and Pettigree, is not only a native of this kingdom, but of some of the warmer climates, as Italy, France, &c.

DESCRIPTION.

Butchers-Broom has a large thick white root, which produces many thick, long white strings therefrom. The first shoots which arise from the roots, are thick, whitish, and short, somewhat like unto those of asparagus, but larger, which in some places are eaten in the same manner.

These shoots increasing to the height of a foot and a half, are spread into divers branches, which are tough, pliant, and flexible, and sends forth somewhat broad stiff leaves, sharp and pointed at their ends, of a dark green colour, somewhat like unto myrtle leaves, two for the most part



Ruscus Aculeatus. *Butcher's Broom.*

John Frederick Miller, del: 1792.

Pub: as the Act directs, Mar: 1, 1792, by J. Bew, N^o 28 Paternoster Row.



part set a place, or very near together. The blossoms of this plant are of a yellowish green, which produce red berries, in which the seeds are perfected, and are similar to the asparagus berry, but larger, and thus more accurately described.

Barren flowers.

Empal. Cup with six leaves: upright, but expanding. Leaves egg-shaped, convex; the edges at the side reflected.

Bloff. None, unless you consider every other leaf of the cup as such.

Honey-cup egg-shaped; as large as the cup; blown up; open at the rim; upright.

Chives. Threads none. Tips three: expanding; placed upon the end of the honey-cup; united at the base.

Fertile flowers.

Empal. Cup as above.

Bloff. Petals as above.

Honey-cup as above.

Point. Seed-bud oblong, egg-shaped; hidden within the honey-cup. Shaft cylindrical; as long as the honey-cup. Summit blunt; projecting through the mouth of the honey-cup.

S. Veff. Berry globular; with three cells.

Seeds. Two; globular.

In this and other genera nearly related to it, it is seldom that all the seeds come to perfection; for the most part one seed takes to enlarge, and by pressure destroys the others.

Butchers-Broom grows generally in moist places throughout England in woods, copses, and upon heaths, and on rough, barren, and waste grounds, particularly upon Hamstead Heath near London, and in many places in Kent, Essex, and Berkshire.

It shoots forth its young buds in the beginning of Spring; the berries are ripe in August and September, the branches and leaves abiding green all the winter.

VIRTUES.

Dodoneus informs us, "That the decoction of this plant in wine provoketh urine, breaketh the stone, and forces off gravel, and is useful for them who cannot with ease void their urine,

"That it is good to be taken in the like manner against the jaundice, the head ach, and to provoke the terms. That the leaves and fruit are of the same nature with the roots, but not so effectual or strong, and therefore are not so much used."

Dioscorides adds to the above virtues, "That the decoction of the roots gently bring up tough and gross phlegm, adhering to the lungs and chest, and concoct the same."

Coles says, "That the juice of the leaves taken with sugar, helpeth spitting of blood, and cleanseth the womb, and the offensiveness of bad breath. That the powder of the roots with anniseed and fennel, is very useful in all windy cases."

Riverius, in his observations, remarks, “ That a poor man was affected with the dropfy three months, whereby his belly grew to an enormous size, and because his poverty would not afford him choicer medicines, he used, by the advice of a country woman, a decoction of the roots of Knee-Holm, or Butchers-Broom, and was purged twice or thrice with an infusion of fena, and with these remedies alone he was perfectly cured.”

Etmuller advises in the king's evil, “ To give one drachm of the root most finely powdered, every morning, in generous wine; to which may be added, if occasion, an equal weight of the roots of Figwort, or Dropwort, to the same dose.”

Formius ex River. Com. observes, “ That the conserve of the fruit of this plant, exhibited from two drachms to half an ounce for some days, has cured many gonorrhæas.”

A very ancient Author says, “ That the decoction of the roots in wine, openeth obstructions, and helpeth the strangury, and with some honey or sugar added thereto, cleanseth the breast of phlegm, and the chest of much clammy humours gathered therein.”

“ That the decoction of the roots taken, and a poultice made of the berries and leaves, being applied, are effectual in knitting and consolidating broken bones, or parts out of joint.”

“ The common way of using it, is to boil the roots of it and parsley, fennel, and smallage in white wine, adding the like quantity of grass-root to them, in making the decoction.”

An ancient valuable Author observes, “ That the juice or essence of the roots of Butchers-Broom, powerfully opens obstructions of the liver, spleen, gall bladder, reins, ureters, and bladder, provokes urine, and helps to expel gravel and the stone, gives ease in the strangury,

“ and provokes the terms ; that it helps the yellow jaundice, and made
 “ into a lohoch with honey, it expectorates phlegm, and cleanses the
 “ thorax or lungs, and stomach, of phlegm and clammy humours ga-
 “ thered together therein.

“ Dose, from one spoonful to two, three, or four, in a glass of white
 “ port wine twice a day.

“ That a strong decoction of the root of this plant in water, having
 “ been plentifully used morning and night, by itself, or boiled in wine
 “ or broth, for a month or five weeks space, has been found by experi-
 “ ence to cure that species of dropsy, termed the ascites, and it cured
 “ that kind in two young persons labouring under it.

“ That a woman was cured of a dropsy of the womb, as was sup-
 “ posed, with this medicament, from whom it brought away with a
 “ kind of impetus or violence, about ten gallons of water.

“ That a decoction of this root, with the roots of blue flower-de-luce
 “ and fennel roots, in water or wine, being used for some time, has
 “ been found of admirable use for the cure of these kind of dropsies.”

Drs. Quincy and Alleyne remark, “ That this plant is of an austere
 “ and bitterish taste, and accounted aperient and deterfive, and has its
 “ place in medicine upon the merit of its roots, which are one of the
 “ five greater openers.”

Dr. Brookes observes, “ The roots of Butchers-Broom are accounted
 “ good in the gravel, whites, jaundice, and deplorable dropsies. The
 “ dose in decoction is from one ounce to two.”

Monfieur Tournefort says, “ That the roots of this plant more
 “ powerfully expel urine, than the roots of asparagus, upon the account
 “ that they are wholly destitute of that viscous juice that aboundeth in
 the

“ the pungent or alcalious salt of asparagus.” He therefore directs the following prescription.

“ Take of the roots of Butchers-Broom and asparagus, of each four
 “ ounces, boil them in a sufficient quantity of fair water, and make a
 “ ptisan, adding to each pint of it, of crab’s eyes prepared, grains twen-
 “ ty-five.”

Dr. Strother remarks, “ That this plant is of a fine bitterish and
 “ sweetish taste, but has no smell; that it is bacciferous and epiphyllif-
 “ permous; whence its virtues are discovered, for it opens, incides, is
 “ diuretic and diaphoretic, and from its fine bitterness, it is judged to
 “ consist of fixed salts; from whence it is deservedly ranged among the
 “ five larger opening roots. That its decoction is rather used than its
 “ infusion, because infusion does not so well extract its fixed salt as de-
 “ coction; and it is used thus in the dropfy.”

Dr. James observes, “ The root of Butchers-Broom is one of the
 “ five opening roots, good to remove obstructions of the bowels, and
 “ to evacuate by urine. That it is prescribed in broths, ptisans, and
 “ apozems for the dropfy, cachexy, jaundice, stone, and retention of
 “ urine. That a pint of white wine, in which a drachm of the powder
 “ of the root of Butchers-Broom, with the same quantity of those of
 “ Figwort and Dropwort, has been infused, is recommended for scro-
 “ phulous tumours.”

Dr. Lewis remarks, “ That the root of this plant has a soft sweetish
 “ taste, which is followed by a bitterish one, and is one of the five ape-
 “ rient roots; and in this intention is made an ingredient in apozems
 “ and diet drinks, for opening obstructions of the viscera, purifying the
 “ blood and juices, and promoting the fluid secretions.”

OBSERVATIONS BY THE AUTHOR.

The plant Butchers-Broom is possessed of considerable power and virtue, for upon a chymical analysis, we find it contains a great quantity of acid phlegm, earth, and oil, and a considerable proportion of nitrous spirit and volatile concreted salt; from whence it appears evident to be of an aperient, detergent, and diuretic nature, and therefore particularly calculated for all obstructions, and every impurity of the blood and juices.

But before we consider the use of this medicine in these scorbutic and scrophulous cases I have applied it to in my practice, it might not be improper to somewhat consider the nature of diuretic medicines, and their effects upon the human body, upon which principle the virtue of the plant we are now treating of, in a great measure depends.

As I am now entering upon this subject, I shall not only consider it with respect to the manner of the operation of this medicine alone, but with respect to the nature of diuretics in general, so as to give my readers the best information in my power upon this head.

Those medicines which eliminate the salt serum, impregnated with gross terrestrial and recrementitious parts, by the urinary passages, are called diuretics.

Now is it necessary, as the discharge of the urine may be impaired and rendered difficult from several causes, such as a defect of due moisture in the blood; or from thick and tenacious juices obstructing the small urinary ducts of the kidneys; or from a violent spasmodic contraction of the renal ducts; or from their preternatural relaxation and weakness: so medicines calculated for restoring a due discharge of the urine, must be adapted to the removal of these several causes.

But

But the best way to understand in what manner a medicine operates to answer this intention, it will much open our views, if we first consider by what means, or from what defect it comes to be wanted. And this may happen either from a fault of the passages, or from the impurity of the fluid, which ought to make its way through them.

The passages may be injured from any cause which contracts them, and draws them up too strait; which of course lessens their diameters, and will not permit particles through of the same bulk as before. They may also in their natural capacities, be obstructed by the casual intrusion of particles too large to pass forward; or by the concretion of particles attracting one another in their progress. The fluid also which ought to go off this way, may be prevented by its grossness, and by being united with other particles too bulky for those outlets.

In this point of view the nature of diuretics are to be considered, and are either such as soften and lubricate the fibres that compose the urinary glands and canals, by which means they yield and relax into their due dimensions and capacities; or are such as by their attenuating and detensive properties rarify, and thin viscous humours, and adhere to, and carry them along with them in their passages, which is the nature of the medicine, we shall hereafter consider, particularly to promote, and upon that account prove greatly diuretic, and have a power of altering the crasis of the humours, so as to fit those to pass which from their impurity could not before.

Without exceeding our limits, and the compass here allotted for our useful and necessary observations with respect to the nature of secretion, it may be proper to take notice, that the thinner separations increase in proportion to the blood's velocity; for the swiftness of its motion not only keeps the part more decided, but also brings them oftener to the secretory orifice; which every where is what is taken off the thinnest of the blood at that part; some of the viscid and thicker secretions requiring for the same reason, a vast check of the blood's motion, before they

they can be performed ; that is, before the blood has obtained such a consistence by the slowness of its motion, that what is to be separated is the thinnest at that part ; for no other will go off any where.

If therefore from any cause, the blood does not move with its due velocity, and which is the case frequently, by being obstructed from impurity, its parts will attract one another, and make the whole too thick to part with any thing by the kidneys, or at least in that sufficient degree and quantity it ought.

Nature indeed seems particularly to have provided against this defect ; so kind is an indulgent Providence, by placing the situation of the kidneys so near to the heart. It is upon this account, therefore, such things prove diuretic, which not only promote the blood's motion by their irritation of the solids, and quickening their vibrations, but at the same time are so subtle, as to keep the blood in as fluid a state as possible.

But besides the smallness and aptitude to motion of some parts which keep the blood fluid, there are others which do it by their roughness and rigidity ; for thereby they hinder such particles of blood from coming into contact, which would make them cohere ; which is the nature of all alkaline and lixivious salts ; which for this very reason, in all sluggish and viscid habits of blood, prove diuretic, and frequently procure large discharge of urine.

Another way of forcing urine, is to encrease the quantity of such salts in the blood, as seem fitted, by their specific gravities, to pass more easily by the kidneys than any where else ; for the largeness and swiftness of the stream in which the blood comes to them, cannot admit of the separation of any particles but such as are small and heavy ; for these joining with the serum, cause it more plentifully to attract and unite the salts dispersed in the blood, and help the sooner upon that account, by adding to their gravities to determine them through the kidneys into the bladder.

Some substances by conveying a due degree of fluidity to the inspissated blood, augment the discharge of urine, of which kind are all aqueous diluting medicines, whether cold or warm, especially if herbs of a diuretic nature are infused in them. This intention is also answered by tea and coffee, as also by mineral waters, as they not only dilute the blood, but by their deobstruent quality dissolve the viscid and tenacious humours, and remove the obstruction of the kidneys. The same effect is produced by whey, which is possessed of an aqueous, abstergent, and gently stimulating principle, as also of a sweet nitrous salt.

Other substances dissolve the tough viscid humour, which obstruct and block up the secretory ducts of the kidneys, and by that means renders fit for performing their functions. Of this kind are all fixed salts, and the lixiviums prepared from them; as also the salts obtained by exhalation from certain mineral waters.

Other substances soothe and alleviate spasmodic constrictions of the kidneys, which obstruct and prevent the due discharge of urine. The most considerable of this kind are nitre, and the four greater cold seeds, and emulsions prepared from them; the seeds of the white poppy and carrot, as also of the winter cherries. The same intention is answered by saffron, or its essence, the juice of grass and asparagus, and the oil of sweet almonds, which is of a highly demulcent quality.

Another kind of diuretics by their oleous, subtile, and balsamic principle deterge as well as strengthen the kidneys, such as the wood and berries of the juniper tree, saffrafras, parsley, fennel, annise, crowsfoot, and the oils, essences, spirits, decoctions, and infusions of them.

Other medicines are said to corroborate the kidneys by their strengthening, fixed, terrestrial and sulphureous principles. Of this kind are dog-hips, rob of juniper, and dried strawberries, ground ivy, horsetail, Paul's betony, and chervil.

Such medicines we have now been describing, seem to be the most natural and safe diuretics, which though they partake of saline, oleous, subtile, and sulphureous principles, are at the same time so emollient, as to guard them against vellicating the membranes, and to lubricate and facilitate their passages with what they take with them into their proper emunctories. Thus all of the mallow kinds have a great deal of a penetrating salt wrapt up in a soft, smooth, mucilaginous body, or juice.

Doctor Grew, an able physician, and a most faithful recorder of experiments of this nature, observes more salts to be in plants of this kind, than many others which seem to discover more of them to the taste, and is particularly so in the plant Butcher's-Broom. If then Nature be allowed to be the best compounder, those of her productions which have these two properties so well blended together, must undoubtedly be the best and most natural that can be contrived for the purposes under consideration. For such plants as Butcher's-Broom, and the others we have before noticed, appear fitted to answer both those important intentions at once, viz. of lubricating and relaxing the passages, and of precipitating at the same time, the proper fluids through those passages.

These observations may teach us a due consideration and careful practice, when we have recourse to them, in the use of those means which art contrives to answer these purposes, though for my own part, notwithstanding it is rather more difficult and troublesome, and makes so few attend to the use of those natural and simple productions, which an all-wise Providence has so bountifully supplied for our use; yet it will be my constant perseverance to recommend and prove their superior virtue and power; but if we must have recourse to art, we ought at least to be particularly careful not to be too busy with such things as stimulate much, and are too forcing that way, lest, instead of making a passage, those irritations should contract and straiten what was too much so before; and therefore that we always join them with such things as are at the same time softening and emollient, that the vessels may be enlarged

enlarged, when a greater quantity of fluid is intended to be protruded through them.

It is true, there are diseases of this nature, which require very powerful medicines to stimulate the renal ducts, when they are so far weakened as to have their functions either impaired or totally destroyed; the most usual of which in general practice are several kinds of insects, such as cantharides, millipedes, &c. though for my own purpose I prefer those of the vegetable kingdom, which are not only more natural, but amply sufficient and powerful, as the various preparations of all the species of garlic, onions, and leeks, and which will be fully considered in their proper places.

It is necessary, therefore, to remark, since there is so great a difference and necessary distinction between diuretic medicines, with respect to the principles and manner of operation, their use must of course be varied, and judiciously adapted to the peculiar nature of different cases. For example, if to plethoric patients labouring under the stone, we should before venesection and the diminution of the quantity of blood, exhibit hot substances impregnated with a subtile balsamic oil, such as the preparations of turpentine, &c. &c. or other acrid substances of such insects as abound with a caustic salt, as cantharides, &c. &c. we shall certainly injure the patient, bring on an inflammation of the kidneys, and render every symptom worse.

But on the contrary, in those habits which are moist and cold, less delicate, and more especially in some more robust patients, who live upon coarse food, as also in diseases arising from a redundance of impure serum, as a fluor albus, a gonorrhœa, a disposition to an anasarca, and leucophlegmatia, these drastic medicines, when used with care, are of proper service and advantage.

But it is to be feared still greater misfortunes are produced, and should be particularly guarded against in these acrid and stimulating substances,

substances, in cases where, in consequence of spasmodic or nephritic pains, a discharge of the urine is suppressed. Disorders of this nature are far more safely and efficaciously removed by medicines that alleviate pain and relax strictures, and externally, emollient baths and fomentations, which not only restore the free discharge of the urine, but also facilitate the progress of the stone through the ureters, and promotes its expulsion.

We will next consider this subject in disorders arising from a redundancy of salt and tartareous serum, which is generally the cause of most arthritic and rheumatic pains, and in which cases this peccant humour is carried off by gentle diuretics that obtund acrimony, of which nature is whey and the temperate mineral waters, but particularly my gout medicine, as I have already shewn.

But in cases where peccant, viscid, and tenacious humours are lodged in the urinary bladder, and especially where the intention is to expel the first rudiments of a stone, more stimulent and powerful medicines, judiciously administered, are useful. This intention is best answered by garlic exhibited with spirit of juniper, as hereafter will be more fully shewn. Infusions of quick-lime, &c. &c. which may also be cautiously exhibited in other cases, where a viscid and tenacious matter lodged in the prostratæ, the neck of the bladder, or the urethra, is to be carried off by urine.

Finally, it is the nature of diuretics, which have made us enter more fully into the subject, not only to contribute to restore a due and natural discharge of the urine, but also produce some other excellent effects, as the plant we are now considering particularly does, in the cure of certain diseases.

From what has been observed, it appears many diuretics are possessed of an aperient and inciding quality; others of them are corroborative, balsamic, and restore the tone of the parts; while others are of an anodyne

dyne nature; and therefore prove highly efficacious in those chronical disorders, which rise from an obstruction of the glands of the viscera, and emunctories, or from an impurity of the juices, or a redundance of saline, acrid, and tartarous serum.

In all these cases which more particularly include the dropsy, scurvy, œdematous swellings, stony concretions, &c. &c. if relief can be expected, certainly it is from the prudent use of diuretics. But, as it has been before observed, and from which such bad consequences have arisen, that we think it prudent to repeat our caution, that we are to be aware of all hot, acrid, and caustic diuretics, and to recur to those which are of a milder nature, and more proper for general use, and can be administered with the greatest safety, as we have now fully considered.

But to return to the virtue of the plant Butcher's-Broom, which we have had recourse to in our practice with success, in many bad scorbutic and scrophulous cases, the following form has been experienced most useful.

Take of the dried roots of Butcher's-Broom five ounces, of the roots of marsh-mallows, burdock, and elm-bark, of each one ounce; boil these in a sufficient quantity of water for four hours, when add of wood or wild sage two handfuls, dry mezereon roots, from a quarter of an ounce, to half an one, which boil one hour longer, to leave a residuum of two pints, which strain off for use.

It is best to begin at first, with taking two ounces, or four table-spoonfuls of this purifying apozem, twice or thrice a day, when the stomach is most empty, and which may be increased to four ounces or more, as is found useful.

C H A P. XXVI.

OF VARIOUS PLANTS, VIZ.

Field or Wild Bafil, Garden Beans, Bears-Breech, or Brank Urfine,
Bears Ears, Common Green Beet, Bifoil or Twa-Blade.

[In compliance with my original intention, this and the following number will nearly complete the remaining plants under the second letter of the alphabet; the virtues of which have been experienced by our first botanic writers; but having little knowledge of them myself, shall therefore be so concise and explicit in the description, as is necessary for my readers, and at the same time render the work as complete as possible.]

FIELD, OR WILD BASIL.

WE are informed there are two species of this plant natural to this kingdom, viz. the Great Bafil and the Bush or Lesser Bafil, though some authors will have more, yet as they are not so common, we shall confine ourselves to these two only, of which the following are the

DESCRIPTIONS.

The Great or Wild Bafil has a fibrous root, full of hairy threads, springing up yearly of itself without sowing; from whence
rises



Clinopodium Vulgare.

Basil.

Lebn. Frederick Miller, del. 1792.

Pub. as the Act directs, Jan. 1792, by J. Bowen, N. 28, Paternoster Row.



rises up several square stalks about six or seven inches high, with two small leaves set at every joint, being somewhat like wild marjoram. The flowers grow in roundish hairy heads of a purple colour, with floral leaves like bristles; the cups of the flowers have not each of them a single footstalk, but many of them stand together upon the same stem. The seed is produced in small husks or pods, which contain three or four seeds in each.

The Bush or Lesser Basil has also a fibrous root, which perishes every year, from whence rises up several slender four-square branches, seven or eight inches high, lying on the ground, on which grow light green leaves, two set together at a joint, much resembling the former, but smaller, somewhat like mother of thyme, having an excellent sweet scent. From the middle of the branches to the summits, grow the flowers nearly as the former kind, but in colour more of a blue purple, with a white eye or circle in every flower, which produces, like the first, three or four small seeds, which naturally sow themselves every year.

The first grows usually in the borders of fields, and among corn, as at Sutton in Kent, near Dartmouth, in some places in Norfolk, and chiefly in dry sandy ground.

The second grows in many parts of Kent, where Clusius says he found it, and in many other parts of England; Gerard observes he met with it in Yorkshire, and near to Dartford in Kent, and in the Isle of Thanet; and that it is brought to the London markets, and is called Poly-Mountain, by the herb women.

These flower in June and July, and their seed is ripe in July and August.

VIRTUES.

Dodoneus remarks, “ That the ancient physicians were divided in their judgment with respect to the virtues of Basil.”

Galen and Dioscorides were of opinion, “ It was not good for the body, being bad of digestion, and promoting wind in the stomach, upon which account they thought it hurtful to the sight.”

“ Pliny was of a different opinion, and believed it very good and useful for the stomach; and that taken with vinegar it expelled wind, resisted vomiting, and provoked urine; and that it was of service also in the jaundice and dropfy.

“ That many late writers of that time, believed it fortified and strengthened the heart and brain, and that it refreshed and renewed the spirits, and was therefore good against melancholy and dejection of mind; but that if taken with wine, it proved efficacious in old stubborn coughs.

“ That notwithstanding Galen and Dioscorides, believed it very useful for external purposes, particularly in hot swellings and inflammations, if applied with barley-meal, oil of roses and vinegar.”

Dodoneus further remarks, “ That Basil applied as a cataplasm with wine, was useful in diseases of the eyes, as well as its juice dropped into them, as it strengthened them, and prevented the humour falling into them; and that, however taken, it stopped the inordinate course of the terms.”

Hoffman says, “ If a decoction of the Great Wild Basil is made in wine, and a glass of it taken morning, noon, and night, it is a specific in melancholy cases.”

Parkinson informs us, “ The seed of Basil destroys worms, and lessens the spleen : and Bauhinus and Tragus say, that the herb helpeth the phlegm of the lungs, being hot, resolving and incisive.”

Dr. Strother observes, “ That it is called by the moderns, Basili-cum, upon account of its fragrant smell ; but that there is no essential difference among its species.

“ That its principal virtues are, by reason of its smell and taste being aromatic, to strengthen the brain, where there is want of animal spirits ; for there it gives great relief.

“ That its distilled oil, which is very acrimonious, is in use, either externally or internally in all spasms and convulsions.

“ That internally one drop of this oil, and one drachm of sugar for a dose, makes an elœofaccharum, good in a suppression of the menstrual flux ; and its infusion in wine, Hoffman says he found it useful in this case.”

A valuable old Author informs us, “ That the inspissate juice of Basil, being given to a drachm in red wine, stops all fluxes of the belly ; and dissolved and united with lard into an ointment, it discusses hot tumours.

“ That a spirit prepared from this plant, is singular good against convulsive fits, vertigo, lethargy, and other cold and moist diseases of the head, brain, nerves, and womb : and that outwardly bathed upon the part for the cramp, it cures it. Dose from one drachm to two, in wine or ale.

He further observes, “ That the spirituous tincture warms, comforts, and strengthens the stomach, causes a good appetite, and is

“ good against the sickness thereof. Dose two drachms, more or less, in
 “ wine, ale, or posset drink.

“ That the oily tincture taken to half a drachm in any proper vehi-
 “ cle, prevails against the stone, and stoppage of urine: and that
 “ outwardly anointed upon parts in pain from any cold cause, it warms,
 “ comforts, and restores it to its due strength.

“ That the balsam or oil is good against convulsions, cramps, rup-
 “ tures, strangury, or stinging of venomous beasts, and other diseases
 “ of the like kind, being anointed upon the part afflicted, morning and
 “ evening.”

Drs. Quincy and Alleyne say, “ Basil is reckoned efficacious in
 “ cleansing the womb, and promoting the menstrual flux.”

Dr. Brookes informs us, “ The leaves are reputed to be cordial, pec-
 “ toral and cephalic; and that a tea of it may be prepared and taken
 “ against pains in the head.”

Dr. Lewis observes, “ That the leaves of Basil have a soft, some-
 “ what warm taste, and when rubbed, a strong, powerful, and rather
 “ unpleasent smell, if green, which by moderately drying, becomes
 “ more agreeable. That they are reputed to attenuate viscid phlegm,
 “ promote expectoration, and the uterine secretions.”

GARDEN BEANS.

THESE are too well known to require a description; we shall therefore examine into their reputed

VIRTUES.

Schroder remarks, “ That some say we have not the *fabæ*, but the
 “ *boonæ* among us, which is the *phaseolus major*. Yet though it is
 “ evident that our Beans differ in description [from the ancients, it
 “ is probable that this change is caused from the diversity of the soil,
 “ rather than the plant; therefore, according to that rare botanist Cassi-
 “ anus Bassus, the *fabæ* differ in magnitude, food and colour, and the
 “ larger they are, the more they are depressed in longitude; the lesser,
 “ the rounder they are; however it is sufficient they agree in strength
 “ and virtue.”

“ Pythagoras, a philosopher of Samos, the first author of metemp-
 “ sychasis, or the passing of the soul into other bodies, prohibited the
 “ use of Beans, because their flowers look sad with black spots, which
 “ he supposed shewed the souls of the dead that lodged in them.

“ The flower of the Garden Bean, Schroder says, is emplastic, cools
 “ and dries in the first degree, thickens, and cleanseth; and taken in-
 “ ternally, is useful in diarrhœas, lenteries, &c. That applied exter-
 “ nally, it is good against freckles, and other foulness of the skin, and to
 “ discuss bruises of the eyes and other parts.

“ That the distilled water of the flowers is diuretic, and a very good
 “ cosmetic for the face, hands, &c; and that a salt prepared from the

“ burnt stalks is a great diuretic, and useful in the dropfy, stone, and
“ stoppage of urine.”

“ Fabric Hildanus recommends in ulcers of the bladder, to take of
“ the meal of Beans, two ounces, of red roses, balauftines, and cyprefs
“ nuts pulverized, of each two drachms, of saffron in powder, half a
“ scruple ; make a decoction of these in rose water and plantain water,
“ of each a sufficient quantity, with a little vinegar, adding towards
“ the end the yolk of an egg and a little rose water ; thus make a poul-
“ tice, which is cooling and anodyne.”

“ Riverius directs in an inflammation of the testes, to boil a suffici-
“ ent quantity of the meal of Beans in oxycrate, to the consistence of a
“ poultice ; make the oxycrate of one part vinegar, and three parts wa-
“ ter ; the poultice thus prepared is to be applied morning and evening ;
“ but if the skin be excoriated by the vinegar, boil the vinegar with
“ litharge. This poultice he says never failed him in this disorder.”

“ Stocker advises in abscesses of the breasts, to take of Bean-meal two
“ parts, of spearmint pulverized one part, mix them with a sufficient
“ quantity of butter for making an ointment, and anoint the parts
“ with it warm : which he says is also good for pains in those parts.

“ He further recommends in the stone, to take of the ashes of
“ Bean-stalks one drachm, in the morning, or when the fit comes on,
“ in some convenient vehicle, as in briony water, or the like. Or
“ make a lye of the ashes and white wine, or Rhenish may be used in
“ its stead, and let the patient drink a small draught of it as before di-
“ rected.”

Parkinson says, “ That the distilled water from the husks of Beans, is
“ useful and advantageous in the stone and obstructions of urine ; and
“ that the ashes of the husks with lard, applied to old pains, or gout, is
“ of great benefit.”

Lovell informs us, “ That Beans boiled with vinegar and falt, are use-
 “ ful in the bloody flux, or vomiting, and are advantageous for those
 “ who are troubled with thick and gros phlegm in the chest or lungs ;
 “ and if boiled in water to a proper thickness, with a little lard added to
 “ it, is very successfully applied in pains of the gout.

“ That the meal of Beans with oxymel, applied to inflamed wounds
 “ and bruises, is very useful. That if this is united with the meal of
 “ fenugreeke and honey, it will take off the blackness from bruises, or
 “ swellings under the ears ; and that with rose leaves, frankincense,
 “ and the white of an egg, it is very good in most diseases of the
 “ eyes.”

Sir John Floyer observes, “ That the leaves of Beans have a bitter-
 “ sweet pea-taste, and that the Bean has the same, but its skin is
 “ astringent. That old Beans, in flour or meal, are very discharging in
 “ tumours of the breasts and other secret parts. That a water is dis-
 “ tilled from the stalks of Beans for the stone, which by its sweetness
 “ and bitterness, lenifies and cleanses the kidneys.”

Dr. Alleyne says, “ The seeds of Beans are nourishing ; and that
 “ the water of the pods is good for the gripes in children.”

Dr. James remarks, “ That the flowers, pods, and seeds of Beans are
 “ used, and externally applied, remove freckles and other cutaneous
 “ disorders.”

Dr. Lewis observes, “ That a water distilled from the flowers, has
 “ been celebrated as a cosmetic, and still retains that character among
 “ some female artists.”

A valuable Author, who has made his improvements upon these ob-
 servations, informs us, “ That not only the distilled water from the
 “ flowers, but of the whole plant when in flower, is an excellent cos-
 “ metic,

“metic, to soften, whiten, cool and beautify the skin, it being often
 “washed therewith, and suffered to dry on: but before it is applied,
 “the face and hands ought to be made purely clean with warm water,
 “in which wheat-bran, or Bean-meal has been boiled.

“That some ladies had affirmed to him, that by a continuance of this
 “wash, and the distilled water from the flowers, they have had lentils,
 “freckles, and other deformities of the skin, perfectly removed; parti-
 “cularly if acuated with some small quantity of its volatile salt, which
 “is after described, he is of opinion it would be very useful in these
 “cases.

“That even the meal or flour of Beans alone, being used with
 “warm water to wash the face and skin with, it will much beautify
 “the parts, and is said to remove scurf, spots, wrinkles, tanning, sun-
 “burning and the like.”

We have here digressed somewhat from the general principle of this work, but as our wish is to give universal satisfaction, and to rescue the ladies from the danger of those baneful cosmetics and mercurial preparations, too frequently made use of, which endanger and destroy the health and lives of many; more especially when we can recommend as a substitute, a medicine extracted from the vegetable kingdom, more effectual, and not in the least hazardous. We trust, therefore, our endeavours to serve them, will be deemed a sufficient apology for this intrusion.

Our Author further informs us, “That a decoction of Beans in wine
 “or water, is very good against the stone and gravel, whether in the
 “reins or bladder, and greatly promotes urine; as does also a decoc-
 “tion of the green pods, or their water distilled from them.

“That an essence prepared from the leaves and green pods is, power-
 “fully diuretic and lithontriptic, removing the matter causing the
 “strangury

“strangury, whether it be gravel, sand, or any glutinous matter. That
 “mixed with honey it prevails against coughs, colds, rheums, ca-
 “tarrhs, and other diseases of the lungs.

“That a cataplasm of Bean flour, if made with vinegar and oil,
 “and applied to breasts swelled from too great abundance of milk, it
 “will not only repress the milk, but also disperse any tumour or swell-
 “ing occasioned thereby.

“That the ashes from the pods and stalks, being infused in ale or
 “wine, are very diuretic, opening all obstructions of the reins and blad-
 “der, and are very good against gravel, the stone, dropsy, jaundice, and
 “gout; and that a cataplasm of the ashes with hog’s lard, is good
 “against old pains, contusions, wounds of the nerves, distensions upon
 “the joints, the sciatica and gout, whether in the hands, arms, knees,
 “or feet.”

He remarks upon the volatile salt, spirit, and oil of Beans, “That
 “they produce a vast quantity of volatile salt, in much larger propor-
 “tion than any other vegetable production, and which is thus prepared;

“Take Beans, whole and dry, ten pounds, put them into a large
 “earthen or glass retort well luted, of a sufficient size, that about a
 “third part may remain empty; put it into a close furnace of reverbe-
 “ration, luting to it a large receiver or great glass ball; stop the re-
 “gisters of the covers of the furnace, and make a small fire in the cin-
 “der or ashes place at first, sufficient only to warm the retort, and
 “heat the matter within, which keep so for an hour; then make a fire
 “in the grate, gentle at first, for an hour more; after which increase it
 “gradually from hour to hour, but not to excess: in the mean time,
 “the aqueous parts will come over in large quantities, then give a little
 “air to the register of the cover of the furnace, on the receiver’s side,
 “continually increasing the fire till you see the receiver to be filled
 “with white clouds, which will by degrees condense into liquor; the
 “oleaginous

“ oleaginous and falt parts finking to the bottom of the vefſel; keep
 “ now an equal fire, for about two hours, giving a little air to the re-
 “ gifter, after which open it altogether, giving a more violent heat, and
 “ at length a flaming fire, which continue till the vapours ceafe, and
 “ the receiver is clear, let then the fire go out, and the vefſels cool.

“ In the receiver you will have much phlegm mixed with oil, and
 “ ſpirit, and volatile falt, ſo penetrating, that you will not be able to
 “ ſuffer your noſe or eyes over the mouths of the vefſels. Put all
 “ theſe ſubſtances immediately into a bolt head with a long neck, co-
 “ vered, with its head well luted, and fitted with a beak and receiver;
 “ place it in a ſand heat, in a cool, airy place, ſo may you ſee the vo-
 “ latile falt aſcend by little and little, and coagulate itſelf in the head,
 “ which you muſt often cool by double cloaths dipped in cold water, to
 “ hinder the diſſolution of the falt.

“ This falt, as ſoon as you can, take out of the head, and keep
 “ it in a glaſs vefſel cloſe ſtopped, and in a cool place, for it turns fluid
 “ with the leaſt heat, and ſooner than any other volatile falt; but you
 “ muſt have another head ready to put on in the place of the former,
 “ whoſe junctures being well luted, continue the rectification, ſo will
 “ you have in the recipient, the reſt of the volatile falt diſſolved in a lit-
 “ tle of the phlegm and the volatile oil, which you may ſeparate and
 “ keep a part; the uſeleſs phlegm, and fetid part of the oil remaining
 “ at the bottom of the matraſs.”

Thus have we followed our author's form in obtaining this falt, but thoſe who are acquainted with the improvements of chymiſtry, this original proceſs may appear rather tedious, and be ſhortened.

This volatile falt he ſays, “ Is a ſtrong fudorific, and one of the moſt
 “ ſubtile, penetrating falts, that is; that it is good againſt palsies,
 “ cramps, epilepsies, apoplexies, gouts, rheumatifms, cholics, and other
 “ diſeaſes of the head, brain, nerves, and joints. That the ſpirit is alſo
 “ of

“ of the same virtue, but the oil is stronger, and therefore in outward
“ applications, it may be mixed with oil of bitter almonds, oil of ben,
“ or the like. Dose of the salt, from grains six to twelve, of the spirit,
“ from fifteen drops to thirty or forty, and of the oil, from two to six,
“ all which are to be given in some proper vehicle.

“ The virtue of this plant, has lately been also publicly recom-
“ mended for a cancer, or any tumour; and particularly in the follow-
“ ing manner.

“ Take of the juice of Bean leaves, when in blossom, half a pint, of
“ the best new cream one pint, honey half a pound. Boil these gently
“ in an unglazed earthen pipkin till half is evaporated. With the re-
“ mainder, the part afflicted is to be anointed, twice or thrice a day.”

BEARS-BREECH, OR BRANK URSINE.

Having given an elegant drawing of this plant, we shall, for brevity, omit its description, and proceed with its

VIRTUES.

THIS plant is a native of the warmer climates, as Greece, Italy, Spain and France, but in our cold country it is only to be found nourished up in our gardens, and flowers in July and August; and its root applied, Dioscorides says, “ That it helps burns, luxations, and the
“ gout, and its decoction provoketh urine, stops fluxes of the bowels,
“ and helps consumptions of the lungs, spitting of blood, bruises, and
“ strains, as the greater comfrey.”

An ancient botanic writer informs us, “ That Bears-Breech, its leaves
“ being boiled and used in clysters, are excellent good to mollify the
“ belly, and that its decoction drank, is very useful in the bloody flux.

“ That the leaves being bruised, or rather boiled, and applied as a
“ cataplasm, are very good to unite broken bones, and strengthen
“ joints that have been put out.

“ That the decoction of either leaves or roots being taken, and the
“ decocted leaves applied to the part, is excellent for the king's evil;
“ and that there is scarce a better remedy to be applied, to such places
“ as are burnt, as it takes out the fire, and heals it without a scar.”

Monfieur Tournefort observes, “ That the whole plant abounds with
“ a glutinous and mucilaginous juice, by means whereof it eases pains,
“ and loosens the belly; upon which account it is prescribed in emol-
“ lient and cooling decoctions and clysters.”

A valuable

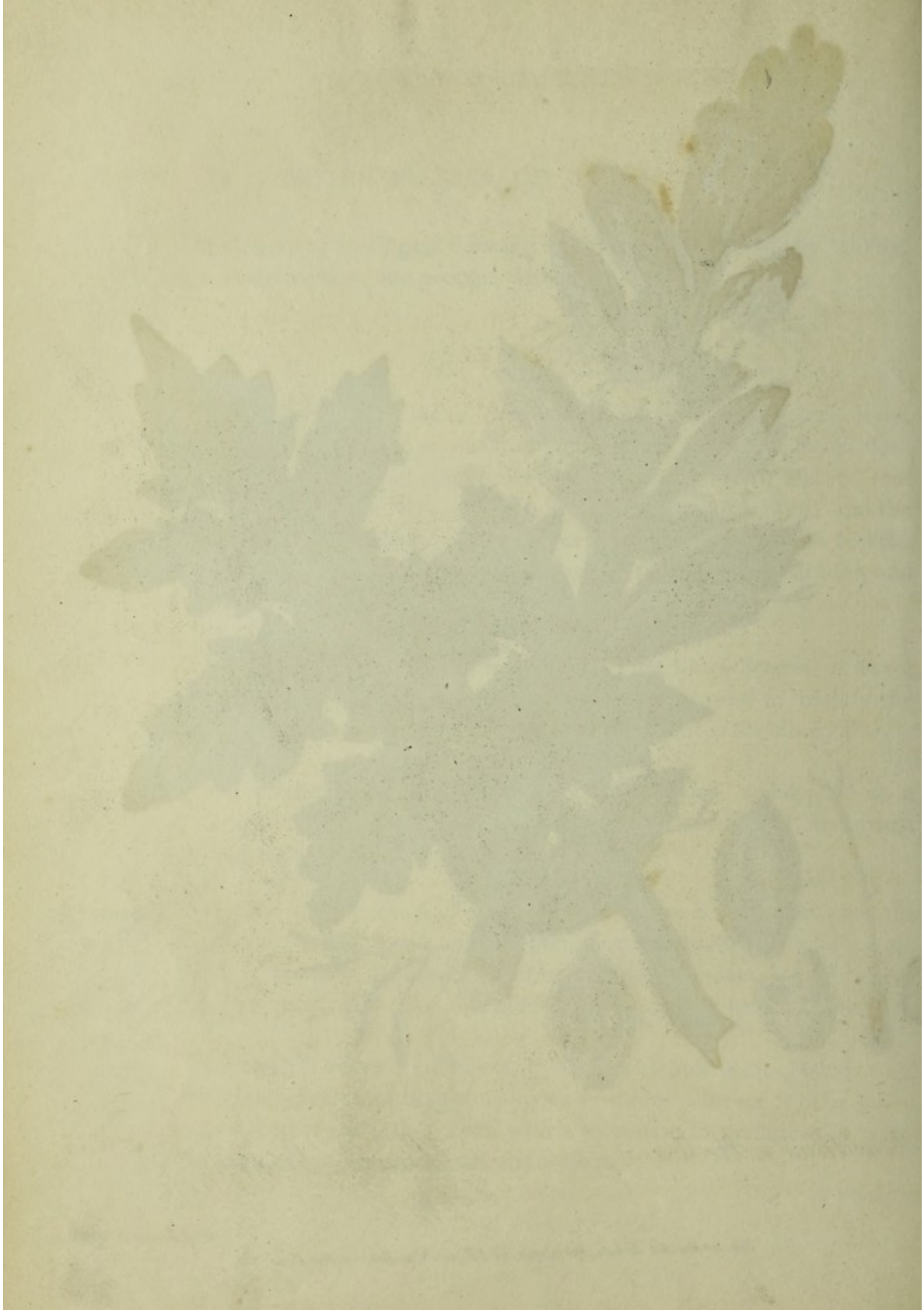


Acanthus Mollis.

Bears Breech.

John Frederick Miller, del. 1792.

Pub: as the Act directs, Apr: 2, 1792, by J. Bew, N: 28, Paternoster Row.



A valuable old Author informs us, “ That the liquid or inspissate
 “ juice of Bears-Breech, prevails against spitting of blood, bloody urine,
 “ and the consumption of the lungs. Dose, of the liquid one or two
 “ spoonfuls, of the inspissate juice, one or two drachms, in red port or
 “ tent wine.

“ That the essence has the virtues of the former, and is useful in
 “ fluxes, and the courses in women, as well as ruptures in children, and
 “ vehement coughs. Dose, one spoonful in red wine, morning and
 “ evening.

“ That the syrup is good against coughs, colds, asthmas, all evacu-
 “ ations of blood, and the bloody flux. Dose, two spoonfuls in wine.”

He further remarks, “ That a cataplasm prepared from this plant,
 “ from its glutinous and mucilaginous property, is with advantage ap-
 “ plied to weak parts to strengthen them; and to the joints in the
 “ gout, as it eases the pain, discusses the humour, and cures the disease.

“ That it is also very useful for the cramp in any part, and ruptures
 “ in children, if timely applied, and that made into the form of an em-
 “ plaster, and applied to the back, it eases pains there, and strengthens
 “ the part.

“ That the saline tincture, opens obstructions of the urinary passages,
 “ and powerfully provokes urine. Dose, one or two drachms in a glass
 “ of white wine; and that cloaths dipped in it and applied to parts that
 “ are burned, when the skin is not broken, it presently draws forth the
 “ fire.”

Dr. James observes, “ That Bears-Breech is chiefly used in clysters,
 “ and baths intended to remove obstructions, and alleviate pains arising
 “ from the stone and gravel.”

BEARS-EARS.

THIS plant has by many botanic Authors various appellations, as *Lunaria Arthritica*, *Lunaria Paralytica Alpina*, and *Sanicula Alpina*, by Gefner. *Primula veris Pachyphyllos*, by Lugden, *Auricula Urfi*, by Matthiolus, Bauhinus, Mr. Ray, and most modern authors. This is not only called Bears-Ears, but by the florists, and most persons, *Auricula*, which is sufficiently known to all, so as to stand in need of no further description.

The *Auricula* is not a native of this country, though now so generally cultivated here, but is to be found in great plenty about Utrecht, Styria, Tyrole, and Switzerland, about the middle and the tops of large mountains, and many other places.

VIRTUES.

Matthiolus says, “ That Bears-Ears refrigerate, dry, glutinate and
“ restrain.”

Camerarius, in his *Hortus Medicus* observes, “ That Bears-Ears
“ boiled in fallad oil, cures all external wounds, though even of the
“ nerves, to a miracle. That it eases pains, discusses swellings, and is
“ experienced to be useful in the gout, whether arising from a hot or a
“ cold cause.”

Bauhinus and Gefnerus say, “ That the leaves being chewed for
“ a sufficient time, are very useful for the tooth ach.”

An ancient valuable author informs us, “ That the expressed liquid
“ juice of this plant, taken from one to two table spoonfuls at a time, in
“ a glass of red or tent wine, stops inward bleedings, and heals wounds
“ both

“ both of the stomach and lungs. That snuffed up the nostrils, it
 “ purges the head and brain of phlegmatic and ferous humours, and
 “ is therefore useful against epilepsies, apoplexies, vertigo's, and other
 “ head diseases.

“ That the inspissate juice dissolved in red wine, and used as the
 “ former, is prevalent to all the same intentions and diseases, and that
 “ it greatly strengthens the stomach.

“ That an essence prepared from it, has the same virtues ; and if taken
 “ every day, from one to three table spoonfuls in any proper wine or
 “ vehicle, it prevails greatly as a vulnerary, for curing of all sorts of new
 “ wounds and old ulcers, and is found to be a singular remedy against
 “ the palsy, dimness of sight, and many other diseases of the head,
 “ brain, and nerves.”

He further remarks, “ That a decoction of Bears-Ears in wine,
 “ taken inwardly is vulnerary ; that it opens obstructions of the lungs,
 “ and causes a free breathing, gives ease in gripings of the bowels, and
 “ the bloody flux, for which disease, as also in a diarrhœa, and lenteria,
 “ the liquid, inspissate juice and essence, are all profitable.

“ That the balsam has the virtues of the oil, but more excellent for
 “ the cure of wounds, especially of the nerves, and is good against the
 “ bite of any venomous animal.

“ That the spirituous tincture, is very useful in griping pains of the
 “ bowels, the dysentery, convulsions, and diseases of the womb. Dose,
 “ one spoonful morning and evening.”

Dr. James observes, “ That the leaves are recommended for their
 “ vulnerary abstergent qualities, whether taken internally or used ex-
 “ ternally, or their juice applied externally in ointments and plasters.
 “ That the juice of the flowers is said to remove freckles, and render
 “ the skin white.”

COMMON GREEN BEET.

SEVERAL authors give us various kinds of Beet, as the Common Green Beet, the yellow, the red, and some others, which we are informed are produced by cultivation; but we shall confine ourselves to the former, described in Mr. Ray's Syn. 157, and termed by him *Beta communis, feu viridis*.

DESCRIPTION.

Common Green Beet is said to be nearly similar to the white, having long and large roots, which after seed time is of no service. From this root spring up many large leaves, lying upon the ground, of a green colour, among which rises up a large green crested stalk, with some branches and many leaves thereon almost to the summits. The flowers grow in long tufts or spikes the year after sowing, small at their ends, which appear in the beginning of July, and perfecting their seed soon after.

Parkinson informs us the Green Beet has been found near the salt marshes by Rochester. It is also said that it is to be found near Nottingham in great plenty, and about the sea coast, and that it delights and thrives best in moist rich land, and therefore is well cultivated in our gardens.

VIRTUES

The various kinds of Beet nearly agree in virtue, and Dodoneus says, "That the juice of the White Beet cleanseth the stomach and openeth the body, but should not be used too frequently, as by this means it might injure the stomach."

"That

“ That the juice with honey, used as an errhine, openeth obstructions, and purgeth the head and brain, and is of service in the head ach. Or if dropped into the ears it removes their pain, and prevents any disagreeable noise therein.

“ That a decoction of Beet, is an useful fodus for scrophulous and scorbutic eruptions, and for sore heels from chilblains and the like, by soaking the feet therein.”

An ancient Author informs us, “ That White Beet does much loosen the body, and is of a cleansing digesting quality, and provoketh urine. That the juice of it openeth obstructions both of the liver and spleen, and is good for the head ach and swimming therein; that applied upon the temples it helpeth inflammation in the eyes, and is successfully applied to all burns and scalds.

“ That the herb, boiled and applied to chilblains has been experienced very useful. That a decoction thereof in water and some vinegar, cureth the itch if bathed therewith, and cleanseth the head of scurf and other breakings out, and is useful for running and fretting sores or ulcers in the head, legs, or other parts; and is much commended against baldness and shedding of hair.”

Another valuable old Author observes, “ That the liquid juice of Green Beet is nitrous and cleansing, being taken six or eight spoonfuls at a time, at going to bed, for some nights together, as it opens the obstructions of the liver and spleen, and is good against the head-ach.

“ That the inspissate juice made with vinegar into the thickness of a balsam, and applied to the temples, prevails against the inflammations of the eyes, and mixed with olive oil, is good against burns and scalds.

“ That

“ That the effence opens obstructions, and is good for the yellow
 “ jaundice, the vertigo, or biting of any venomous creature. That it
 “ is successfully used in the itch, the parts affected being bathed there-
 “ with, and cleanseth the head of any scurf, sore, or ulcer there, or in
 “ the legs, or other parts. Dose, three or four spoonfuls, or more.”

He further says, “ That the decoction, if it is made with equal parts
 “ of vinegar and water, has all the virtues of the effence; and is parti-
 “ cularly useful in the St. Anthony’s fire, and all other inflammations.

“ That an errhine is prepared of the liquid juice of this plant four
 “ ounces, nitre half an ounce, mixed and dissolved therein. That being
 “ snuffed up the nostrils, it powerfully empties and cleanses the head
 “ and brain of superfluous humours, which cause the apoplexy,
 “ epilepsy, vertigo, pains of the head, &c. &c. That it is also useful for
 “ pains of the teeth and ears, and for external applications, has all the
 “ virtues of the effence and decoction.

“ That a cataplasm of the boiled herbs, with or without the addi-
 “ tion of a little nitre and allum, is successfully applied against boles,
 “ and some eruptions of the skin, as also for chilblains whether in the
 “ hands or feet, speedily curing them.”

Mr. Ray informs us, “ That the fresh plant of Beet, lightly boiled
 “ with the roots, and afterwards eaten with vinegar, has been found
 “ very useful to restore a lost appetite.”

Dr. Strother observes, “ That this plant is used in decoctions and
 “ glysters to loosen the bowels, for it abounds with watry and nitrous
 “ particles, upon which account it softens the excrements, and irritates
 “ the intestines to throw out their contents, and therefore answers all
 “ ends.

“ That

“ That the decoction of the roots is also used to wash off the filth
 “ and scurf sticking to the head, and may with great advantage be
 “ applied to keep issues open, as he frequently directs in his practice.”

Dr. James remarks, “ That the roots, leaves, and seed of Beet are
 “ used in medicine, which are nitrous and loosen the bowels; and is
 “ sometimes employed in errhines and glysters.

“ That its decoction, together with lentils, is also used to check a
 “ diarrhoea.”

Dr. Lewis informs us, “ That though the decoction of this plant
 “ opens the body, yet these remaining after boiling, have rather a
 “ contrary effect; and that the juice expressed from the roots is a
 “ powerful errhine.”

A modern and judicious Author observes, “ That the root of red
 “ Beet is employed to improve the colour of claret; and that Mr.
 “ Margraff found that a good sugar may be obtained from the juice of
 “ fresh roots of white Beet, by the method practised abroad for prepar-
 “ ing it from the sugar cane.”

BIFOIL, OR TWAY-BLADE.

THERE are several kinds of this plant enumerated by some modern botanic authors, as the common Bifoil, or Tway-Blade, the marsh, dwarf, triple, yellow, green, &c. &c. but as the two first are chiefly known, particularly to the ancients, we shall give only their

DESCRIPTIONS.

The first has somewhat of a bulbous root, shooting many long fibres from it downwards, from which rises up a round stalk, in general with two leaves only, of an egg-shape, broad and short, which are ribbed, somewhat like plantain leaves, but rather lighter, set about the middle of the stalk, one of each side, and encompassing it at the bottom. The blossoms at the top of the stalks are many, in a spiked head, which produce numerous seeds like saw dust.

The marsh Bifoil, or Tway-Blade, has also a bulbous fibrous root, running into the earth, and the whole plant is so little different from the former, that it is scarcely observable, except in these particulars; as its place of growth, the smallness of the plant, this being much less, and in the colour of the leaf, the other being lighter, and in the spike of flowers, which is by far less, of a greenish yellow colour.

The first usually grows in woods and other shady places, particularly between Highgate and Hampstead, also at South-fleet, in Kent, and in the woods near Clare and Dunmow, in Essex.

The other grows in low marshy ground, between Hatfield and St. Albans, and in many parts of Rumney Marsh.

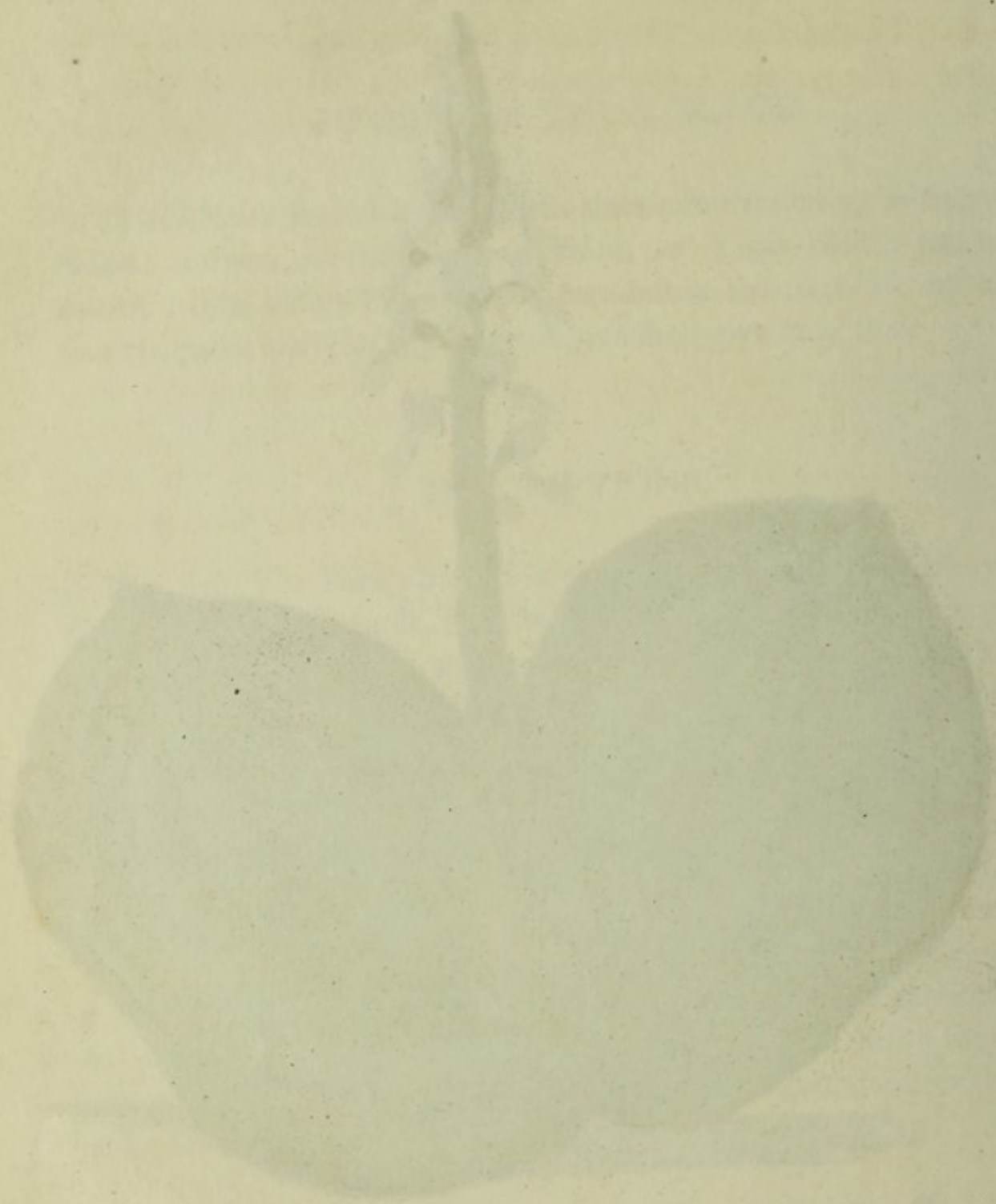


Ophrys Ovata.

Bifoil or Common Twayblade.

John Frederick Miller, del: 1792.

Pub: as the Act directs, Jun: 1, 1792, by JBew N: 28, Paternoster Row.



1100

These plants blossom for the most part in May and June, and are totally decayed in the two following months.

VIRTUES.

Lonicerus says, “ That Tway-Blade is vulnerary, and helps wounds and ulcers, when used in unguents and balsams, and is with great advantage applied to ruptures.”

Sir John Floyer observes, “ That its taste is sweet, mucilaginous, and a little acrid or biting. That its virtue lies in the mucilage, or acrid bitings, by both which it may be outwardly emollient, and inwardly diuretic.”

An old valuable Author informs us, “ That the liquid juice of Bifoil, or Tway-Blade, if mixed with nitre, allays inflammations, and gives ease in the gout, which virtue he says it has also if mixed with vinegar.

“ That its effence is glutinous and vulnerary, and heals wounds, if flight, by washing them therewith; more especially if at the time of using it, it is mixed with a third part of wine, or spirits of wine; and that in this manner it is of great use in ruptures.

“ That the decoction is of admirable use in dilacerated contusions, as it draws forth the scattered and bruised blood, cleanses the wound, and disposes it to healing.

“ That the powder of the leaves of the plant, disposes green wounds to healing, at the same time drying and healing them up.

“ That the ointment both softens and gives ease in pain, and cleanses wounds, without any sharpness, whether new or old, and is of good use in ruptures.

“ That the balsam prepared from it cures flight wounds commonly
 “ at one dressing, and if they be contused and dilacerated, it digests,
 “ cleanses, and in a short time heals them.

“ That the cataplastm of this plant, discusses soft tumours and contu-
 “ sions, where the skin is not broken; and is usefully applied with
 “ other things, even in old wounds and stubborn ulcers, as it disposes
 “ them to healing.

C H A P. XXVII.

OF VARIOUS PLANTS, VIZ.

Bindweed, Box, Bramble or Blackberry, Buckbean, Buckshorn or Swines Cresses, and Butter-wort.

THERE are several kinds of Bindweed enumerated by various botanists, as the great, the small, the blue or purple, the black, and the sea Bindweed; &c. &c. but the first and the last being accounted to partake of its principal virtues, we shall therefore only give their

DESCRIPTIONS.

Great Bindweed has a small whitish root, running much under ground, and shooting forth again in several places, living all the Winter, and shooting forth new branches every Spring, which produces a milky juice being broken.

From this root spring up slender winding stalks, which run up and entwine themselves upon hedges, bushes, or what is near them, or for want thereof it trails along upon the ground, especially on the banks of dry ditches.

The leaves are many and large, smooth, and of a pale green colour, arrow shaped; the two angles at the base looped.

Fruit

Fruit stalk four cornered, supporting a single flower, of a white, purplish, striped, and other colours, which parts we shall now particularly describe.

Empal. Cup with five divisions, approaching egg-shaped, blunt, small, permanent.

Bloff. One petal; bell-shaped; expanding; large; plaited. The border slightly marked with five or ten notches.

Chives. Threads five; awl-shaped; half the length of the blossom. Tips egg-shaped, compressed.

Point. Seed-bud roundish. Shaft thread-shaped; as long as the chives. Summits two; oblong and somewhat broad.

S. Vess. Capsule inclosed by the cup, roundish, with one, two, or three valves.

Seeds. Two. Roundish.

Sea Bindweed is called by some authors, Withiwinde, Sea Bells, or Bell flower, probably the two last from the shape of its blossom; has a small long root, spreading but little in the ground, and shooting up many heads in several places; and if any part of it is broken, produces as well as from the leaves a whitish juice, which is bitter, salt, and unpleasant. From this root rise many weak, slender branches, of a brownish green colour, trailing or lying upon the ground. Upon these stalks are set the leaves, kidney shaped, of a light green colour, among which are the flowers, only one upon a fruit stalk, of a reddish colour, which produces the seed vessels, containing two or three roundish seeds.

The

The first, or Great Bindweed, is very commonly found in various parts of the kingdom, particularly in Gloucestershire and Somersetshire, where it grows in great plenty, flowering in the months of June, July, and August, which seed is perfected soon after.

The Sea Bindweed grows in great plenty in many places on our sea coasts, as near Lee and Mersey, in Essex, and in most places along the northern coast, flowering and ripening its seed nearly at the same time as the former.

VIRTUES.

Lovell informs us, from several old Authors, “ That the juice of the
“ black Bindweed purgeth the bowels strongly, and that the leaves
“ made into a cataplasm, dissolves and wastes hard swellings.

“ That the common, round leaved, and small Bindweed, purgeth
“ thick phlegmatic humours, and expelleth worms.

“ That the sea, common, and small mountain Bindweed, greatly
“ purgeth waterish humours, openeth the liver, and helps the dropsy,
“ if taken in rich broth. That the powder, if the patient is weak,
“ should be mixed with anniseeds, ginger, cinnamon, and sugar, which
“ corrects its violence.

“ That the leaves of the mountain Bindweed applied to the navel,
“ draw out hydropic water from that part, as it will from any other if
“ so applied; and is useful for wounds.”

A valuable old Author observes, “ That the inspissate juice of the
“ common Bindweed being dissolved in wine, makes an excellent wash
“ to cleanse old sores, and putrid running ulcers, fistulas, &c. inducing
“ them to a speedy cure.

“ That

“ That the liquid juice mixed with red wine, is excellent for a bad
 “ mouth, and to heal cankers in the mouths of little children, and if
 “ the feet of those who are usually troubled with chilblains or kibes,
 “ be washed often therewith, it perfectly cures them.

“ That the powder of the roots, leaves, flowers, or inspissate juice,
 “ admirably cleanses and heals the worst old ulcers; and when the
 “ bone has been putrified, it has perfectly cleansed the ulcer, dried the
 “ bone, and in a short time scaled it, and afterwards by continual appli-
 “ cation, it has covered it with flesh, incarnated the ulcer, and in a lit-
 “ tle time healed it.

“ That he gives this information from great experience, having at
 “ one time a youth who had kibes in his feet, and so much corrupted,
 “ that the bone itself was injured; yet notwithstanding by the sole ap-
 “ plication of this powder, a perfect cure was wrought, beyond the ex-
 “ pectation of any who saw it.

“ That the balsam prepared from this plant is singularly good against
 “ all wounds, but chiefly of old putrid ulcers, especially those which
 “ arise from chilblains in the feet of children, or from tumours in the
 “ king's evil.

“ That Galen says, the cataplasm of the green herb applied to the
 “ afflicted part, wastes, dissolves, and discusses tumours or swellings;
 “ but that he knew it was excellent to discuss chilblains on the feet of
 “ children.

“ That the distilled water is reported as a good cosmetic against
 “ freckles, pimples, scurf, and other eruptions of the skin; and that it
 “ removes sunburn and redness of the face and hands, more especially
 “ if it is mixed with a small quantity, some say equal parts of vinegar,
 “ or juice of lemon.”

Dr. Strother informs us, “ That Bindweed is of an acrimonious,
“ saline, bitterish, and nauseous taste.

“ That it consists of fixed and volatile salts, and also of nauseous
“ parts, and that this, as all the convolvulaceous plants, as mechoacan,
“ jalap, &c. has a purging quality; and all of them purge water, and
“ conduce chiefly in scorbutic and dropfical cases.

“ That it is used either in powder or decoction, the former in doses
“ of two drachms, the latter to half an ounce. That the fresh plant
“ ought only to be used, and must be corrected with cloves, cinnamon,
“ and other aromatics, which by their oily parts sheath it, and by
“ their volatile salts, corroborate the stomach.”

Dr. Alleyne observes, “ Sea Bindweed grows in the sand by the sea
“ side, and that it purges watry humours powerfully; whence it is
“ useful in the dropfy and scurvy.”

A modern writer informs us, “ That though the root of Great Bind-
“ weed is a very acrid purgative to the human race, yet it is eaten by
“ hogs in large quantities without any detriment.

“ Scammony is the inspissated juice of a species of convolvulus so
“ much resembling this, that they are with difficulty distinguished.
“ Can it then, says this Author, be worth while to import Scammony
“ from Aleppo at a considerable expence, when a medicine with the
“ very same properties grows spontaneously in many of our hedges” ?

The Author of this work has to regret, the last writer had not only
favoured the world with his opinion, but with his practice in a medi-
cine of such considerable virtue, as he is well persuaded this plant is
endued with; as it cannot be imagined this gentleman would so forcibi-
ly have supported his opinion, without being convinced from his prac-
tice.

He has also to regret, he has never had an opportunity of proving the virtue of Bindweed, in his own practice; he would notwithstanding from a conviction of its value, recommend a trial of it, in the hands of the judicious, in those cases in which the scammonium has been particularly found useful.





Buxus Sempervirens

Box Shrub

John Frederick Miller, del. 179

Pub: as the Act directs, May, 1792, by J. Bew, N^os Paternoster Row.

BOX.

WITH respect to the virtues of this plant, the numerous Authors I have now before me, seem to be in a great measure unacquainted. Linnæus even gives no description of it, though it is well known we have two kinds of it natural to this kingdom: viz. the Tree and the Dwarf Box, the former being, I imagine, the arborescens of Caspar Bauhine, and the latter the vulgaris of Parkinson.

The Box Tree is found wild in some parts of Kent and Surry, the wood of which is of so firm a nature, as to be made into many necessary forms for particular durable purposes; and the Dwarf Box is so frequently made use of as bordering or edging to our flower beds, and is so well known as to require no description, except some parts of its fructification, which we shall now give for the instruction and advantage of the curious, who might probably wish it.

Barren flowers projecting from the buds of the tree.

Empal. Cup three leaves; circular; blunt; concave; expanding.

Bloss. Petals two; circular; concave; resembling the cup, but larger.

Chives. Threads four; awl shaped; upright but expanding, generally longer than the cup.

Tips upright; double.

Point. Seed-bud only a rudiment, without shaft or summit.

Fertile flowers in the same bud with the others.

Empal. Cup four leaves. Little leaves circular; blunt; concave; expanding.

Bloff. Petals three; circular; concave; resembling the cup, but larger.

Point. Seed-bud roundish; with three blunt edges; ending in three very short permanent shafts. Summits blunt; rough with hair.

S. Veff. Capsule roundish; with three bills and three cells; opening elastically in three directions.

Seeds. Two; oblong; roundish on one side; flat on the other.

VIRTUES.

We have before remarked our doubts as to the knowledge many writers, particularly the ancients, had of the virtues of this plant; we shall now endeavour to prove our assertion from the diversity of their opinions, and the danger of resting even upon learned theories, without due investigation and proper trials from real practice.

Dodoneus says, “ That Box is not used in medicine, and amongst
 “ the ancient writers we shall find little to any purpose written of its
 “ virtues. That notwithstanding some ignorant persons, who wishing
 “ to advance themselves, and to take in hand the cure of diseases they
 “ are unacquainted with, administer the tops of the Box Tree to per-
 “ sons afflicted with the apoplexy, which is contrary to all reason; for

Box

“ Box taken into the body, does not only hurt the brain, but is very injurious to it if even smelled to.

“ That some learned writers in his time affirmed, that the lie of Box wherein the leaves have been steeped, causeth the hair to change of a yellow colour, if often washed therewith.

This last observation is confirmed also by Langham, who also says, “ That the seed of this plant taken with any proper water, and lying down upon it, has been experienced useful in the bite of any mad dog.”

Quercetan shews, Tetrad p. 214, 215, 216, “ That the wood of Box is very full of narcotic sulphur; and in his Pharm. Rest. cap. 26. that the extract of the wood is a great sudorific, and proper against the epilepsy, worms, and putrefactions. Dose, a small pill.”

Fernelius informs us, “ That one ounce of the leaves made into a decoction with whey, or one drachm of the powder in broth will purge the body.”

Dr. Schroder remarks, “ That Box is seldom used in physic; but some make an oil from the wood which is very narcotic, and commended in the epilepsy and tooth-ache, and for worms, and decay of the teeth; and which is said to be the Heracleon oil of Rulandus.”

Parkinson observes, “ That some use the wood instead of guaiacum, against fluxes, and the French disease.”

Rondeletius supposes, “ That the shavings of Box, in consequence of their sudorific quality, would cure the venereal disease; but adds, that they are not to be used for that purpose, because they excite head-ache.”

Sir John Floyer remarks, “ That the leaves and bark of Box are
 “ very bitter and rough, therein refembling guaiacum by its tafte; and
 “ therefore ufed in its ftead, in drying decoctions. That he cannot
 “ perceive any narcotic quality in it; and is accounted by fome antif-
 “ corbutic. That it is given to horfes for the botts.”

Dr. Quincy fays, “ That Box is not much ufed in medicine, although
 “ a chymical oil is directed from it: and fome affirm that boiled in de-
 “ coctions, it is as efficacious againft the venereal difeafe as guaiacum.

Dr. Brookes confirms the laft remark of Dr. Quincy, and informs us,
 “ That a drachm of the leaves will purge the body; and that the dofe
 “ of the wood in decoction is from half an ounce to an ounce.”

Dr. James obferves, “ That an oil is diftilled from the wood of Box
 “ which is faid to be very narcotic, and is wonderfully extolled in epi-
 “ lepfies, tooth-aches, and rottennefs of the teeth. That a decoction
 “ of the flowers of Box is reckoned fudorific, and that one drachm of
 “ them proves a violent purge.

“ That from experiments it however appears, that Box contains little
 “ active matter, and which is not of the pungent and refinous, but the
 “ faline kind.”

Dr. Lewis remarks, “ That the wood of Box is of a yellow colour,
 “ more folid, compact, and ponderous than any other of the European
 “ woods. That the leaves have a ftrong naufeous tafte, and when
 “ fresh a foetid fmell; and that notwithstanding a decoction of the wood
 “ is recommended by fome as powerfully fudorific, and preferable even
 “ to guaiacum, yet the tafte readily difcovers that it wants the qualities
 “ of that wood.”

Thus have I given a candid and fair ftatement from the various
 writers before me with refpect to the virtues of Box; from which we
 may

may perceive much conjecture, many contradictions, and very little real practice. I shall with the same candour state my observations and experience of this plant, as they have faithfully occurred to me in the course of my practice, and have to regret the great advantage from the only trial I have made of it, I cannot more recommend it.

The first knowledge I had of the virtues of Box, was about ten years since, at which time an African Prince, who was from an insurrection in exile from his country, was recommended to my notice and friendship. I found him a gentleman of great natural abilities, a good scholar, and shrewd observer, and who had applied some part of his studies in the improvement of medical knowledge.

Among other remarks he informed me, that in his country the natives frequently used leaves of the *lignum vitæ*, and he had of our Box while in this country in the venereal disease with certain success. That he had himself frequently administered this shrub to his friends and others here, but that he always found the best method of using it was the following :

Take of the leaves of the *lignum vitæ*, or of our box one drachm, boil them in a pint of water to half a pint, strain off this decoction, and let it be taken every morning fasting. If it should open the body twice or thrice in a day, it is as much as is necessary, if not, the medicine should be increased so as to obtain this desired end.

As I had unfortunately among my numerous manuscripts, mislaid another of this gentleman's prescriptions for this same disease, when treating of the plant Burdock ; it is with satisfaction I can now present it to my readers, as I shall many other of his observations in the course of this work.

Take of the leaves of Burdock a sufficient quantity, bruise them and press out their juice, which suffer to deposit its fœces. The patient should

should begin with taking one table spoonful of the neat juice, which in most constitutions will open the body sufficiently, but which may be lessened or increased so as to answer this useful purpose ; and which medicine should be repeated every two or three days as it may be found requisite.

He further informed me, in his country the natives dress all wounds arising from this malady with lint moistened with this juice, and applied twice a day, and which very soon and effectually healed them.

As I remarked in the proposals of this work, I should furnish my friends with sufficient medicine in this disease from the vegetable world, without the aid of mercurial or antimonial preparations, which have proved so injurious to thousands, so I must observe here, that though Box is one ingredient in that valuable composition, yet it is by no means the principal ; I must therefore reserve my opinion of this shrub in this disease till I come to treat of that excellent medicine, observing for the present in what other case I have experienced its virtues.

About ten years since, a gardener of a strong habit of body applied to me for the cure of a dreadful scurvy, which had broke out to a violent degree in many parts of his body, particularly the arms and legs. The disease had been greatly aggravated by the itch, which had been some time in his family, and he was in consequence of both, in a deplorable state when he applied to me. I gave him at first, of the powder of the dry leaves of Box half a drachm, to be taken in the morning in a little honey or treacle, which I increased after, to one drachm, so as to procure four or five stools, which I repeated about every third or fourth day, so that in the space of little more than three weeks, with the use only of the sulphur ointment, he received a perfect cure of both diseases.

I cannot

I cannot in justice close these observations without remarking, that I am of undoubted opinion this shrub might be applied to many valuable purposes in physic; and from experience I am convinced, it is possessed of little if any narcotic or noxious quality that can be injurious to the patient, though indicated from its smell and taste, and that its active power consists chiefly in its valuable saline nature only.

English. Cup one leaf; with five divisions. Segments oblong; ex-
panding; permanent.

Bliss. Petals five; circular, as long as the cup; upright, but ex-
panding; fixed to the cup.

Clavier. Three numerous; shorter than the petals; fixed to the cup.
The roundish; compressed.

Point. Seed-beds numerous. Stalks small; hair like; growing on
the sides of the seed-beds. Segments simple; permanent.

S. Vell. Berry compound; composed of little granulations collected
into a knob, which is convex above, and concave beneath.
Each granulation hath one cell.

Seeds. Solitary; oblong. Receptacle of the seed-vessels conical.

VIRTUES.

Boissacius informs us, "That the young shoots of the Bramble are
very useful in inflammations and ulcers of the mouth and throat; as
also

BRAMBLE, OR BLACKBERRY.

This plant is so well known, and of which we have given an elegant drawing, as to require little description, except exemplifying the parts of its fructification, which we shall now present for the satisfaction of the curious.

Empal. Cup one leaf; with five divisions. Segments oblong; expanding; permanent.

Bloff. Petals five; circular, as long as the cup; upright, but expanding: fixed to the cup.

Chives. Threads numerous; shorter than the petals; fixed to the cup. Tips roundish; compressed.

Point. Seed-buds numerous. Shafts small; hair like; growing on the sides of the seed-buds. Summits simple; permanent.

S. Veff. Berry compound; composed of little granulations collected into a knob, which is convex above, and concave beneath. Each granulation hath one cell.

Seeds. Solitary; oblong. Receptacle of the seed-vessels conical.

VIRTUES.

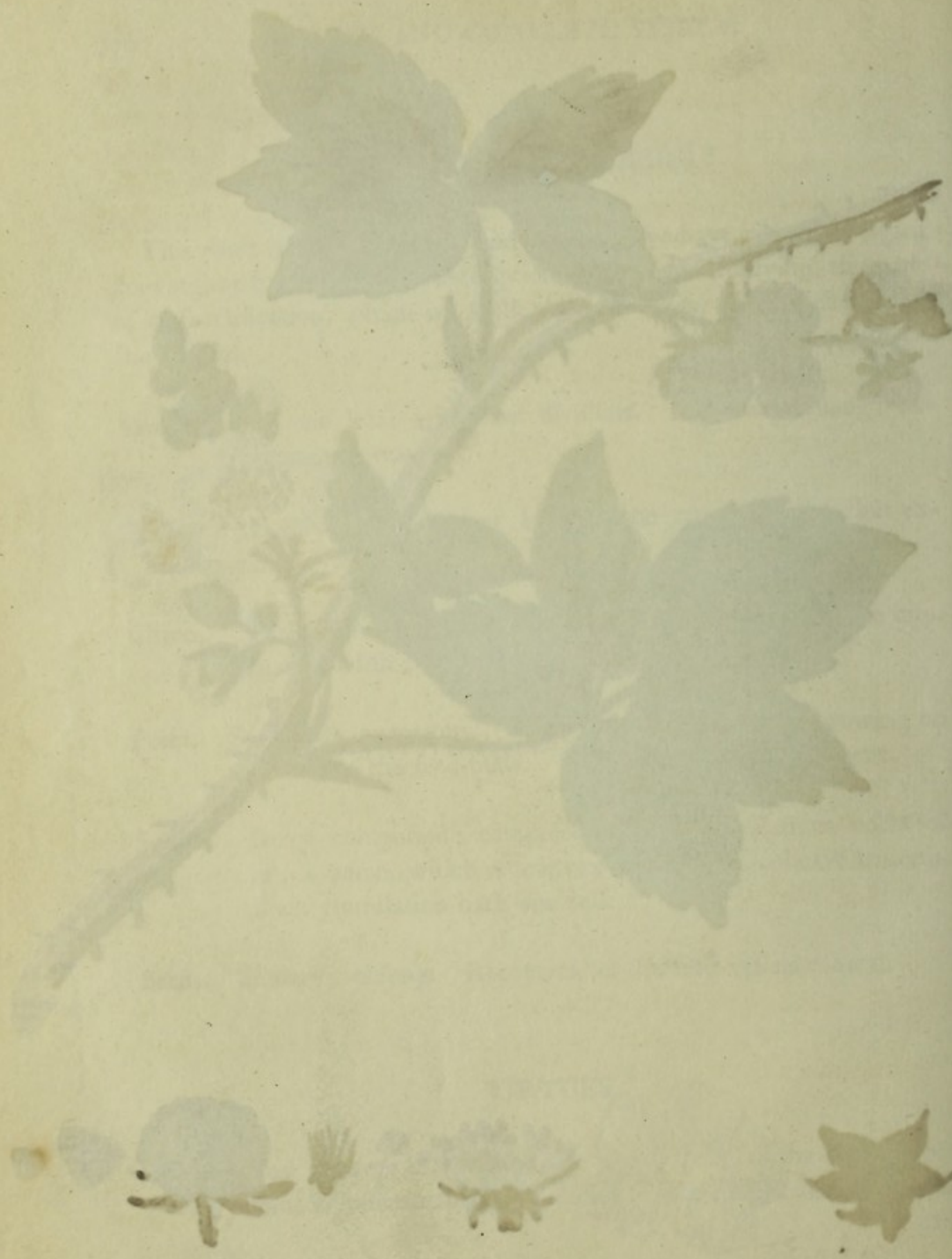
Dodoneus informs us, " That the young shoots of the Bramble are very useful in inflammations and ulcers of the mouth and throat; as

also



Rubus Fruticosus

Bramble or Blackberry



“ also for the swelling of the gums, uvula, and throat, if often held and
 “ chewed in the mouth.

“ That the juice or decoction of them, is good to wash the mouth
 “ and teeth with, and to fasten them if loose; and that a decoction of
 “ the unripe fruit, or its juice, is useful for the same purpose. That
 “ internally taken it is very good for the flux, profuseness of the
 “ terms, and all other hæmorrhages.

“ That the leaves, as a cataplasm, are with success applied to the
 “ region of the stomach, against the trembling of the heart, or any
 “ pain of the stomach. That they are no less useful for the hæmorr-
 “ hoides, or piles, and in running and wasting sores or ulcers.

“ That the unripe fruit bindeth the body and stoppeth the bloody
 “ flux; and that boiled with honey, it is very useful against all hot
 “ swellings or ulcers of the mouth, throat, or tongue.

“ That the root of the Bramble provoketh urine, and is good against
 “ the gravel or the stone.”

Langham remarks, “ That the juice of the ripe Blackberry is useful
 “ in all sores and ulcers of the mouth; and that the juice pressed out of
 “ the leaves and branches, and dried in the sun to a hard substance, is
 “ good for all the diseases observed by the former author.”

Gabelchover directs in old or inveterate ulcers in any part of the body,
 “ To make a decoction of the leaves in wine, and foment the ulcers
 “ with it hot morning and evening, which will heal them, however
 “ bad and difficult to be cured.”

The Author is of opinion, from some chymical processes he has made
 from this plant, the cure would be greatly hastened by taking the same
 3 B 2 medicine

medicine also internally; more particularly if some of the roots of this plant constituted some parts of its composition.

Riv erius relates, “ That a decoction of the tops of the Bramble, or
“ Blackberry, taken morning and evening, is of very great service to
“ those who void bloody urine.”

Lovell says, “ The ripe fruit is sweet, temperate, and wholesome,
“ that it hath astringent, particularly the dried unripe fruit, and so
“ helpeth the stomach, but that too many causeth head ach. That the
“ root is binding and of thin substance, and wasteth the stone in the
“ kidneys; and that the berries and flowers provoketh urine, and if
“ decocted in wine helps the stone.

“ That the leaves boiled in water, with honey, allum, and white
“ wine, is very useful for sore mouths, and in the secret parts, and is
“ efficacious in fastening loose teeth.”

A very old Author observes, “ That the berries or flowers of the
“ Blackberry, is a powerful remedy against the poison of the most
“ venomous serpents, internally taken, and externally applied. That
“ it helpeth the sores of the fundament, and the piles.

“ That the juice of the berries, mixed with the juice of mulberries,
“ do bind more effectually, and help fretting and eating sores and ulcers
“ wheresoever.

“ That the distilled water of the branches, leaves, flowers, or of the
“ fruit, is very pleasant in taste, and very effectual in fevers, and in-
“ flammations of the body, head, eyes, and other parts, and for all the
“ purposes before mentioned.

“ That the leaves boiled in lie healeth the itch, and running sores
“ of the head, if washed therewith, and will change the hair black.

“ That

“ That the powder of the leaves laid upon most kinds of running ulcers,
 “ doth wonderfully help to heal them.”

Needham informs us, “ That the juice of Blackberries, exhibited in
 “ the form of a fyrup, is most efficacious in a dyfuria, or a difficulty of
 “ voiding urine.”

A valuable ancient Author relates, “ That the unripe fruit is good
 “ for all manner of fluxes, the overflowing of the terms and whites,
 “ gonorrhæas, vomiting, weakness of the stomach, and spitting of
 “ blood; that they are one of the greatest astringents in nature, and
 “ ought to be valued in those cases where binders and strengtheners are
 “ used, whether inwardly or outwardly.”

Mr. Ray remarks, “ That the fruit of the Blackberry, eaten or taken
 “ any way, is very useful for the scurvy.”

Dr. James recommends the fruit, “ As temperately cooling and sub-
 “ astringent, and of service in bilious fluxes, vomitings, and hæmorr-
 “ hages of the uterus and nostrils; and externally applied, that it is
 “ good in apthæ, and other disorders of the mouth, as a detergent.”

A modern Author observes, “ That the green twigs of the Bramble
 “ are of great use in dying woollen, silk, and mohair, black.”

A person from motives of humanity to the afflicted, some time since
 recommended a jam, prepared from the unripe Blackberries, as a sove-
 reign remedy in gravel complaints.

He directed two pounds of loaf sugar to one of the fruit, and observes,
 that the quantity of a nutmeg taken every evening at bed time, has
 been known to effect wonderful cures.

I was led from an observation of Dr. James to try the virtue of the Bramble or Blackberry root, as a substitute for the *sarsaparilla*, where the Doctor describing its nature says, it is called by the Spaniards *sarsaparilla* or *zarcaparilla*, and is generally believed to be the root of a plant the same with the *smilax aspera*, or very near akin to it, growing spontaneously in several countries of America, and especially in Peru, Mexico, and Brazil, from whence we import it.

Its name likewise seems to indicate this observation, as *sarsaparilla* or *zarcaparilla* signifies a small vine resembling the Bramble, which is the name the Spaniards give the *smilax aspera*.

This opinion is also favoured by experience, for it is certain that the roots of the *smilax aspera*, very near resemble in figure those of *sarsaparilla*, and in some countries almost equal them in virtue; since we are assured by Fallopius, that he made use of the roots of the *smilax aspera* gathered in Italy, with happy success, and cured multitudes with it of the *lues venerea*.

The only purposes I have hitherto appropriated the root of our Bramble to in my practice, have been in those purifying and senative decoctions I have had occasion for, in many scrophulous and scorbutic cases, arising from a morbid tendency and impurity of the whole habit of the body.

In these cases the root has fully answered my expectation, in conjunction with the other ingredients made use of in those purifying apozems, which at a proper and more convenient time will be fully explained.

It appears from experience, the Bramble root does not possess quite so great mucilaginous power as the *sarsaparilla*, it will therefore be necessary to augment the quantity, to answer this desired purpose.

It still remains to examine with respect to its virtue in the lues venerea, and if I might hazard a conjecture, from the knowledge I am in possession of, from those chymical processes I have made from this plant, it would be in its favour; it therefore would at least be worth our trial and enquiry, in a matter of such consequence.

DESCRIPTION.

The herb, which we have given an elegant drawing of, has a root long and white, shooting forth many smaller fibres, stalks and leaves many ways in many and moist grounds, being full of joints, white within, full of pores and spungy, by which means it greatly increases itself.

From the principal root rises up a spungy flexible stalk, half a yard high and sometimes more, with several smooth, thick, and somewhat broad dark green leaves, partly like the Garden Bean, set upon long foot-stalks, three together, in like manner to the other Trifolium. From the middle of the stalk to the summit, come forth palish bluish flowers, which parts are thus more accurately described.

Empal. Cup of one leaf with five upright divisions: permanent.

Blaff. One petal, funnel-shaped. Tube short, somewhat cylindrical at bottom, but funnel-shaped upwards. Border cloven more than half way down into five segments. The segments blunt; reflexed; expanding; hairy.

BUCKBEAN,

BUCKBEAN, OR MARSH TREFOIL.

TABERNÆMONTANUS makes two species of this plant, viz. *Trifolium Paludosum vel palustre majus*, the greater Marsh Trefoil, or Buckbean; and *Trifolium Paludosum vel palustre minus*, the lesser Marsh Trefoil or Buckbean; but we shall confine ourselves to the former, being nearly of one nature and virtue.

DESCRIPTION.

The first, which we have given an elegant drawing of, has a root long and white, shooting forth many smaller fibres, stalks and leaves many ways in marshy and moist grounds, being full of joints, white within, full of pores and spongy, by which means it greatly increases itself.

From the principal root rises up a spongy flexible stalk, half a yard high and sometimes more, with several smooth, thick, and somewhat broad dark green leaves, partly like the Garden Bean, set upon long foot-stalks, three together, in like manner to the other Trefoils. From the middle of the stalk to the summit, come forth palish bluish flowers, which parts are thus more accurately described.

Empal. Cup of one leaf with five upright divisions: permanent.

Bloff. One petal, funnel-shaped. Tube short, somewhat cylindrical at bottom, but funnel-shaped upwards. Border cloven more than half way down into five segments. The segments blunt; reflected; expanding; hairy.

BUCKBEAN

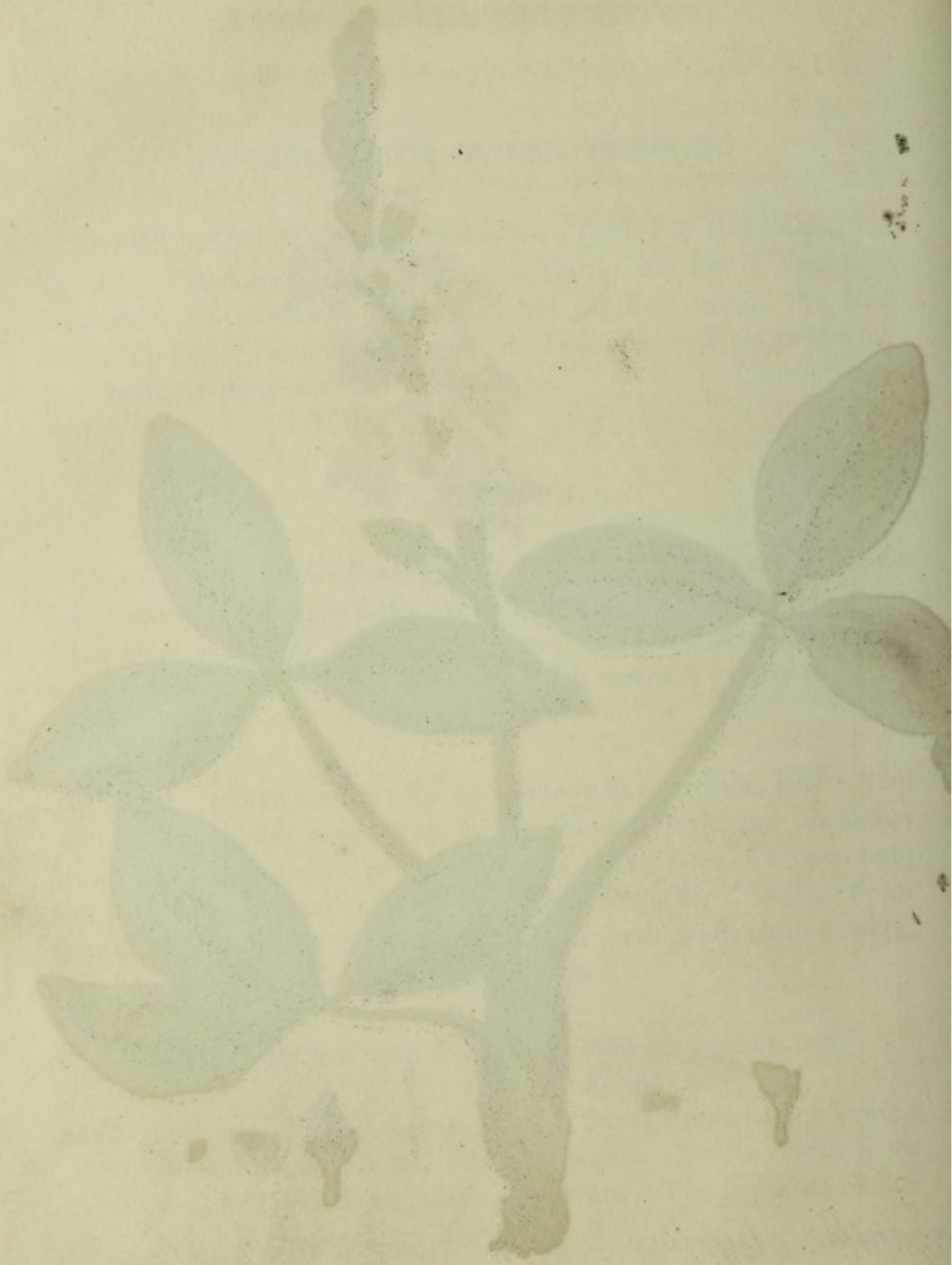


Menyanthes Trifolia

Buckbean

John Frederick Miller, del: 1792.

Pub: as the Act directs, Apr. 2, 1792, by J Beau, N: 28, Paternoster Row.



Chives. Threads five; awl shaped; short. Tips sharp; upright; cloven at the base.

Point. Seed-bud conical. Shaft cylindrical, nearly as long as the blossom. Summit cloven; compressed.

S. Veff. Capsule egg-shaped; of one cell; bound round by the cup.

Seeds. Many; egg-shaped; small.

Buckbean, or Marsh Trefoil, grows only in wet and fenny places, flowering from June to August, the seed perfecting in the mean season.

VIRTUES.

Dioscorides informs us, "That the seed of Buckbean taken with honey or mead, helps the cough, pains in the chest, weak livers, and spitting of blood."

Sir John Floyer remarks, "That the leaves are very bitter, and taste like a peach kernel. That it is good in diet-drinks for the scurvy, and for arthritic pains, and that he had heard them commended for a cure of the dropsy. That although there is no very great acrimony in the taste, like most antiscorbutics, yet it is much commended in the scurvy."

Simon Pauli says, "That in scorbutic pains a tea or infusion of Buckbean, or Water Trefoil, well dried, and made with spring water, and taken every morning, is a great specific."

A valuable Author informs us, "That the liquid juice, or essence, taken from three table spoonfuls to six in any convenient vehicle, morning and evening, for some considerable time, destroys the very

“ essence of the gout. That it not only cures gouts and rheumatifms,
 “ but is also a preservative from the same, and prevents their return
 “ again; this plant being found to be the greatest of all simple, vegetable,
 “ alterative productions, for the rooting out those disorders.

“ That the essence cures hypochondriac melancholy in men, and va-
 “ pours and fits of the mother in women, and powerfully opens all ob-
 “ structions of the viscera, chiefly of the stomach, lungs, liver, spleen,
 “ mesentery, reins, and womb; and therefore is a remedy against the
 “ diseases of those parts caused thereby; for by removing the obstructive
 “ matter, and restoring the tone of the bowels, it quickly brings health
 “ to such diseased bodies. These preparations have been found also ex-
 “ perimentally good to stop a spitting of blood.

“ That the syrup of the same has the former virtues, but is chiefly
 “ adapted to obstructions and distempers of the lungs, as asthmas, coughs,
 “ colds, hoarseness, phthific, wheezings, &c. being given for some
 “ considerable time night and morning, as before directed.

The same Author further says, “ That the decoction, or rather in-
 “ fusion in wine or water, has all the virtues of the juice, essence, and
 “ syrup; but if it is given against the gout, rheumatism, melancholy,
 “ and such like diseases, it ought to be made in water; but if against
 “ diseases of the stomach, mesentery, or reins, in white port, or Lisbon
 “ wine. It may be given half a pint or more at a time, morning, noon,
 “ and night, either alone or dulcified with sugar, as the patient likes it
 “ best.”

Strother observes, “ That it is also called *trifolium fibrinum*, because
 “ it is thready in its flowers. That its leaves swim in the water, and
 “ only the flower is above the water.

“ That its taste is somewhat pungent, acrid, and penetrating, and its
 “ salts more fixed than scurvy grass.

“ That

“ That it is a most excellent plant for purifying the blood, and its
 “ decoction is reputed an arcanum in arthritic cases, and is given in
 “ wine, beer, or rather water.

“ That many have found it more effectual in in cachectical disposi-
 “ tions than scurvy-grafs, because milder salts remain longer in the
 “ blood than volatile ones, which fly off too soon.

“ That it certainly deserves high commendations in scorbutic and
 “ dropfical people; for it drives forth the impurities by the pores in
 “ sweats, and by the kidneys.

“ That it agrees in virtues with brooklime and fumitory together,
 “ and conduces to temper the acid juices in the mass of blood.

He further observes, “ That its juice is preferable before all its other
 “ preparations, from his own experience; and that he had found from
 “ his own practice, that when scurvy-grafs failed him, this had an-
 “ swered his purpose effectually.

“ That the German Ephemerides, Ann 4 and 5 Obs. 125, have
 “ treated largely on the virtues of this excellent plant.

“ Dr. Quincy remarks, “ That this plant is mentioned by Gerard,
 “ Parkinson, Bartholine, and other botanic writers; though little was
 “ said of its virtues before Simon Pauli, who commended it greatly in
 “ scorbutic cases; and says it is more subtile and penetrating than the
 “ nasturtium.

The Doctor further adds, “ It was coming in his time into great repute
 “ in many chronical distempers; that many used it in their families in
 “ the form of tea, and experienced its constant use to be very effectual
 “ against scrophulas, the king's evil, and all obstinate scorbutic distem-

“ pers; that its taste at first using is not very grateful, being somewhat
 “ of a nauseous bitter, but a little use wears off that dislike.”

“ Dr. Brookes says, “ The leaves of Marsh Trefoil, or Buckbean,
 “ are highly celebrated for their efficacy in scrophulous and scorbutic
 “ cases; and that Simon Pauli prefers it to scurvy-grass for the scurvy.
 “ That this herb is aperient and strengthening, and incides gross tarta-
 “ reous humours in the stomach, lungs, liver, spleen, pancreas, and
 “ mesentery.

“ That it is good in most chronic diseases which proceed from acids,
 “ viscidities, and a defect or sluggishness of the bile, and is used in
 “ gargles for rottenness of the gums, and to fasten the teeth. The dose
 “ in powder is from half a scruple to one drachm and upwards. In de-
 “ coctions, or infusions in water, whey, or broth, from one handful to
 “ two.

“ That the powder of the seed may be given from two scruples to a
 “ drachm and a half, mixed with syrup of clove gilliflowers, or syrup
 “ of hyssop, or for want of them, with a little choice honey, morning,
 “ noon, and night, against asthmas, coughs, phthificks, and other
 “ diseases of the breast and lungs; for it cuts tough phlegm and gross
 “ humours, and makes them to be easier expectorated, thereby cleansing
 “ the stomach, lungs, liver, spleen, and mesentery, and strengthening
 “ them withal against their habitual weaknesses.”

Dr. James observes, “ That the leaves of Buckbean have a bitter
 “ penetrating taste, which they impart both to spirituous and watery
 “ menstrua. That of late years they have come into common use as
 “ alteratives and aperients in impurities of the humours, and in some
 “ hydropic and rheumatic cases, and are taken in infusions or diet-drink.
 “ Their sensible operation is by urine, and somewhat loosening the
 “ belly.”

Dr. Lewis informs us, “That the taste of Marsh Trefoil, or Buckbean, is very bitter and nauseous; that it is an efficacious aperient and deobstruent, promotes the fluid secretions, and if generally taken gently loosens the belly.

“That it has gained great reputation in scorbutic and scrophulous disorders, and its good effects in those cases have been warranted by experience. That inveterate cutaneous diseases have been removed by an infusion of the leaves drank to the quantity of a pint a day, at proper intervals, and continued some weeks; and that Boerhaave relates, that he was relieved of the gout by drinking the juice mixed with whey.”

“A modern Physician remarks, “That an infusion of the leaves is prescribed in rheumatism and dropsies. That a drachm of the powder purges and vomits, and is sometimes given to destroy worms.

“That in a scarcity of hops, this plant is used in the north of Europe to bitter the ale; and that the powdered roots are sometimes used in Lapland instead of bread, but they are unpalatable.”

Notwithstanding the Author has made no proper trial of Buckbean, or Marsh Trefoil, he cannot pass over a plant endued with such great virtues, as allowed by all the learned writers he has quoted, without submitting his opinion and observation, which must be left to the candid consideration, adoption, or rejection of his friendly readers.

From the evident aperient and inciding qualities of this herb, it appears to be particularly calculated for promoting the fluid secretions, impeded by gross viscid humours, particularly in many bilious, rheumatic, scrophulous, and scorbutic cases. And for these purposes, if I could advise my patients in such trying diseases, which from the stubbornness of their nature require considerable resolution and patience, nothing can appear to be better calculated in my opinion to strike at their very

“root,

root, than the diet bread related by the last author, and a diet-drink prepared from the same: neither should I much doubt its virtues in most of the preparations quoted, as an excellent vermifuge, or its usefulness in many inveterate cutaneous cases.

But with respect to its permanent advantages in hydropic and arthritic cases, I have many doubts, particularly in the last, which I am confirmed in from the acquaintance of one of the oldest and first chymists in this metropolis, who informed me only a few years ago that he had tried the various preparations of this plant, particularly its extract, for a long time, but which, though at first very beneficial, and which I doubt not as far as the case was complicated with the scurvy, and which is most common with gouty patients, might be useful; yet notwithstanding so long a trial, it did not keep off even violent attacks of this disease.

I trust I shall also be pardoned my freedom of remark in observing, however repugnant to those who have gone before me, that I am also of opinion the manner of administering Buckbean in arthritic cases is not the most proper, as I have experienced that aqueous menstruums, except assisted with aromatics, have seldom proved advantageous, as they are not sufficiently warm and stimulating to the stomach, which is so generally and absolutely necessary in this disease.

For my own part, was I to form a medicine from this plant for the gout, it should be a very strong tincture in the best French brandy, so as to be sufficiently powerful to operate by stool; or if this could not be obtained, in conjunction with some warm cathartic power, as might promote this desired end, and if it was endued with a share of some sudorific and warm aromatics, it would in my opinion greatly augment its virtues, as a medicine more particularly calculated for this purpose.

BUCKSHORN, OR SWINES CRESSES.

FEW even ancient botanic Authors notice this plant, yet being in common to be found round this metropolis, and as reported from good authority to be of considerable virtue we thought it best not to omit it here.

This plant is called in Latin, *Cornu Cervi*, as we are informed, or *Cervinum*, *Coronopus Ruellii*, *Herba Stella*, both from the form of the leaves; *Sanguinaria* and *Sanguinalis*, from its stopping of blood: *Harenaria*, from the sandiness of the place it grows in; and *Nasturtium Verrucarium*, from the likeness of its seeds to warts: and in English Buckshorn, Swines Cresses, and Wart Cresses.

We are informed there are two kinds of this herb, viz. 1. *Coronopus recta Ruellii*, *Ambrosia Matthioli*, upright Buckshorn or Wart Cress. 2. *Coronopus repens Ruellii*, *Pseudocoronopus Dodonæi*, *Cornu Cervi alterum vulgi*, creeping Buckshorn or Wart Cress.

DESCRIPTIONS.

Upright Buckshorn has a small long white root, with many fibres which run deep in the earth, the taste of which is somewhat like to the garden cress, but much milder. From this root shoot several branches, which are upright but not very high, branching themselves forth into others that are smaller, upon which grow many small, long, and divided leaves, on both sides of the stalk, whose cuts very much resemble a Buckshorn, or near to the leaves of a garden cress. The flowers grow among the leaves, and come forth in small rough clusters at the joints, and are small, of a whitish green colour, many of them set upon a small footstalk,

footstalk, one above another, which produce small rough husks, somewhat resembling rough warts, which divide themselves into two parts, and contain in each a small brownish seed.

Creeping Buckthorn is much like the former, except in the manner of its growth: it is a small low herb, most usually creeping, with many long branches, and spreading to a considerable distance around upon the ground, yet in some places it is found more upright. This creeping kind never runs above four or five inches high, but the trailing branches are furnished with such like leaves and flowers as the former.

These plants grow in common in most places round London, and many other parts of the kingdom in moist grounds, and at the foot of banks near to water, and as it is said more especially where hogs frequent, from whence it is supposed they were called Swines' Cresses. They flower and seed all May, June, and July, and their green leaves abide fresh in a manner all the Winter.

VIRTUES.

Matthioli says, "The cataplasm of Buckthorn being applied, has
 " an astringent and repelling power; and therefore must necessarily
 " repercuss humours, abate inflammations, ease pain, and strengthens
 " the part, especially in the gout, sciatica, and other like disaffections,
 " and applied also upon warts, it cures them."

Sir John Floyer remarks, "That Swines Cresses are biting and pungent, and in taste and virtue like the garden cress."

Lovell informs us, "That buck, or hartshorn, is in virtue like the common plantain, binding, cooling and drying; that the decoction of the leaves taken morning and evening, is useful for sore eyes of most kinds; and that the leaves and roots with bay salt applied as a cataplasm to the
 " wrists, helps the ague."

Parkinson observes, “ That the decoction in wine helpeth the bitings
 “ of any venomous creature, the stone and laske, and all fluxes and
 “ rheums.”

“ An old Author informs us, “ That the leaves of Buckshorn being
 “ bruised and applied to the part, stop bleeding; and that the herb being
 “ bruised and applied to warts, will in a short time consume them.”

“ Another valuable ancient writer says, “ That the liquid juice
 “ given to three or four ounces, it is traumatic, or contributes to the
 “ more speedy cure of wounds and ulcers, more especially in scorbutic
 “ and cachectic habits of body: made thick with fine bole, and applied,
 “ it stops bleeding.

“ That the essence strengthens the head, stomach, liver, womb, and
 “ joints, and is of singular good use against the scurvy, cachexia, and
 “ disaffections of the womb. It represses vapours, and is good against
 “ fits of the mother. That it is also traumatic, having all the virtues
 “ of the liquid juice. Dose from one ounce to three, morning and
 “ evening, either by itself, or mixed with a glass of wine.

“ That the decoction of Buckshorn, if it is made in wine, is a good
 “ stomachic, and hepatic, having the virtues of the essence, but not quite
 “ so powerful; and that externally applied to wounds, it cleanses, dries,
 “ and contributes to their healing, and withall represses the flux of hu-
 “ mours to the part, hindering pain and inflammation.

“ That the balsam or oil is an excellent thing for healing of green
 “ wounds, which it speedily performs. It also cleanses, incarnates,
 “ dries, and heals old ulcers, or running sores, strengthens the parts
 “ afflicted, and enables them to resist a flux of humours falling upon
 “ them.”

BUTTER-WORT.

VERY few Botanic Writers have noticed this useful plant, and we are informed it was not known to the Greeks, but Gefner thought it to be the Dodecatheon Plinii. Lugdunensis supposes it may be the Crias Apulei, and calls it Cucullata.

This plant is also in Latin called by Gefner, Pinguicula, and after him the same by Ray, Park, and Gerard; others Lingula Plinii, Viola humida, Viola Palustris; and by Bauhin, Sanicula montana Flore calcari donato; but more usually Sanicula eboracensis, or Yorkshire Sanicle, which is also used by Park and Gerard, because it grows so plentifully in Yorkshire.

It is termed in English Butter-wort, and Butter-root, because of the unctuousness of the leaves, or else from fattening, as we are informed by Gerard, who says it is called white-rot, and not white-root, because the country people think that if their sheep should eat it, it would give them the rot: and that they give it the epithet white, from the colour of the leaf.

DESCRIPTION.

The roots of Butter-wort are composed of many white fibres or small strings, which die not in the Winter, but continue through that season with green leaves upon them. From the root shoot forth many leaves lying upon the ground about it, rather long, broad at the bottom, and pointed at the end, of a pale green colour upon the upper side but white underneath, folded together at their first appearing, which are then more white, and are covered with soft, upright, pellucid prickles, secreting a
glutinous

glutinous liquor. From among these leaves rise up two or three, and sometimes more, slender naked stalks, about five or six inches high, bearing on their summits only one flower, in some of a pale red, or purple, in others of a more blue colour, and in some of a white colour, thus more accurately described :

Empal. Cup gaping; small; sharp; permanent. Upper lip upright; with three clefts; lower lip reflected; cloven.

Bloff. One petal, gaping. The longer lip straight, blunt, with three clefts; falling back: the shorter lip cloven, more blunt and more expanding, being an expansion of the lower and hinder part of the petal. Honey-cup cylindrical, the length of the petal.

Chives. Threads two; cylindrical; crooked; ascending; shorter than the cup. Tips roundish.

Point. Seed-bud globular. Shaft very short. Summit with two lips; the upper lip large; flat; reflected; covering the tips; the lower lip short; very narrow; upright; cloven.

S. Veff. Capsule egg-shaped; of one cell; compressed and opening at the point.

Seeds. Many; cylindrical. The Receptacle loose.

We learn this plant is chiefly found in the common fields, and in several bogs and marshy parts of Yorkshire: in many places in the west of England and Wales, particularly in a common about a mile from Oxford, near a village called Herington.

Gerard says it grows in England, in wet marshy grounds, and will not bear any transplanting or removing, so as to succeed in cultivation; but that it grows, especially in a field called Crag-clofe, and at Crosby, and

at Ravenfwaith, in Westmoreland; upon the Ingleborow Fell, twelve miles from Lancaster, and in Harwood, in the same county, near to Blackburn; ten miles from Preston, in Aundernefs, upon the bogs and marshy grounds; and in the marshy meadows about Bishop's-Hatfield; also in the fenns in the way from London to Whitlesea Mere, in Huntingdonshire; and in Hampshire.

Butterwort flowers towards the latter end of May, and all the month of June, according as the weather proves, and the seed is ripe soon after.

VIRTUES.

Sir John Floyer remarks, “ That the leaves are very mucilaginous, “ bitterish, and acrid. That the flowers have a fragrant smell, by “ which they may purge; and for outward application make an oil like “ adder's-tongue. That it seems to be a kind of violet, or at least is so “ in his opinion, and that its mucilage is fit to be used for chops in the “ breast and hands, and colours yellow.”

A valuable old Author observes, “ That the qualities of this plant “ are temperate in respect to heat or cold, and rather drying. That it is “ both astringent and cathartic, like rhubarb, as well as traumatic and “ vulnerary.

He informs us, from Gerard and Parkinson, who were in a manner the only botanic writers of the virtues of this herb; “ That with the liquid “ juice the country persons who live where it grows, commonly wash “ their hands when chopped by the wind or weather. That in York- “ shire they anoint the dugs of their cattle with the fat and oily juice of “ Butterwort, when they are bitten with any poisonous worm or fly, “ or are injured by the weather, or any other means.

“ That

“ That the poorer sort of people in Wales make a fyryp from it, as
 “ of rofes, and therewith purge themselves and their children : that they
 “ mix it with broth for the fame purpose, and in this manner it purges
 “ phlegm effectually. Dose from two to four spoonfuls.

“ That they also with the herb make an ointment, which is held
 “ fingularly good, and that from the experience of some eminent Phyfi-
 “ cians, against the obstructions of the liver.

“ That a balsam of the plant, properly prepared, will cure ruptures in
 “ children, being applied as a plaister. That it is a fingular vulnerary,
 “ for it digests, cleanses and heals green wounds in any part, being
 “ highly astringent, drying, and consolidating, not much inferior to
 “ any of the wound herbs.”

A judicious modern Writer observes “ That if the fresh gathered
 “ leaves of Butterwort are put into the filtre or strainer through which
 “ the warm milk from the cow is poured, and the milk is set by for a
 “ day or two to become acedent, it acquires a consistence and tenacity,
 “ the whey does not separate, nor does the cream; in this state it is
 “ an extremely grateful food, and as such is used by the inhabitants of
 “ the north of Sweden.

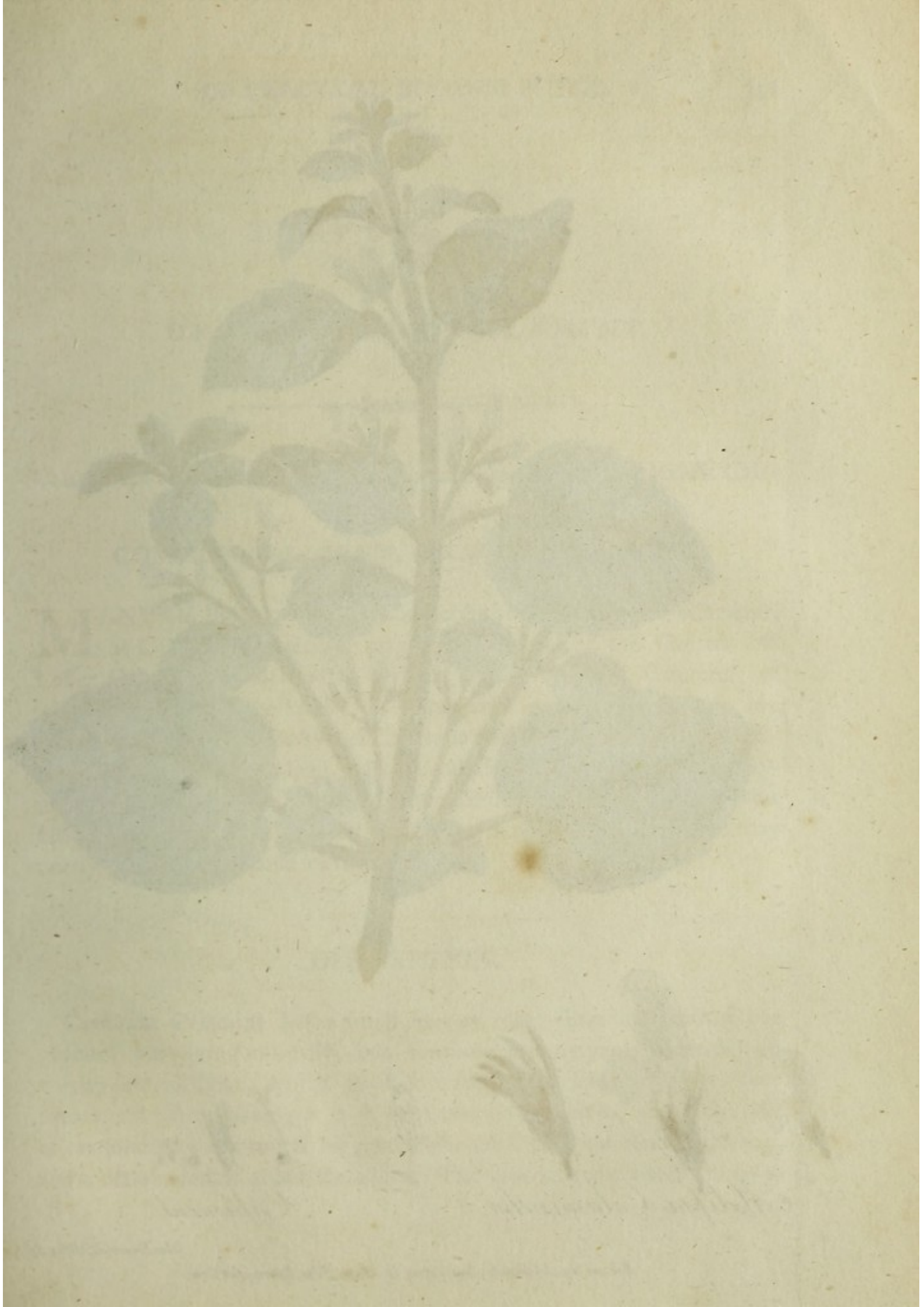
“ What is more remarkable, there is no further occasion to have re-
 “ course to the leaves again, for half a spoonful of this prepared milk,
 “ mixed with fresh warm milk, will convert the whole to its same
 “ nature, and this again will change another quantity of fresh milk, and
 “ so on without end.

He further informs us, “ That the plant is generally supposed inju-
 “ rious to sheep, occasioning a disease which the farmers call the rot.
 “ But that it may be made a question, whether the rot in sheep is so
 “ much owing to the vegetables in marshy grounds, as to a flat insect
 “ called a fluke, *Fasciola hepatica*, which is found in these wet situations
 adhering

“ adhering to the stones and plants, and likewise in the livers and biliary
“ ducts of sheep that are affected with the rot. That from experiments
“ made on purpose, and conducted with accuracy, it appears, that neither
“ sheep, cows, horses, goats, nor swine, will feed upon this plant.

From the observations of the Authors I have now quoted with respect to the virtues of Butterwort, I should be led to imagine this plant might be applied to many useful purposes in medicine at present not laid down. From its nature and operations I should think it in many cases a very good substitute for rhubarb, particularly as an aperient and strengthening stomachic, and might be used in these cases either in the form of a decoction, powder, or tincture, in the best French brandy, as most suitable to the patient's state.

We are indeed informed from one Author, that an ointment prepared from it is singularly good, from the experience of some eminent Physicians, in the obstructions of the liver: I should therefore think it might be naturally supposed a medicine formed in the manner I have laid down, must very considerably assist in such cases when taken internally. I am led also to believe this plant would be no less useful in most icteric and bilious cases, which many times are so difficult to be overcome, particularly in many constitutions, as at least to deserve our trial and enquiry.





Melissa Calamintha.

Calaminth.

Icon. Fredenick Miller, del. 1792.

Bib: as the Act directs Aug: 1. 1792. by J. Bew, N^o 28, Pall-mal after Row.

CHAPTER XXVIII.

OF THE PLANT CALAMINT.

Calamintha montana, Offic. Calamintha vulgaris, Park. Meliffa Calamintha. Linn.

COMMON CALAMINT, OR MOUNTAIN MINT.

MANY old Botanic Authors enumerate several species of this plant, as Calamintha vulgaris magna, et minor, or the Greater and Lesser Calamint; Calamintha agrestis, Field, or Wild Calamint, of which they make three kinds: 1. Calamintha arvensis verticillata, five aquatica Lobelli, Field or Water Calamint with whirled coronets. 2. Calamintha altera odore pulegii, foliis maculosis, Calamint with the pennyroyal smell and spotted leaves. 3. Calamintha minor incana, the lesser Hoary Calamint: but we shall confine ourselves to the former, as they nearly agree in medicinal virtue.

DESCRIPTION.

Common Calamint has a small fibrous root, spreading within the ground, not dying annually, but continuing many years, from which rise up several stalks, which grow to a foot high, seldom higher, four square and hairy, having at each joint two broad leaves, about the size of marjoram, or not much bigger, which are somewhat roundish, hairy, and a little indented about the edges. The flowers grow upon the several

ral parts of the stalks from the middle to near the summit, of a pale blue or purple colour, and which are thus more accurately described:

Empal. Cup one leaf; somewhat bell-shaped; dry and skinny; a little expanding; angular; scored; permanent. Mouth with two lips. Upper lip with three teeth; reflected; expanding; flat. Lower lip short; a little sharp; divided.

Bloff. One petal; gaping. Tube cylindrical. Mouth open. Upper lip short; upright; vaulted; roundish; notched at the end. Lower lip with three segments; the middle segment largest, and inversely heart-shaped.

Chives. Threads four; awl-shaped; two as long as the blossom; the other two but half as long. Tips small; standing together in pairs.

Point. Seed-bud with four clefts. Shafts thread-shaped; as long as the blossom; leaning along with the chives under the upper lip of the blossom. Summit slender; cloven; reflected.

S. Vess. None; the cup unchanged, but enlarging, contains the seeds.

Seeds. Four; egg-shaped.

Calamint is generally found in dry and hilly ground, by the road sides and round corn-fields, flowering in July and August, and perfecting its seed soon after.

VIRTUES.

Dodoneus relates, "That Calamint, especially of the mountain, boiled and made into a decoction with water and taken, and its cataplasms

“ plasm applied externally, is very useful against all wounds from the
 “ bite or injury of any venomous creature.

“ That the same formed into a decoction with honied water, warmeth
 “ and comforteth the body, and divideth all gross humours, taking away
 “ all cold shiverings, and causing sweat. That it hath the same efficacy
 “ if boiled in oil, and the body anointed therewith.

He further relates, “ That Calamint taken in the same manner is no
 “ less efficacious in all injuries from falls, blows, or bruises, as also
 “ for pains in the bowels, shortness of breath, and the jaundice.

“ That if made into a decoction with wine, it provoketh urine and
 “ the terms, and expelleth the dead child, and that it hath also the
 “ same effect if applied as a suppository.

“ That it is of singular advantage in the scurvy and leprosy, if taken
 “ as a conserve or electuary, and at the same time drinking the whey of
 “ sweet milk.

“ That either taken of itself, or boiled with meat, or with salt and
 “ honey, it is very useful to destroy all kind of worms in any part of the
 “ body soever; and that the juice is of equal service.

“ That boiled in wine, and those places fomented with it that are in-
 “ jured from falls and bruises, will soon heal them; or that the herb
 “ itself applied as a cataplasm thereto, will have the same efficacy.”

Langham remarks, “ That Calamint made into a decoction and taken
 “ for three days, will help the jaundice and the stomach, causing diges-
 “ tion and stopping vomiting, and is very usefully applied to all wounds.
 “ That in complaints of the stomach it is best to boil it with raisins of
 “ the sun, and dry figs, in wine, and let it be taken the first and last

“ thing, or it may be used in this manner and taken night and morning
 “ in broth.

“ That in the lethargy great advantages will be found by using the
 “ decoction of this plant, with the burnt ashes of a skin of a hare. That
 “ in breasts that are swelled or hard, if a cataplasm is formed of Cala-
 “ mint, wormwood, and sage, with toasted white bread and vinegar,
 “ and applied as hot as can be well suffered, will be found exceedingly
 “ useful.

“ That in internal hæmorrhages or bleeding, the juice taken with ale
 “ or wine, three or four times a day, will be found very beneficial.
 “ That in the sciatica or swelled testes, the herb applied as a cataplasm
 “ and renewed frequently, will be experienced highly advantageous.

“ That in wounds which are in a bad state, apply the powder of Cala-
 “ mint, and if internal or bleeding take the juice fasting either by itself,
 “ or with chervil and wine. That its decoction in wine, or the powder,
 “ or syrup taken, will be found very advantageous in the strangury and
 “ stoppage of urine, the stone, convulsions of the stomach, pains of the
 “ bowels, stoppage of the terms, agues, and king's evil.

“ That the juice taken in wine, will be found an efficacious medicine
 “ against all kinds of worms that are troublesome in any part of the
 “ body, will resist poison if taken, cause perspiration, and open all ob-
 “ structions of the viscera, and internal pains from taking cold, and most
 “ stomach complaints, provokes urine, and heals ruptures, and all fluxes
 “ of the bowels.”

Etmuller says, “ That a decoction of the leaves of Calamint in wine,
 “ taken frequently is specifically serviceable in the diabetes, or with
 “ ladies mantle prepared in the same manner. That in internal pains
 “ after delivery, a decoction of this plant taken internally, will expel
 “ them especially if they arise from flatulencies.

“ That

“ That a decoction of the herb whether inwardly taken thrice a day,
 “ or used outwardly by way of fomentation, is of excellent service in a
 “ suppression of the lochia. Or that in a suppression of the menses, the
 “ decoction taken inwardly, or applied externally to the lower part of
 “ the belly, by way of fomentation, is a sure remedy.

He further says “ That a decoction of Calamint certainly cures
 “ bloody urine; and that if the decoction is made with hydromel it is
 “ very serviceable in the orthopnœa or difficulty of breathing.

“ That in ulcers of the reins, the herb boiled in spring water, or in
 “ rhenish or white wine, and taken inwardly, relieves surprizingly.

“ That its decoction, whether taken internally, or applied externally
 “ to the lower part of the belly, by way of fomentation, is of excellent
 “ service to forward the after birth. That in flatulencies of the uterus,
 “ a decoction of this plant taken in the fits, surprizingly discusses it.”

Sir John Floyer informs us, “ That Calamint is of a bitterish and
 “ very acrid aromatic taste, and of a strong aromatic mint smell; and
 “ therefore is an hot cephalic, uterine, pectoral, and stomachic, by its
 “ bitternefs and acrimony: thereby giving a quick motion to the spirits,
 “ and also heating the nervous fibres.”

An old Author remarks, “ That it is an herb of mercury, and a
 “ strong one too, therefore excellent good in afflictions of the brain.
 “ That its decoction is profitable for those who are troubled with con-
 “ vulsions or cramps, or with choleric pains in the bowels or stomach.

“ That the decoction hereof, with some sugar added afterwards, is
 “ very profitable for those who are troubled with the overflowing of the
 “ gall, or that are afflicted with old coughs, and that are scarce able to
 “ breathe from shortnefs of wind, that have any cold fixed in their bowels,
 “ or are troubled with the hardnefs of the spleen; but that women

“ should not be too bufy with it, for it works very violently upon the
 “ feminine parts.”

Tournefort relates, “ That Calamint is a very useful plant to pro-
 “ mote expe&tionation; and will help ulcers in the lungs, being given in
 “ infufion after the manner of tea; and is no lefs useful as a cephalic,
 “ either alone, or with the fyrup of mugwort, and of French lavender.”

A valuable ancient Author informs us, “ That the powder of the
 “ leaves of Calamint made into an electuary with falt and honey, de-
 “ ftroys worms in the body, helps the leprofy, and fuch as are troubled
 “ with fhortnefs of breath.

“ That the liquid juice of this plant, provokes urine and the terms,
 “ eafes fhortnefs of breathing and choleric torments of the ftomach and
 “ bowels. That it alfo facilitates the delivery of women, and expels
 “ the dead child, and therefore women with child ought to forbear the
 “ ufe of it. Dropped into the ears, it kills worms in them; and opens
 “ obftructions of the lungs, liver, fpleen, and womb: and the body
 “ being firft well purged, if it is given from two to four ounces, to
 “ fuch as are troubled with a tertian ague, it cures it.

“ That a decoction in wine, has all the virtues of the liquid juice,
 “ but not full out fo powerful, but as it is lefs in power, fo it is much
 “ more pleafant to be taken, and therefore may be given in a larger
 “ dofe.

“ That this decoction acts powerfully by urine, and will be found
 “ emminently ferviceable in a ftoppage thereof, or of the terms, and is
 “ good for thofe who are troubled with convulfions, cramps, or fhort-
 “ nefs of breath. That it helps the yellow jaundice and prevents vo-
 “ miting, and will be found useful againft all wounds, from the bite of
 “ any venomous animal. It provokes fweat powerfully, and therefore
 “ is fingularly good againft all malignant fevers, as measles, fmall pox,
 “ spotted

“ spotted fever, and even the plague itself. Dose, from four to six or
 “ eight ounces.

“ That the distilled water of Calamint has all the virtues of the last
 “ preparation, but still weaker, but is never the less useful, and therefore
 “ chiefly used as a vehicle to convey any of the preparations in.

“ That the syrup prepared from the juice is highly pectoral, and
 “ therefore a most excellent thing to open all obstructions of the lungs
 “ and heal all their diseases, and therefore prevails against colds, coughs,
 “ hoarseness, asthma, shortness of breathing, hardness of the spleen, and
 “ is also useful in many complaints of the bowels.

“ Dose, two spoonfuls morning and evening, for some considerable
 “ time.

He further informs us, “ That the spirituous tincture of this plant,
 “ is a singular thing against all manner of malignity, poison, and infec-
 “ tion whatsoever. That it powerfully cures convulsions in the bowels,
 “ stomach, or any part of the body; it strengthens nature, cheers the
 “ heart, revives the spirits, and is an excellent thing against cold sweats,
 “ faintings, swoonings, fits, and all sorts of deliquiums of the spirits or
 “ heart, which proceed from cold, or a cold and moist cause. Dose
 “ half an ounce in a glass of wine in the morning fasting, and in the
 “ evening, or in the time of the paroxysm.

“ That the distilled oil, has all the virtues of the juice and decoction,
 “ but much more efficacious than either of them; being dropped ten or
 “ fifteen drops into sugar, and so taken in a glass of wine, it gives im-
 “ mediate relief in the cholic; and so given to a woman in labour, it
 “ presently forces away the child, either alive or dead. Outwardly
 “ anointed upon parts that are paralytic, or affected with the cramp,
 “ it presently gives relief in the latter, and in some few times using
 “ helps the former.

“ That

“ That the acid tincture of Calamint duly prepared, is a most admir-
 “ able medicine against the plague, spotted fever, and all malignant
 “ fevers; as also against the poison of serpents, as vipers, rattle-snakes,
 “ mad-dogs, &c. the acid destroying all sorts of malignity and poison
 “ whatsoever. That it may be given inwardly from half an ounce to
 “ two ounces every six hours in some proper vehicle; and outwardly
 “ bathed upon the region of the heart, or upon the part bitten or in-
 “ jured, and cloths dipped therein may be laid on, and so repeated
 “ three, four, or five times a day.

“ That the oily tincture given inwardly to two drachms, gives ease
 “ presently in the cholic, and opens obstructions of the reins and womb,
 “ provoking urine, and forcing away sand, gravel, and other tartarous
 “ matter obstructing those parts: anointed upon spasms, it cures them
 “ in a short time, and well rubbed in morning and evening for several
 “ days, upon any part troubled with the palsy, it restores it, comforting
 “ the nerves, and warming and strengthening the parts afflicted.

“ That it is also profitable against the piles, proceeding from a cold
 “ cause, if not broken, being anointed therewith two or three times a
 “ day.

“ That the saline tincture of this plant is very useful to wash such
 “ parts as break out with any sharp or salt humour, as the leprosy, scurf,
 “ morpew, scald heads, and the like; and that bathed upon parts trou-
 “ bled with the gout or sciatica, and continued for some time, morning
 “ and evening, it gives ease of the pain, does much good, and in proper
 “ time removes the disease.

“ That a spirit distilled from Calamint, is cephalic, stoma-
 “ chic, cordial, and alexipharmic. It stops vomiting, strengthens a
 “ weak stomach, cheers the heart, revives the spirits, and is good
 “ against fainting and swooning fits, and preserves, being taken in a
 “ morning fasting, from the infection of the plague, or of the spotted,

“ any other malignant fever. A tea-spoonful or two of it may be taken
 “ at a time, if dulcified, and that twice a day repeated if occasion, if any
 “ paroxysm is present. That it is also good to bathe with, if any thing
 “ like a gangrene is feared.

“ That the balsam being applied to a cold gout, it gives ease to the
 “ pain, and anointed upon the hæmorrhoides or piles, it heals and cures
 “ them.

“ That an ointment prepared from the herb, is very good to anoint
 “ women’s breasts that are swelled and painful, proceeding either from
 “ cold, or curdled milk, or from any external violence.

“ That the green herb made into a pessarium with wool, and intro-
 “ duced in the vagina uteri, it provokes the terms, eases pains of that
 “ part, resists vapours and hysteric fits, and if it is near the time of tra-
 “ vail, hastens and facilitates the birth.

“ That a cataplasm is made of the green herb, with lard, crumbs of
 “ bread, or powder of bay-berries, which being applied to any part
 “ pained with the gout it eases the pains, abates the tumour or swelling,
 “ and discusses or draws forth the humours. That it must be continued
 “ morning and evening for some considerable time, by which means it
 “ is said to perfect those cures.

“ Being applied upon places that have been injured from blows,
 “ bruises, or falls, and are consequently discoloured with black, blue, or
 “ yellow marks, it takes away the ill colour, cleansing and healing the
 “ part.”

Dr. Strother says, “ Calamint is of an acrimonious, bitterish, aroma-
 “ tic taste, and of a fragrant smell.

“ That

“ That its falts are as in all verticilate plants, inciding, attenuating,
 “ cordial, alexipharmic, cephalic, uterine, and nervous. It is conve-
 “ nient for the difeafes of the brain, when a grofs matter is lodged
 “ there; it may alfo be ufed in difeafes of the lungs with one or two
 “ drops of its oil: when it is dry it is better, becaufe while it is fresh or
 “ moift, it abounds with too many humid and bitter particles, fo as to
 “ make it difagreeable.

“ That it is excellent in driving out flatulencies, and in promoting the
 “ menftrual flux, and it is fo powerful, that it will expel the dead child
 “ as we are credibly informed from other practitioners. That it is ap-
 “ propriated for an afthma and an orthopnæa, and that he ufed to pre-
 “ fcribe this herb in fplenetic perfons, and in fuch as are troubled with
 “ worms.

“ That the preparations he ufed, were a fyrup in afthmatic and ute-
 “ rine cafes. An oil which is good in all the above difeafes; but that
 “ in Germany there was an electuary made up of the whole plant, and
 “ a powder.”

Dr. Brookes remarks, “ That Calamint incides vifcid humours, ex-
 “ cites the appetite, helps digeftion, promotes urine and the menfes, and
 “ is ufeful in difeafes of the breaft; and that the beft manner of admini-
 “ ftering it, is by infufion as tea.”

Dr. James informs us, “ That this plant fhould not be exhibited to
 “ thofe who have no occafion for an additional ftimulus; but where
 “ the languid and relaxed fibres are to be ftimulated, or the fluggifh hu-
 “ mours roused into a brisker motion, Calamint will be found of fingu-
 “ lar ufe and importance: and is therefore juftly ranked in the claffes of
 “ cordial, alexipharmic, ftomachic, carminative, uterine, and emmena-
 “ gogue medicines; and is ufed in clyfters, cataplafms, fomentations,
 “ and fuch baths as are intended for the purpofes of refolution, difcuf-
 “ fion, and provoking the menfes.”

OBSERVATIONS BY THE AUTHOR.

We find upon a chymical analysis of Calamint a considerable quantity of pungent, volatile, aromatic salts, and some fixed ones; which I should imagine demonstrated to our practice its virtues, as a valuable cephalic, cordial, uterine, and nervous medicine, which might be applied to various useful purposes in many trying diseases of nature.

The disorders I have generally appropriated this plant to in my practice, have been in those hysterical, paralytic, and nervous cases, which have been caused for want of a regular and necessary supply of animal spirits, from the glands and more remote recesses of the body being clogged with adhesive slimy humours which spoil and retard the motions of the spirits, and lay a load upon the principal wheels of the animal machine.

A judicious writer speaking of the nature and effect of those salts the plant we are now treating of so eminently possesses, justly observes, that taken internally they discover a great colliquating as well as stimulating power; the blood draws from a vein after their use has been continued for some time, being found to be remarkably more fluid than before; and that they are likewise disposed to operate by perspiration, and to act upon the nervous system.

Hence they are particularly useful in lethargic cases, in hysterical and hypochondriacal disorders, and in the languors, head-achs, inflations of the stomach, flatulent colics, and other numerous symptoms which so generally attend these and most nervous diseases.

In some fevers, particularly those of the low kind, accompanied with a cough, hoarseness, abundance of phlegm and siveness of the blood, they

are of great utility, liquifying the viscid juices, and tenacious humours, raising the vis vitæ, and exciting a salutary diaphoresis.

Whenever a lodgment of disagreeable matter is fixed upon the glands, or from an obstruction through this for want of a proper discharge, which nature requires to be made from those parts, but is not able to effect of herself; these salts by their deterfive quality open those glands, and by degrees wear away the obstructing viscid humours.

The following medicine from this plant, I have experienced highly useful for these purposes in certain hysteric, paralytic, and nervous cases; and may be depended upon wherever the disease is occasioned from the causes before recited, which I thought thus necessary to explain for the advantage of many of my readers.

Take of the dry leaves of Calamint a sufficient quantity, reduce them to a gross powder, which put into a glass vessel; to which add so much of the genuine and true spirits of hartshorn as will cover about three inches above it: let it stand in digestion for five or six days, shaking it once or twice a day, when let it settle and pour off the neat volatile essence, which must be kept close stopped for use.

It may be proper to begin with taking from twenty to thirty drops of the essence of Calamint, which may afterwards be increased to fifty, sixty, or more in a glass of wine, as often as the urgency and the nature of the case may require.

A suitable regimen under these situations, which is so highly necessary, will be duly and fully considered, at a more proper and convenient opportunity.





Ononis Spinosa.

Cammoock or Restharrow.

John Frederick Miller, del. 1791.

Pub. as the Act directs, Sep: 1, 1792, by J. Bew, N: 2a. Pall-mall Row.

C H A P. XXIX.

OF THE PLANT CAMMOCK, OR RESTHARROW.

Anonis Offic. Anonis Spinosa flore purpureo, C. B. Pin. Raii. Hist. Boerhaave. Ind. Alt. Ononis Spinosa. Linn.

CAMMOCK, OR RESTHARROW.

THIS plant is called also in Latin Ononis, from Galen and Theophrastus, as it was Anonis by Dioscorides and Pliny; as also Aresta Bovis, Resta Bovis, Remorum Aratri: from the roots of it being fastened in the ground, that it caused the oxen at plough to be as it were at a stand.

There are several species of Cammock, or Restharrow, as 1, Anonis spinosa flore purpureo, common or thorny Restharrow with purplish flowers. 2, Anonis spinosa flore albo, with white flowers. 3, Anonis non spinosa flore purpureo, or Restharrow, not thorny with a purple flower, and some others it is said with yellow blossoms.

Notwithstanding Linnæus makes the thorny Restharrow only a variety of the other, and from the observations of Loesel, in the flora prussica, says it becomes thorny in the autumn; yet with us they seem to be different species: they are seldom found together, and the Corn Restharrow without thorns, hath never been observed to become thorny.

But we shall confine ourselves to the former, which is sometimes called in English Pettywhin and Ground Furze, of which the following is the

DESCRIPTION.

The first, or Thorny Restharrow, has a root which is somewhat dark on the outside, but rather white within, very tough and hard to break even when fresh and green, but when dry much more so, spreading itself deep in the ground. The root sends up many tough shrubby twigs, which though smooth at first springing, are afterwards tough and full of long sharp thorns, and running out into many lesser branches or sprays, set with small thin leaves like those of lentils, shaped like those of rue, or meadow trefoil, somewhat hairy, scented, and not of an unpleasant smell. The flowers are produced at the summits of the branches, and much like to pease or broom blossoms, but more close, less and flat, in general of a feint purple colour; which parts are thus more accurately described.

Empal. Cup with five divisions; nearly as long as the blossom. Segments strap-shaped; taper; a little bowed upwards. The lowest segment placed under the keel.

Bloff. Butterfly-shaped.

Standard heart-shaped; scored; with the sides depressed more than usual.

Wings egg-shaped; half as long as the standard.

Keel tapering; generally longer than the wings.

Chives. Threads ten, united and forming a complete undivided cylinder. Tips simple.

Point.

Point. Seed-bud oblong; woolly. Shaft simple; rising upwards. Summit blunt.

S. Veff. Shell, diamond shaped; turgid; a little woolly; with one cell and two valves.

Seeds. Few; kidney-shaped.

The three kinds before enumerated, have been found growing in many places of England, both in arable and waste land, flowering about the beginning or middle of July, and perfecting its seed in August.

VIRTUES.

Pliny informs us “ That a decoction made of the bark of the root of Restharrow, with honey and vinegar, will be found if taken for some time very useful in convulsive and epileptic cases.”

Dodoneus says, “ That the powder of the bark of the root formed into an electuary with honey, provoketh urine forcibly, and breaketh the stone.

“ That a decoction prepared from the same in broth or wine, and taken, will be found to have the same virtue.

“ That the bark of the root boiled in water and vinegar has been experienced highly useful in the tooth-ach, which should be frequently held warm in the mouth for that purpose.

“ That the tender shoots before the leaves are produced, preserved or pickled in brine or salt, are good to be united with sallads; for if frequently

“quently taken in this manner, they powerfully provoke urine, and
“bring forth both stone and gravel.”

Langham confirms these observations, and adds, “That the bark of
“the root boiled into a decoction with wine, has been experienced
“highly serviceable in the piles.

“That the leaves of Cammock, or Restharrow, boiled in water to a
“strong decoction, and the legs bathed therewith up to the knees fre-
“quently, is very advantageous to stop the fluxes of the bowels.”

Matthiolus remarks, “That the powder of the root often taken and
“continued some time helps fleshy ruptures, that have been supposed
“incurable; and that the powder of the same applied, helps hard tu-
“mours.”

Parkinson relates, “That the powder of the bark of the root taken
“in wine, or made into a decoction with the same, is of great use in the
“hæmorrhoides, and openeth the liver and the spleen: as it doth also if
“made into a conserve.”

Sir John Floyer observes, “That common Restharrow with purplish
“flowers, its roots and leaves have a pea taste, sweet and mucilaginous;
“the leaves feel clammy and smell strong. The virtues are therefore
“from the mucilage good for the stone; and from its strong smell,
“diuretic and aperitive.”

An ancient writer informs us, “That a distilled water made in balneo
“mariaë with four pounds of the root of Restharrow, first sliced small,
“and afterwards steeped in a gallon of canary wine, is singular good to
“provoke urine when it is stopped, to break and drive forth the stone,
“and to open obstructions of the liver and spleen.

“That

“ That the powder of the root made into an electuary or lozenges
 “ with sugar, as also the bark of the fresh roots boiled tender, and after-
 “ wards beaten into a conserve with sugar, have the same virtue.

“ That the powder of the roots strewed upon the edges of bad ulcers,
 “ or mixed with any proper ointment and applied, consumeth the hard-
 “ nefs and causeth them to heal much better and sooner.”

Monfieur Tournefort relates, “ That in the time of Dioscorides they
 “ used to make a most grateful, palatable, and delicious sauce for foods,
 “ by pickling the young and tender sprouts of Restharrow before they
 “ turned prickly.

“ That the bark of the roots powerfully expels both stone and gra-
 “ vel, and has been experienced highly useful in removing stubborn ob-
 “ structions.

“ That the powder of the roots of Restharrow is greatly commended
 “ in ruptures, especially in that sort called farcocele, or a fleshy rupture,
 “ being given to the quantity of one drachm, outwardly applying at the
 “ same time emollient cataplasms to the part affected; and that the
 “ roots of this plant are used in the antinephritic syrup of Monsieur
 “ Charras”.

The following preparations of this plant he particularly recommends
 as useful diuretics.

“ Take of the roots of Restharrow and Succory of each one ounce
 “ and a half, and with a bit of the neck of mutton make broth, in
 “ which being strained, dissolve of salt of steel half a drachm.

Or, “ Take of the decoction of Restharrow six ounces, of powder of
 “ wood-lice fifteen grains, of the syrup of the five opening roots one
 ounce, make a julap.

“ Take

Or, “ Take of the roots of Restharrow, butchers-broom, and asparagus of each one ounce, of elder bark and caper roots, of each one ounce and a half, of leaves of pimpernel, pellitory of the wall, of each one handful, of seeds of hartwort and grommel, of each three drachms, of broom flowers two pugils, boil them in a pint and a half of fair water, and make an apozem for three doses, adding to each dose of soluble chalybeated tartar half a drachm.”

Mr. Ray informs us, “ That in diseases of the stone we shall scarcely find a remedy equal to the bark of the root of Restharrow.”

A valuable old Author advises a decoction of this plant in wine to be thus made.

“ Take Restharrow roots sliced thin four pounds, choice canary one gallon; mix and put it into a stone pot, which let be stopped close, and let that pot be put into a gentle boiling balneo for twenty-four hours; so will you have a noble and pleasant medicine to open obstructions both of the liver and spleen, as also of the urinary parts, provokes urine, and to break and drive forth stone, as also sand and gravel out of the reins, ureters, and bladder; and also cures the hæmorrhoides or piles.

“ That a decoction of the roots in vinegar, being gargled in the mouth, it eases the tooth-ach, more especially when it proceeds from rheum; it also heals cankers in childrens mouths, and other running sores, and ulcers in the gums, mouth and throat, if they be three or four times a day gargled, and washed therewith.

“ That the spirituous tincture, is a very good stomachic, and admirably strengthens the bowels, stops vomiting, and all sorts of fluxes thereof, as diarrhœas, dysenterias, lenterias, and the hepatic flux: and although it purges, and cleanses the urinary parts of any preternatural

“ natural matter lodged in them, yet it stops and prevents the voiding
 “ of bloody urine, and speedily heals any wound or ulcer in those parts.

“ That the acid tincture is more stomachic than the former, and an
 “ excellent styptic; it stops spitting of blood, and heals ulcers of the
 “ lungs if given in a proper vehicle; and by its aperitive, absterfive, and
 “ incisive power, it breaks to pieces or dissolves gritty stones in the reins
 “ or bladder. Dose, sixty or eighty drops, in ale, beer, or wine.

“ That the oily tincture of the roots of Rēstharrow is more excel-
 “ lent, if there is a wound or ulcer in the reins or bladder; for many of
 “ those parts being nervous; this homogeneous and oily body wonderfully
 “ comforts them, gently cleanses them of all foreign, tartarous, viscous,
 “ clammy, or sharp humours, palliates the pain, and in some short time
 “ heals them. That if there be no wound or ulcer, but only obstruc-
 “ tions, or a weakness in the reins and back, it effectually opens them;
 “ smoothly cleanses them, and makes the patients void their urine free
 “ and easy, and withal so strengthens the back, and eases the pain
 “ thereof, as if there had never been any such weakness or disaffection
 “ there. Dose, twenty drops in a glass of wine.

“ That the saline tincture being bathed upon any parts affected with
 “ pimples, scurf, morpew, dandriff, or other like preternatural erup-
 “ tions of the skin, it cleanses it and takes them away. That he was
 “ informed by a gentleman who had used it for some time that it had
 “ taken away tawiness, sun-burnings, and freckles, and cleared the
 “ skin to admiration. That if inwardly given it is very good against
 “ stone, gravel, sand, and other obstructions of the reins. Dose, to one
 “ drachm in white wine.

“ That the tender shoots and young stalks of this plant, before they
 “ become prickly, if pickled, are of excellent service against a foetid
 “ breath arising from any cause.”

Strother observes, “ That Restharrow is of a taste lightly sweet, and
 “ finely bitterish, somewhat like parsley, but it has no smell ; and is of
 “ an inciding, attenuating, and diuretic nature, and is used in decoction
 “ and infusion in wine, in obstructions of the liver and spleen ; but that
 “ these preparations fall short of the great efficacy in some cases they
 “ were so highly extolled for.”

Dr. James informs us, “ That this plant is one of the five smaller
 “ aperient roots, of a penetrating taste, and commended for its inciding,
 “ resolvent, aperient, and diuretic virtues.

“ That the bark of the root, according to Simon Pauli, and agreeable
 “ to Mr. Ray’s experience, is a powerful medicine for dissolving the
 “ stone in the kidneys and bladder.

“ That the root should be used in decoctions, in cases where phlegm
 “ is to be incided, and a discharge of urine excited. That the root
 “ boiled in water or vinegar, makes a collution for the mouth highly
 “ commended against tooth-achs, and the exulcerated gums of scorbutic
 “ persons.”

OBSERVATIONS BY THE AUTHOR.

Cammock or Restharrow, upon a chymical analysis, appears to partake of both fixed and volatile salts, a considerable quantity of oil and earth, and some small portion of urinous spirit ; and consequently is possessed of aperient, attenuating, and diuretic powers.

But these virtues it seems to partake of but in a certain degree, and requires the assistance of further aid to render them considerably useful, more especially in some trying diseases of nature.

The chief purpose I have applied this plant to has been in the gravel and stone; though I must candidly acknowledge I was foiled in my first attempts, in the use of this alone, and cannot therefore but join Dr. Strother in opinion; but in conjunction with the other aids I shall now particularly explain, have generally found it a most valuable and useful medicine for these diseases.

Take of the bark of the root of Restharrow, and of the herb biting arsmart, equal quantities, put them into a glass vessel, which should be three parts full, when lightly pressed down, pour upon it of the sweet spirits of nitre, as much as will exceed the height of the ingredients three or four inches, let the vessel be close stopped, and the whole shaken two or three times a day for eight or ten days, when let it settle and pour off the neat nephritic essence, which should be preserved close stopped for use.

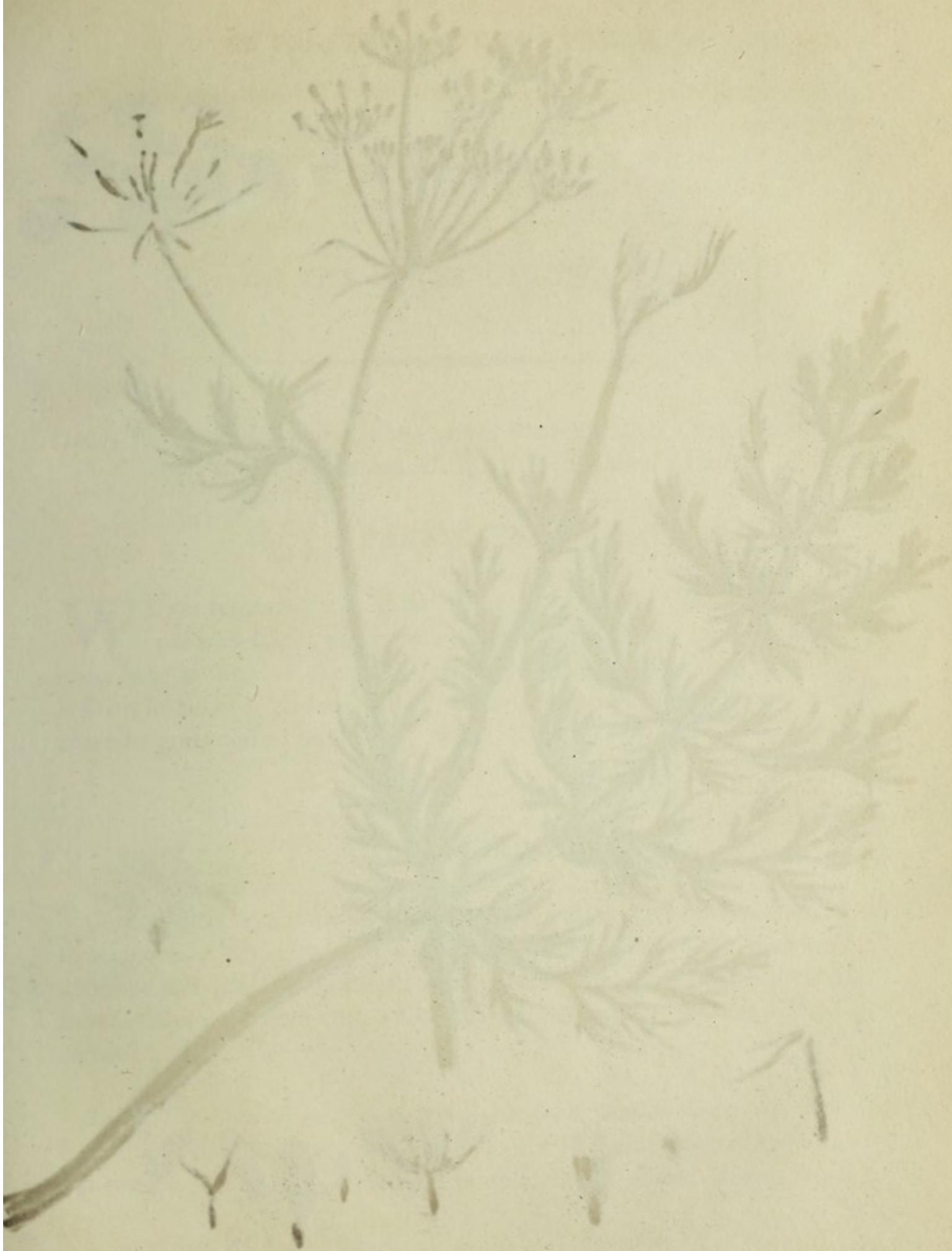
It will be most adviseable to begin with taking thirty drops at first, and which may afterwards be increased to one hundred drops or more, as the necessity of the case may require, in a glass of the decoction of Restharrow, the distilled water of biting arsmart, or the gum arabic mucilage described page forty-one of this work: and which may be repeated, if occasion, two or three times a day.

I have also experienced a very useful lotion for the teeth and gums, more particularly when affected from a scorbutic taint, and which is too generally the case, from the following preparation of this plant.

Take of the roots of Restharrow cut in small pieces four ounces, put it into a glazed vessel, and pour thereon of the best red port wine one pint, boil it very gently close covered for about half an hour, when add of the best white wine vinegar a quarter of a pint, and simmer the whole for a quarter of an hour longer, when strain off the de-

coction and unite therewith two ounces of tincture of myrrh, and keep the whole close stopp'd for use.

This lotion for the teeth and gums should be used two or three times a week, or more frequently if the necessity of the case should require it.





Carum Carvi.

Caraways.

John Frederick Miller, del. 1751

Pub. as the Act directs, Jul: 1, 1792, by J. Bew, N^o 28, Paternoster Row.

C H A P. XXX.

OF THE PLANT CARAWAY.

Carui, Pharm. Lond. Carvi, five Carum, Pharm. Edinb. Cuminum pratense, Carui officinarum. C. B. Carum Carvi. Linn.

CARAWAYS.

WE are informed this plant is a native of Caria, from whence its name is taken, and is also to be found in most parts of Germany, and in some of the more fruitful parts of Bohemia, but with us is sown in botanic gardens, where it thrives very well, and its seeds arrive to great perfection.

DESCRIPTION.

Caraway has a root rather white, small, and long, somewhat similar to a parsnip, but with a more wrinkled bark, and much less, having a little hot and quick taste, but stronger than a parsnip, abiding after seed time. Gerard says the root is like that of parsley, and in taste like a carrot.

From the root spring up many stalks with double winged leaves finely cut, lying upon the ground, somewhat like the leaves of carrots, but not so full in leaf, of a slightish quick taste. From among these

rise up some square stalks, not so high as the carrot, at the joints of which proceed the like leaves, but smaller and finer cut, whose summits produce small open tufts or umbels of flowers, of a very pale blush, or in some nearly of a white colour.

Rundle with ten spokes; long, and often unequal. Rundlets crowned. Fences none; or only one leaf for the general fence.

Empal. Cup hardly perceptible.

Bloss. General; uniform. Florets in the centre barren. Individuals unequal. Petals five; unequal; blunt; heart-shaped; bent inwards at the end.

Chives. Threads five; hair-like; as long as the petals; shedding. Tips very small; roundish.

Point. Seed-bud beneath. Shafts two; very small. Summits simple.

S. Vess. None. Fruit oblong; egg-shaped; scored; divisible into two.

Seeds. Two; oblong; egg-shaped, convex on one side and scored; flat on the other.

Obs. Some of the florets in the centre have neither chives nor pointals.

Caraways grow naturally in many places in the fields, meadows, and by the way sides, particularly in rich land, and sometimes in low moist ground, in their native places; but with us are only cultivated in our gardens, flowering and perfecting their seeds from the end of May till August.

VIRTUES.

VIRTUES.

Dodoneus informs us, “ That Caraway feeds are very good and convenient for the stomach, and for the mouth, as they help digestion, provoke urine, and expel all kind of wind from the bowels and inward parts; and in operation and virtue are near to anniseed.”

“ Langham recommends to clear the sight, to hold the eyes over the vapour of the seed powdered, and sprinkled upon hot barley bread.

He says, “ That the decoction of the seed provoketh urine; and that the seed alone breaketh wind, is useful in a cough, and to those who are afflicted with a frenzy, or who have been bitten by any venomous animal; and that united with allum, is of great service to those who are troubled with eruptive sores and ulcers, and restores hair that is falling off.

“ That both seed and herb is with advantage made use of in all hot swellings; and if it is seethed in wine and taken, it purgeth the reins. “ That the young stalks are wonderfully pleasant in a sallad; and that the herb in a pottage conduces much to restore a fœtid breath.”

Another ancient writer remarks, “ That Caraway-feed has a moderate sharp quality, whereby it breaketh wind, and provoketh urine; which properties the herb hath also.

“ That the root is better food than the parsnip, and is pleasant and comfortable to the stomach, and helps digestion. That the powder of the seed put into a poultice, soon removes black and blue spots of blows and bruises, from any part of the body.

He further remarks, “ That the herb itself, or with some of the seed
 “ bruised and fried, and laid hot in a bag or double cloth to the lower
 “ part of the belly, easeth the pains of the wind cholic.

“ That the roots of Caraways eaten as parsnips, if even but in a mo-
 “ derate quantity, strengthen the stomach of ancient people exceedingly,
 “ and for their value in this case, should be planted, and are worth our
 “ cultivation, in every garden.

“ That Caraway confects, once only dipped in sugar, and half a
 “ spoonful of them taken in the morning fasting, and as many after
 “ each meal, is a most admirable medicine or remedy for those who are
 “ troubled with wind.”

“ Stocker advises in the cholic, to bruise some Caraway-seeds, and
 “ macerate them in Spanish wine, and let a draught or more be taken in
 “ the fit, which he had experienced to be highly useful in this com-
 “ plaint.”

Etmuller directs in pains of the stomach, “ To take of the powder
 “ of the seeds from one scruple to half a drachm; or for want of it six
 “ or seven drops of the essential oil of Caraways, and give it to the pa-
 “ tient in warm broth, and let him sweat.”

Monfieur Tournefort speaking of the carminative power of the seeds
 of Caraway, observes, “ That wind and flatulency are bred in the in-
 “ testines, is manifest from daily experience; for the gross, viscous,
 “ and glutinous humours, cleaving to the inner coats of the intes-
 “ tines, are very apt to rarify and turn by degrees to wind and vapours,
 “ the which vapours in seeking for a passage or vent, are apt to distend
 “ or puff up the intestines, and so cause griping pains; and that those
 “ are properly called carminative medicines, that are endued with a pe-
 “ culiar faculty of dissolving or diluting this viscous matter; of which
 “ in a particular manner is the seeds and essential oil of Caraway.

“ For

“ For this purpose, he says the roots and seeds of Caraway are com-
 “ mended in the cholic and other distempers of the intestines ; but he
 “ particularly recommends the following medicines in these cases as
 “ highly useful.

“ Take of the roots of Caraway, one drachm and a half, of Caraway
 “ seeds two drachms, boil these in water with a young fowl, and make
 “ broth.

Or, “ Take of the decoction of the roots of elecampane six ounces,
 “ of the distilled oil of Caraways six drops, of the syrup of wormwood
 “ one ounce, mix and make a julap.

Or, “ Take of the oil of sweet almonds six ounces, of the distilled
 “ oil of Caraway four drops. Take any of these in the cholic.”

Hartmannus says, “ That the oil of Caraways taken in wine, from
 “ three drops to seven, with a like quantity of oil of amber will be found
 “ in difficult cases to hasten the birth.”

A valuable old Author informs us, “ That the herb of this plant
 “ being dried, and made into a powder and strewed upon moist and
 “ running sores and ulcers, it dries them up, and in a short time heals
 “ them ; and that it also heals kibes in childrens feet.

“ That the seeds are used whole in bread, cakes, pyes, and pasties, to
 “ give a relish to them, and to add a stomachic and warming quality in
 “ room of spice ; also to be made into comfits, to correct the wind in
 “ the stomach.

“ That the juice of the herb and root is prevalent against wind, and
 “ all cold diseases of the head, nerves, stomach, bowels, womb, and
 “ joints ; gives ease in the cholic and griping of the bowels, represses va-
 “ pours, and hysterick fits, and provokes urine. Dose two ounces in wine.

“ That the effence has the virtue of the juice, but more efficacious in
 “ opening obstructions of the reins, ureters, and bladder, and expelleth
 “ tartarous matter from these parts. It prevails also against the cholic,
 “ and all disorders of the bowels proceeding from cold and moisture.

“ That the decoction of the seed has the virtues of the juice and
 “ effence, and is very good for such as have the yellow jaundice, and for
 “ virgins troubled with the green sickness, and such as are daily afflicted
 “ with wind in the stomach and bowels. That it should be made in
 “ wine, and may be taken to half a pint at a time, sweetened with white
 “ sugar.

“ That the powder of the seed taken to one drachm daily, morning
 “ and evening, mixed with fine loaf sugar, has been experienced to
 “ strengthen the sight, to expel wind, and help the bloody flux, and
 “ other fluxes of the bowels, though they have been of long standing;
 “ and by the constant use thereof, a periodical cholic has been often
 “ cured.

He further informs us, “ That a cataplasm made of the powder of
 “ the seed of Caraways, with white bread and Sherry wine, discusses
 “ flatulent tumours or swellings, eases pains in any part proceeding from
 “ cold, comforts and strengthens weak limbs, and takes away the black
 “ and blue spots of blows, bruises, and the like; and that the same laid
 “ on as hot as can be endured to the lower parts of the belly, gives ease
 “ in the cholic.

“ That the distilled water of the whole plant is used chiefly as a ve-
 “ hicle to convey stomachic and carminative medicines in, with the
 “ greater pleasure and advantage.

“ That the spirituous tincture of the seed is good against lethargies,
 “ carus, vertigo, apoplexy, palsy, fainting and illness of the stomach,
 “ sickness of heart, swooning fits, convulsions, coldness, and weakness
 “ of

“ of the nerves, and all those other diseases for which the essence is
“ proper. The dose is half a spoonful in a glass of wine, morning,
“ noon, and night, in all cold and moist constitutions.

“ That the acid tincture admirably helps digestion, creates a good
“ stomach, represses vapours, and is good against fits of the mother.
“ Dose, thirty or forty drops in any liquor the patient drinks, or in a
“ glass of wine, two or three times a day.

“ That the oily tincture is a valuable diuretic, giving ease in pains of
“ the back and reins, being taken inwardly to twenty or thirty drops in
“ any proper vehicle. That outwardly bathed upon the part, it gives
“ ease in pains of the gout, proceeding from a cold cause; and is emmi-
“ nently good against cramps in any part, convulsions, and the palsy,
“ if it be well anointed on the paralytic part before a good fire, and rub-
“ bed in for an hour together, and so continued daily, for twelve, fifteen,
“ or twenty days, till the patient finds he comes to the feeling, strength,
“ and use of his limbs, &c.

“ That the spirit drawn from the seed of Caraway, revives the spirits,
“ cheers the heart, comforts nature, represses melancholy, warms and
“ strengthens a cold stomach, and is good against fainting and swooning
“ fits. Dose half an ounce or more at a time, being dulcified if ne-
“ cessary.

“ That the distilled oil of the seed, has all the virtues of the juice,
“ essence, decoction, powder, tincture, or spirit, but much more power-
“ ful to all the said purposes and intentions. Dose from eight to fix-
“ teen drops, dropt into sugar, and then dissolved in any proper vehicle
“ the patient likes best, and is also agreeable to the medicine in resisting
“ the disease.

“ That the powers prepared of the seed, have all the virtues of the
“ oil, but much more subtil and penetrating, and much more pleasant

“ and easy to be taken by delicate and weak stomachs. Dose two or
 “ three drachms in a glass of generous wine, morning and night.

“ That the elixir has all the virtues of the spirit, tincture, oil, and
 “ powers exalted; provokes urine, and breaks the stone, if it is soft and
 “ gritty, expelling gravel, sand, and tartarous matter, from all the
 “ urinary vessels.

“ That it opens obstructions of the liver and spleen, cleanses the blood
 “ from corrupted humours, and is commended against the cachexia, or
 “ evil disposition of the whole body, arising from a cold, moist, and
 “ watry habit of the same; and therefore in the going off of the dropsy,
 “ when the bowels are much weakened, and the tone of them ex-
 “ tremely hurt, it so comforts and strengthens them, as to enable the
 “ body to withstand the return of the disease, into which if the patient
 “ should relapse, it is generally fatal. The dose is half a spoonful in
 “ Sherry, Canary, or Madeira wine.”

Strother observes, “ Caraway seeds are of an acrimonious aromatic
 “ taste, and of a fragrant smell; that they are diuretic from their vola-
 “ tile salts, and increase the milk and chyle by their oily particles.

“ That the oil of Caraways is good in diseases of the womb, and sto-
 “ mach, arising from a viscid phlegm.

“ That one drop of the oil on sugar, and given in smallage water,
 “ stops vomiting specifically.

“ That a water prepared with Rhenish wine from these seeds, has
 “ been experienced highly serviceable in giddiness of the head.”

Dr. Brookes says, “ The seeds of this plant are stomachic and diure-
 “ tic; that they incide gross humours, discuss wind, ease the pains of
 “ the

“ the cholic, help digestion, promote urine and the menses. The dose
 “ is from one scruple to one drachm.”

Dr. James remarks, That Caraways is one of the greater hot seeds,
 “ is stomachic and carminative, expels wind, and is serviceable against
 “ the cholic, and weakness of the stomach, helps digestion, is good for
 “ dizziness of the head, and weakness of the sight, to provoke urine,
 “ and increase milk in nurses.

“ That the seed of this plant is in common use, though some use the
 “ root in carminative ptisans and clysters. That the seed is stomachic,
 “ diuretic, and very proper to dissolve the glutinous matter which causes
 “ the cholic, particularly if put into bread as a preservative against this
 “ disease.

“ That candied Caraways expel wind; and that the chymical oil is
 “ very acrid and penetrating. That five or six drops of it are prescribed
 “ in oil of sweet almonds, and some drops of it in spirits of wine im-
 “ bibed by cotten, and put into the ears; which may be used in case
 “ of deafness, instead of syringing.”

A judicious modern writer observes, “ That the tender leaves may
 “ be boiled with hot herbs.

“ That the seeds are used in cakes; incrufted with sugar as sweet-
 “ meats, and distilled with spirituous liquors for the sake of the flavour
 “ they afford.

“ That the seed was formerly recommended by Dioscorides to pale
 “ faced girls, and in more modern days their use in that case is not
 “ forgotten. That they are no despicable remedy in tertian agues.

“ That they abound with an essential oil, which is antispasmodic and
 “ carminative.”

OBSERVATIONS BY THE AUTHOR.

This pleasing warming aromatic, thrives so well in our botanic gardens, and is endued with such useful properties, that though not a native of our country, we have thought it necessary to add to our valuable collection.

Our College of Physicians were so well assured of the great virtues of this plant, that they have directed its use in no less than ten or twelve different preparations of medicine; some of which we should be wanting in respect, as well as duty, to omit laying before our readers, viz.

The essential Oil of Caraways.

The flavour of this exactly resembles the Caraway. It is a very hot and pungent oil; a single drop is said to be a moderate dose, and five or six a very large one.

It is not unfrequently made use of as a carminative, and supposed by some to be particularly serviceable for promoting urine, for which it is so powerful as to communicate some degree of its smell.

Spirituos Caraway Water.

Take of Caraway-seeds half a pound; of proof spirits a gallon; of water as much as is sufficient to prevent burning. Distil off a gallon.

This is a cordial water which may be taken when necessary at pleasure, and is in common use, I fear too much so. It contains the flavour of the Caraway-feed in perfection, and is a good cordial and carminative in most flatulent cases.

Caraway-seeds upon a chymical analysis, produce a considerable quantity of a subtil pungent oil, and urinous spirit, as well as some volatile oily salts; and consequently must be a valuable stomachic, carminative, diuretic medicine, particularly in moist, cold, phlegmatic habits.

A judicious

A judicious Author, speaking of the nature of carminative medicines, truly observes, many seem strangers to this term; as it does not appear to carry any thing in it expressive of the medicinal efficacy of those things which pass under its denomination.

This term, he observes, had certainly its rise when medicine was too much in the hands of those, who for want of a true knowledge in their profession, brought religion in also to their aid; and what they were not able to do by rational prescription, and the use of proper medicines, they pretended to effect by invocation and their interest with heaven.

This being generally, for the surprize sake, couched in some short verses; the word *carmen*, which signifies a verse, was made also to mean an enchantment; which as it was a very good cover for their want of real knowledge, was frequently made use of to satisfy the people of the operation of a medicine they could not account for.

Now as those medicines under this name were of quick efficacy, and the consequences thereof in many instances very great and surprizing, and the most violent pains sometimes arising from confined wind, immediately ceasing upon its dispersion; for these reasons such medicines as afforded relief in these cases, were more particularly termed carminatives, as if they cured by enchantment: the complaint removed by them being so sudden, that the ordinary means of the operation of medicine from a natural cause, could not be easily imagined to have taken place so very soon.

But however this term at first came into the profession, common use has now sufficiently determined its meaning; so that every one understands by the term carminative, such things as conduce to expel wind; and in what manner they do so may be conceived, when we consider, that all the parts of the body are perspirable.

Sanctorius,

Sanctorius; in his *Medicina Statica*, determines all we call wind in the bowels, to be such perspirable matter as makes it escape through the coats of the stomach and intestines. Between the several membranes likewise of the muscular parts, may such matter break out, and lodge for some time.

Now whatsoever will rarify, and render such collection of vapours thinner, must conduce to their utter discharge out of the body; and consequently remove those uneasinesses which arise from their detention. And as all those things in medicine which pass under this denomination are warm, and consist of very light subtil parts, it is easy to conceive how a mixture of such particles may agitate and rarify those flatulencies, so as to facilitate their expulsion.

When we consider more especially what a help to promote this end those grateful sensations may be, which such medicines give to the fibres, which cannot but invigorate their tonic undulations so much, that by degrees, the obstructed wind is dislodged, and at last quite expelled.

But if the obstruction is not great, as it seldom is in the bowels, by reason of the large vent upwards and downwards, the rarification of the wind upon taking such a medicine is often so sudden, and likewise its discharge, that it goes off frequently with great violence.

In this view I have generally considered the virtues of Caraway-seeds as a carminative chiefly to consist; but cannot but confess, from repeated trials, when I used them for this purpose alone, I have frequently been disappointed in my expectation, and was therefore under the necessity of adding the following assistance, which I have experienced highly useful, as a warm, strengthening, stomachic, and carminative medicine, in most flatulencies of the stomach, and bowels, cholic pains, and such like complaints.

Take

Take of Caraway-seeds half a pound, of the roots of the dry calamus aromaticus, or sweet scented flag, cut into small pieces two ounces, black pepper bruised one ounce, of the best English Geneva four quarts; let the whole stand in digestion in a proper vessel close stopped for six or eight days, shaking it once or twice a day, when distil off the whole of the spirit in a balneo mariæ heat, and add thereto a small quantity of loaf sugar to make it the more agreeable to the taste, and which should be kept in a glass vessel close stopped.

This warm aromatic cordial, may be given from half a table spoonful, to two or more if necessary, in a glass of wine, or common mint water, and repeated as the urgency of the case may require.

If it should be found too heating for the constitution, a small quantity of lemon juice to give it an agreeable acidity will remove this ill convenience.

But for the advantage of those who may not have an opportunity or convenience of distillation, I would observe, that the same ingredients continued a few days longer in the spirit, and suffered to settle, when the neat cordial aromatic tincture should be poured off, and kept in a close stopped vessel, will nearly answer the same purpose.

The quantity above directed in either of the same vehicles, may be used with the greatest advantage in these cases, not omitting the former observation in those patients, where the medicine might prove too warm or pungent.

C H A P. XXXI.

OF THE PLANT WILD CARROT.

Daucus Sylvestris, Phar. Edinb. *Pastinaca Sylvestris tenuifolia* Dioscoridis, vel *Daucus Officinarum*, C. B. Pin. *Daucus Carota*. Linn.

WILD CARROT.

THIS plant is a native of Candia, Germany, and other parts, as well as of this country, and of which some Authors have distinguished several different species; but we propose confining ourselves chiefly to the Wild Carrot of our own country, of which the following is a

DESCRIPTION.

Wild Carrothas a root small, long, and hard, somewhat thick and fleshy, but much less than the garden kind, and in taste somewhat sharp and strong. From this root rises up many pretty large, hairy winged, and finely divided green leaves, in a manner like the garden kind, but that they are somewhat rougher, or more hairy. The stalk also is more rough than the garden Carrot, and grows to two or three feet high, divided into several branches full of smaller leaves, having at the summits pretty large flat umbels, of dirty white small flowers, thus more particularly described.

Rundle of many spokes; flat during the continuance of the blossoms, but afterwards concave and approaching. Rundlets similar to the foregoing.

Empal.



Daucus Carota.

Wild Carrot.

Icon Frederic Miller, del. 1792.

Pub. as the Act directs. Aug. 1. 1792. by J. Bew, N^o. 28. Pall-mall. R. W.



Empal. General fence of many leaves; as long as the rundle; the leaves strap-shaped with winged clefts. Partial fence more simple; as long as the rundlet. Cup hardly perceptible.

Bloff. General, irregular in its shape and unequal. Florets in the center barren, agreeable to Linnæus; by others that the central floret is often red, and brings forth a seed to all appearance perfect. Individuals with five petals; heart-shaped, but bent inwards; the outermost petal the largest.

Chives. Threads five; hair like. Tips simple.

Point. Seed-bud beneath; small. Shafts two; reflected. Summits blunt.

S. Veff. None. Fruit egg-shaped; divisible into two; generally beset with inflexible hairs.

Seeds. Two; somewhat egg-shaped; convex and rough with hairs on one side, and flat on the other.

Wild Carrot grows plentifully in many parts of England, by the field sides, and in untilled places; flowering in June and July, and the seed is ripe in August, forming at that period like unto a birds nest, for which reason it has been so called by some.

VIRTUES.

Dodoneus informs us, “ That the roots of this plant taken in any
 “ manner provoketh urine. That the roots made into a powder, and
 “ taken with mead or honied water, openeth the obstructions of the
 “ liver, melt, or spleen, the kidneys and reins, and are good for the
 “ jaundice and gravel.

“ That the seed of Wild Carrot provoketh the terms, and is very
 “ good against the suffocation of the matrix, being taken in wine, or
 “ outwardly applied in the manner of a suppository. That it pro-
 “ voketh urine and carries off the gravel, and is very useful against the
 “ strangury and dropfy, and in pains of the side, bowels or reins.

“ That the green leaves bruised with honey and applied as a cata-
 “ plasm, doth cleanse and heal foul ulcers, and fretting fores.”

Langham advises in fits of the mother, “ To take one table spoonful
 “ of the juice of the root of Wild Carrots, in a little ale or beer, and
 “ apply the dregs to the matrix.”

Helmont says, “ He knew a lawyer who had a fit of the stone every
 “ fifteen days, freed from his disorder for several years, by an infusion
 “ of Daucus seed in clear malt liquor.

“ That two drachms of the seed, infused in white wine and taken,
 “ are used to cure hysteric fits.”

Dr. Sir John Floyer observes, “ That Wild Carrot tastes sweet, hot,
 “ and aromatic in the seeds, leaves, and roots; therefore it is of the
 “ sweet aromatic fennel class; and has the same virtues, being diuretic
 “ in the stone and strangury, carminative in the cholic, externally and
 “ internally; and good in hysteric fits; all which effects it has from
 “ its aromatic oil and sweet taste.”

Mr. Ray informs us, “ That a tea made of the herb itself, and drank
 “ half a pint every night and morning, sweetened with Lisbon
 “ sugar, has been found absolutely to remove the stone and gravel.
 “ That it is in full seed in August, when gather and dry it in the shade,
 “ and keep it in proper bags for use.

“ That in a suppression of urine, the leaves of Wild Carrot infused
“ in beer or wine, or boiled into a decoction, are exceedingly service-
“ able.”

An old Author relates, “ That this plant expelleth wind, and is
“ therefore useful to remove stiches in the side and other parts.

“ That the seed also worketh the like effect, and is good for the
“ dropfy, and those who are swelled with wind; that it helpeth the
“ cholic, the stone in the kidneys, and the rising of the mother, and
“ forwards conception, being taken in wine, or boiled into a decoction
“ therein.”

A valuable old Author observes, “ That the decoction of the root
“ or seed of Wild Carrot, if it is made in white port wine, has all
“ the virtues of the powder, and is peculiarly good against the dropfy,
“ and such whose bowels are swelled with wind. Dose, six or eight
“ ounces, morning, noon, and night. It induces the terms also, and
“ facilitates the delivery of women in labour.

“ That the spirituous tincture has the virtues of both powder and
“ decoction, but is a singular thing against the cholic, and good to help
“ conception. Dose one spoonful morning and night in a glass of ge-
“ nerous wine.

“ That the acid tincture prepared from this plant, is good against the
“ gravel and stone in both reins and bladder, and is very powerful to
“ resist vapours and hysteric fits, and also to cure the bitings or stings
“ of any venomous creature. And Dioscorides says, that it is so power-
“ ful, that if it be taken before hand, their venom will be destroyed.
“ Dose, forty or sixty drops in wine.

“ That the oily tincture opens obstructions of the reins and urinary
“ parts, eases pains, and cures weakneses of the back and loins, and
provokes

“ provokes urine and the courfes. Dofe twenty drops in any proper
“ vehicle.

He further obferves, “ That the faline tincture outwardly bathed,
“ draws forth the poifon and malignity of any venomous creature, takes
“ away fcurf, fun-burnings, and all other deformities of the fkin; and
“ being taken inwardly to one drachm it provokes urine, and prevails
“ againft the dropfy.

“ That a fpirit prepared from Wild Carrot, comforts the head, fto-
“ mach, heart and womb, refifts poifon and the plague, expels wind,
“ and gives eafe in pains and ftiches of the fide. Dofe one fpoonful
“ when neceffary.

“ That the fixed falt provokes urine powerfully, and expels fand,
“ gravel, and other tartarous matter from the reins, ureters and blad-
“ der; that it alfo powerfully opens and cleanses, and given from a feru-
“ ple, to half a drachm, or more, in a fpoonful of juice of lemons, it
“ ftops vomiting, and admirably ftrengthens the ftomach.”

This laft Author having particularly recommended feveral prepara-
tions from the Candy Carrot, or Carrot of Crete, which he obferves
may be raifed with the feeds imported from thence, and which will
thrive very well in our country; and as the fuperior virtue of this fpe-
cies to our own is allowed by Dr. Lewis and feveral other modern
authors, we have thought it neceffary to add them here.

Our Author proceeds to obferve, “ That the liquid juice of the herb
“ of Candy Carrot, helps the ftangury; provokes urine and the terms,
“ and expels both birth and after birth, and is good for thofe who
“ have been bitten by the phalangium, or any other venomous beaft.
“ Dofe four fpoonfuls in wine.

“ That

“ That the effence has all the virtues of the liquid juice, and is a
“ stronger, finer, and a much more noble medicine. That it prevails
“ against vapours and hysteric fits, as also the malignity of the plague.
“ Dose one or two ounces in generous wine, morning and night, or three
“ or four times a day, as the necessity or extremity of the case may re-
“ quire.

“ That the powder of the seed, from the best authority, has that
“ power in it, that it becomes a principal medicine to help the strangury,
“ to ease the pain, and remove all stoppages of urine. That it provokes
“ the terms, facilitates the delivery, and brings away the dead child and
“ after birth, helps vapours and hysteric fits. Dose one drachm, to one
“ and a half, in a glass of white port wine, morning and night, and in
“ time of a paroxysm.

“ That the infusion of the seed in wine, has nearly the virtues of the
“ powder. Dose half a pint, morning, noon, and night.

“ That the decoction of the seed or root, or both, ought to be made
“ in white port wine, and given half a pint at a time, two, three, or
“ four times a day. That it has the virtues both of the effence and
“ powder of the seed; and is a most excellent medicine against the
“ plague, the patient being put to bed, well covered, and so caused to
“ promote perspiration.

“ That a cataplasm of the herb of Candy Carrot, but more especially
“ of the roots, by beating in a mortar, and so united with hog's lard,
“ and applied, does ease, disperse, or assuage tumours or swellings in
“ any part; and that made into a cataplasm with honey, and applied to
“ the throat, it eases an inveterate cough.

“ That the distilled water prevails against stone, gravel, sand, stran-
“ gury, and all stoppage of urine, but is not so powerful as the juice,
“ effence, and other more noble preparations of the plant, and therefore
“ should

“ should be used chiefly as a vehicle to convey other preparations of the
 “ same in.

“ That the spirituous tincture is an excellent thing against the plague,
 “ and all malignant fevers, as purples, spotted fever, measles, small-
 “ pox, and fevers derived from the bitings of any venomous creature,
 “ as vipers, rattle-snakes, and the like.

“ It acts gently as a sudorific, and defends the heart and vitals after
 “ an excellent manner. Dose, two, three, or four drachms in the dis-
 “ tilled water, or in these cases rather in wine, or some other fit vehi-
 “ cle.

“ That the acid tincture has all the virtues of the spirituous tincture,
 “ and if the fever is very high or intense, is much the better medicine,
 “ as the acid destroys the malignity much more powerfully. Dose, to
 “ one drachm or more, in the distilled water.

“ That the oily tincture in an extremity of the strangury, is the most
 “ powerful preparation, being given to thirty drops or more, in a glass
 “ of white port wine. This preparation is also powerful to remove
 “ griping pains and torments of the bowels, to facilitate the birth and
 “ bring away the dead child; it eases convulsions, and heals internal
 “ wounds in most parts of the body.

“ That the saline tincture cleanses the reins and urinary passages,
 “ being taken to one drachm or more, in white wine. It digests hu-
 “ mours, and provokes urine, and the terms.”

He further observes, “ That the distilled oil of the candy Carrot, has
 “ all the virtues of the juice, essence, powder of the seed, decoction,
 “ spirituous, acid, and oily tinctures; and therefore may be given from
 “ eight drops to sixteen, being first dropped into sugar, and then mixed
 “ with the distilled water or some other fit vehicle. It eases the stran-
 “ gury

“ gury speedily, cleanses the reins of all tartarous matter, and all the
 “ other urinary parts, provokes the terms resists vapours and hysteric fits,
 “ eases the cholic, produces the birth, expels watry humours in drop-
 “ fies, and resists the poison of mad dogs, or any other venomous crea-
 “ ture; and cures intolerable pains of the stomach, proceeding from
 “ cold, weakness, and other like disaffections.

“ That the potestates, or powers, have all the virtue of the oil, and are
 “ also more efficacious and penetrating, and more pleasant to be taken,
 “ being more easily united with wine, or any proper liquid. Dose,
 “ from two to four drachms.

“ That the elixir is yet more pleasant and noble than the powers,
 “ being the tincture of the seed or root extracted by the sublimity of
 “ the potestates; by which you have all the noble parts of the plant
 “ concentrated in one medicament; and so has all the virtues of the
 “ juice, essence, powder, tincture, oil, &c. in the highest exaltation.
 “ Dose one drachm to two, in a glass of wine, morning and evening.

“ That the fixed salt of the plant is strongly diuretic, strengthens the
 “ stomach, being given in the acid tincture, mixed with the distilled
 “ water, or some other proper vehicle. Being taken for some time in
 “ white port wine, it destroys all preternatural acids, in what part of
 “ the body soever, and dissolves the stone, if it is of a gritty, friable, or
 “ brittle substance. The dose is from a scruple to half a drachm, or
 “ two scruples, morning and evening.”

Dr. Strother remarks, “ That the seeds of Wild Carrots, are of an
 “ acrimonious, aromatic, grateful, sweet taste, and of a fragrant smell,
 “ That in consequence they warm, incide, attenuate, open, are diure-
 “ retic, carminative, and lithontriptic, because they hinder the grumes
 “ in the kidneys to grow up into stones, because they attenuate and re-
 “ solve by their volatile parts. Hence in England they are given in
 “ nephritic cases put into beer.

“ That they are given in substance, electuaries and infusions. That they are one of the five hot feeds.”

Dr. Alleyne informs us, “ That the feeds of Wild Carrot, if the quantity of two ounces of them are infused in white wine, is a very useful and good remedy for hysteric disorders.”

Dr. Quincy says, “ That the feeds of this plant infused in ale, are accounted a good diuretic, and preventive of the stone; and are also useful in uterine and hysteric disorders.”

Dr. Brookes observes, “ That the feed of Wild Carrot is carminative, diuretic and uterine. The dose is from half a drachm to two drachms.”

Dr. James informs us, “ That the feed infused in ale is excellent to prevent the stone, and alleviate its more violent fits. That it also expels gravel, and provokes urine and the menses; nor is it less beneficial in all uterine and hysteric disorders. That an infusion of the feed in white wine gives great relief in hysteric paroxysms.

“ That Tragus, as well as several other Authors, highly recommended the small purple flowers which grow in the middle of the umbels, as an infallible antidote against an epilepsy.”

A judicious modern Author observes of this plant, “ That in its cultivated state, it is the well known Garden Carrot, whose roots are eaten either raw or boiled. That when raw they are given to children troubled with worms. That they seem to pass through most people but little changed, and are a grateful food to all kind of cattle, and worthy of a more general cultivation for the purpose of the former.

“ That a poultice made of the roots, hath been found to mitigate the pain, and abate the offensive smell of foul and cancerous ulcers; and that the feeds have been sometimes used as a diuretic and carminative.”

OBSERVATIONS BY THE AUTHOR.

Among the various and numerous vegetables we are so amply furnished with, there are few if any more generally taken, or less proper for nutriment than the Garden Carrot. The sweetness and agreeableness of its taste is I presume the chief cause that so many are delighted with it, as it can be of but little service to few, or indeed any other food that passes undigested; and consequently must be highly prejudicial to those whose stomach and fine organs of digestion are weak, or are impaired from sickness, age, or flatulency.

If we would preserve health and prevent diseases, nothing is so effectual as to maintain the tone, strength, and motion of what is termed the primæ viæ, or first passages, and which is principally, or at least in a great measure, to be effected by the use of those kind of foods which are most easy of digestion.

The reason is obvious, because the most salutary excretion which is performed by stool, and discharges the fordes which are the recrements remaining after digestion, or are collected from all parts of the body, depend chiefly thereon. When this evacuation is suppressed, or else performed after a slow and remiss manner, which is the natural consequence when Carrots or any other food is taken, which is difficult of digestion, a multitude of vicious humours are engendered, and become the origin and cause, as well as fomenter of numberless diseases.

With respect to the physical properties of the Wild Carrot I have had but little experience, neither indeed have I ever analyzed this plant; notwithstanding, I have had sufficient trials to convince me it is endued with powerful diuretic and uterine virtues, and that in difficult births, or to those who are troubled with gravel and sand, it will be found a valuable medicine, particularly in the manner hereafter directed.

A clergyman of my acquaintance in the west of England, who has had much experience and done much good in the botanic practice, who has generously offered me his assistance in this work, informed me some years past, his lady was troubled with a lingering labour, notwithstanding every medical assistance, so that her life was despaired of, or at least in imminent danger, when he proposed to the gentleman who attended her, giving an infusion of the Wild Carrot seeds in the manner of tea, which he did to the quantity of two half pints, at about half an hour apart, made very strong, and which was attended with the most happy consequences.

With respect to the virtue of the Wild Carrot in sandy and gravelly cases, the following has been my adopted practice.

Take of the fresh seeds of the plant a sufficient quantity, put them into a glass or glazed vessel, and pour upon them when lightly bruised of the sweet spirits of nitre a sufficient quantity to cover about three or four inches above it; let the whole stand in digestion five or six days, shaking it twice a day, when pour off the clear liquor, adding to every eight ounces, two drachms of the best English saffron, which may be shaken together for a day or two, and kept close stopped for use.

My usual method of administering this valuable medicine in these cases, has been to give from forty to sixty, or eighty of these drops or more, in some of the strong tea or infusion of the Wild Carrot, two or three times a day, or oftener, if the urgency of the case required it.





Chelidonium Majus.

Celandine.

Lohn Frederick Miller, del: 1792.

Pub: as the Act directs, Sep: 1792, by J. B. Shaw, N^o 28, Paternoster Row.

C H A P. XXXII.

OF THE PLANT CELANDINE.

Chelidonium majus vulgare Park. et C. B. Chelidonium majus. Offic. et
Chelidonium majus. Linn.

GREAT CELANDINE.

THERE are various species of this plant enumerated by different botanic Authors, as the greater, the horned, and the violet Celandine, and others; but we shall confine ourselves to the former, as most common and best known.

DESCRIPTION.

Common Great Celandine has a root which is pretty thick and large at the head, shooting forth and dividing itself into several branches or long roots, with small reddish fibres springing from them, which fix themselves pretty deep into the earth, being full of a saffron colour, and sharp acrimonious juice.

From this root spring up several tender light green stalks of a foot or more high, (in my botanic garden they were near three feet,) from whence spring forth branches of a darkish green, inclining to a blue colour on the upper side, like unto columbines, and of a more pale colour, inclining to blue underneath, which like the root is full of yellow juice

or:

or milk, which issues forth, when any part is broken, and of a bitter taste and strong smell. The leaves also are of a green inclining to blue colour, winged, and divided generally into five parts, somewhat like columbines, but longer, the section of the end being the largest.

The flowers grow near together upon the branches on a foot stalk, which consist of four leaves of a yellow colour, thus more accurately described.

Empal. Cup two leaves roundish; little leaves somewhat egg-shaped; concave; blunt; shedding.

Bloff. Petals four; circular; flat; expanding; large; narrower at the base.

Chives Threads about thirty; flat; broader upwards; shorter than the blossom. Tips oblong; compressed; blunt; upright; double.

Point. Seed-bud cylindrical; as long as the chives. Shaft none. Summit a knob; cloven.

S. Vess. Pod cylindrical, generally with two valves.

Seeds Many; egg-shaped; shining; adhering to the little stalk that connects them with the receptacle.

Receptacle narrow; situated betwixt the seams of the valves, and applied close to the seams through their whole length. It continues entire.

Celandine is found growing in many places by the sides of old walls and hedges, in several parts of the kingdom, flowering in the summer months, in which time it perfects its seeds.

Some

Some Authors have asserted, that by cultivation this plant produces double blossoms, and striped leaves.

For my own part I am always open to conviction, as like others I am liable to error, but must confess, I could never find out the method.

VIRTUES.

Dodoneus informs us, “ That the juice of Celandine mingled with
“ honey, and boiled in a vessel of copper or brass, cleareth the sight ;
“ and dropped into the eyes, taketh away spots, blemishes, or webs
“ from the eye.

“ That a preparation made with the juice of this plant, and wine
“ united together, is very useful to wash fretting and bad ulcers, and
“ will consolidate and heal them.

“ That the root boiled into a decoction with anniseeds in white wine,
“ openeth obstructions of the liver, and cureth the jaundice. That the
“ root chewed in the mouth, has been experienced useful in the
“ tooth-ach.”

Langham confirms these observations, and says, “ That if it is ap-
“ plied as a poultice for fourteen days together, morning and evening,
“ it will cure all ring-worms, tetter, and black spots.

“ That if it is seethed in white wine, and the vapour thereof re-
“ ceived into the mouth, it heals cankers, and assuageth the pain that
“ may arise from watching or cold.

He further advises, “ To boil a good handful of the roots of Celan-
“ dine in a pint and a half of rose vinegar, and put thereto one ounce
and

“ and a half of treacle, and to take thereof from two to three ounces,
 “ and in bed to promote perspiration, as very useful in the plague.

“ That if the eyes are blood-shot, to bruise Celandine with worm-
 “ wood, and unite it with the white of an egg and rose water, and ap-
 “ ply it to the eyes at bed time will soon remove it.

“ That in the dropsy, if the juice is taken, it will operate powerfully
 “ by urine, and bring off the water. That in the head-ach, if the Ce-
 “ landine is made into an ointment with fresh butter, and strained and
 “ kept in a close box, if the head is anointed therewith, and washed
 “ with a decoction of the plant, it will be found of infinite service in
 “ this complaint.

In the jaundice he says, “ That the root and herb of Celandine, if
 “ cut small, and boiled in water for a bath to bathe in, will be found
 “ very useful; more particularly with the following medicine.

“ Take powder of columbine seeds two drachms, saffron one penny
 “ weight, vinegar water one ounce, Celandine water two ounces, mix,
 “ and take it morning and evening. Take also of the green root
 “ pounded the size of a walnut, and strain the juice out into milk or
 “ wine, which should be taken three hours before dinner, and walk
 “ after it.

“ That in bruised or swelled legs, if Celandine, herb benit, and hore-
 “ hound are boiled into a strong decoction, and the legs fomented there-
 “ with three or four times a day, it will be found very efficacious. Or
 “ if any stubborn sores or old ulcers, to mix the juice of the herb with
 “ plantane and honey, and the yolk of an egg in equal parts, and unite
 “ it with barley flower raw in a poultice, and apply it as a cataplasm
 “ thereto.

“ That

“ That in most diseases of the eyes, a collyrium formed with the
 “ juice of Celandine and aloes, and dropt into the eyes, will be found
 “ very useful. That in the hot gout, an ointment prepared with the
 “ bruised plant, hog’s-lard, and flower of sulphur, and anointed upon
 “ the part affected, will soon give ease.

“ That in the leprosy, if Celandine is beat into a cataplasm, with
 “ vinegar, and applied upon the part, it will be found highly advanta-
 “ geous ; or if the juice is mixed with the juices of rue, centaury, and
 “ wormwood, and anointed upon scabs, blotches, or eruptions, it will
 “ be experienced highly beneficial. That in the itch, if a handful of
 “ Celandine and rosemary, is boiled in a pint of white vinegar, and
 “ after straining it, dissolving in it a quantity of white copperas, and
 “ washing the parts affected therewith frequently, will soon overcome
 “ that troublesome disease.

“ He further directs in the jaundice, to take of Celandine, with its
 “ roots bruised, one pound, of the root of liquorice dried, a quarter of
 “ a pound, and make a decoction thereof, by boiling them in a gallon
 “ of water to two quarts, and to take thereof frequently. Or boil the
 “ sliced roots of Celandine, red dock, and nettles, into a decoction with
 “ white wine, and after straining it off, add thereto some honey, and
 “ take thereof morning and evening.”

Etmuller advises in œdematous swellings, “ To take of the herb
 “ bruised, and apply it by way of poultice, which, he says, will waste
 “ away these tumours.

Sir John Floyer informs us, “ That the greater Celandine, is extreme-
 “ ly bitter and acrid ; by which it is accounted good in the jaundice
 “ and obstructions of the liver. That the juice is outwardly used to
 “ the eyes, but chiefly the water. That by the same quality it is diu-
 “ retic, and alexipharmic ; and, that outwardly used, it is good for the
 “ herpes ; and is a cleansing vulnerary.

Tournefort remarks, “ That the juice of Celandine mixed with rose-water and breast-milk, wonderfully cleanses and deterges the eyes, heals and dries an itch, moist and foul scabs, and small ulcers. That Celandine taken inwardly, powerfully opens, and cures the dropfy and yellow jaundice.

“ That Palmarius highly commends the juice of the roots of Celandine, taken with a little white wine and vinegar of roses, for provoking sweat and urine in contagious disorders.

“ An old author advises to prepare an ointment or an oil from this plant, to apply to bad eyes. That he can prove it, both from his own experience as well as others to whom he has taught it, that the most desperate sore eyes have been cured by this alone, and therefore thinks it far more preferable, than to endanger the eye by the use of the needle; for if this do not absolutely take away the film, it will so facilitate the work, that it may be done without the least danger.

“ That the herb with the roots bruised, and heated with oil of chamomile and applied to the navel, will soon remove all griping pains of the bowels, and all the pains of the mother; and, if applied to the breasts, stayeth the overflowing of the terms.

A valuable old author observes, “ That the liquid juice of Celandine, being taken to the quantity of one to two ounces, mixed with a drachm or two of mithridate, and a glass of wine, is of very great use against the plague and most contagious diseases, the patient being put to bed to cause perspiration. That the juice dropped into the eyes, cleanses them from films and clouds which hinder the sight; more especially if mixed with a little of the distilled water to allay it. That it is to good purpose used in stubborn old running wounds, and corroding ulcers in any part of the body, as it will keep under their malignity, stop their running and fretting, and cause them the more speedily to
“ heal.

“ heal. That the juice often applied to warts, corns, tetter, ringworms,
 “ or such spreading sores, destroys their acrid ferment, and also cures
 “ them.

“ That the essence has all the virtues of the liquid juice, but much
 “ more powerful to the intention, and may be given in the same dose
 “ in wine. That it opens obstructions of the gall, bladder, liver,
 “ and spleen, and prevails against the dropsy and yellow jaundice.

“ That the inspissate juice of Celandine, is thought to be preferable
 “ and better for the eyes than the liquid juice, because many of the
 “ sharp particles, by the inspissation are evaporated. That it may be
 “ dissolved in a little milk, and so dropped into the eyes, and thus used,
 “ is exceeding good against clouds, films, bloodshot inflammations,
 “ pearls, and other diseases of the eyes.

“ That the distilled water alone is a good thing to clear the sight ;
 “ and that if taken with a little mithridate, or Venice treacle, so as to
 “ promote perspiration, it will be found highly useful against contagious
 “ diseases ; and may be used as a vehicle for other preparations.

“ That the spirituous tincture of this plant, has the virtues of the
 “ essence ; and is singularly useful against cold and moist distempers
 “ of the head, nerves, stomach, liver, and womb. That it prevails
 “ against vertigoes, lethargies, convulsions, cramps, palsies, lameness,
 “ numbness, and contortions of the bowels.

“ That by the constant use of this tincture for about six or seven
 “ months, he knew a person near forty years of age perfectly cured of
 “ the palsy. The dose should be one, two, or three drams at a time
 “ morning and evening, and in very cold habits of body, morning, noon,
 “ and night, in a glass of Madeira, or other generous wine. That in
 “ cramps and convulsions, it would be proper to bathe the parts affected
 “ therewith ; and in palsies to bathe those parts of the back-bone,

“ whose vertebræ send nerves to the place afflicted. That the acid
 “ tincture of Celandine, has all the virtues of the liquid juice and essence,
 “ and is indeed a powerful medicine against all contagious and pestilen-
 “ tial fevers, for it destroys the malignity, and abates the heat of the
 “ fever. That outwardly applied, it has been found of singular use to
 “ take away any blemishes or defilements of the skin.

“ That the saline tincture is good for those who are troubled with the
 “ itch, or have stubborn sores or ulcers in their legs, or other parts of
 “ the body; it also takes away tanning, sunburning, scurf, black and
 “ blue spots, and other discolouring and deformities of the skin.

He further observes, “ That the green herb with the roots of Celan-
 “ dine, being bruised and made into a cataplasm with a little oil of cha-
 “ momile, and powder of orris and zedoary roots, and applied hot to the
 “ navel, it eases the griping pains of the bowels, as also the pains of the
 “ mother; and if applied to the left side, it removes stitches, and eases
 “ the pains of the spleen.

“ That the following mixture will be found highly useful for those
 “ particular cases. Take of the juice of Celandine four ounces, oil of
 “ olives one ounce, flowers of sulphur one ounce and a half, mix them.
 “ It cures the itch, scurf, scald-heads, and those other diseases for which
 “ the saline tincture was recommended, being anointed therewith,
 “ morning and evening for some time.

Dr. Strother informs us, “ That Celandine, its taste is acrimonious
 “ and bitter; that its juice is yellowish, and may be expressed from
 “ either the leaves or roots, and if it be given in any large quantity, it
 “ proves nauseous and loosens the belly. That it is in high esteem in
 “ a jaundice and scurvy, especially where there is a viscosity; and that
 “ the distilled water of the whole plant is also good against the jaun-
 “ dice.

“ That

“ That Celandine is reputed a good medicine against fordid ulcers,
 “ and was therefore used by Wurtzius in his ointment, which he
 “ called Unguentum Fusium, of which the following is a genuine
 “ description :

“ Take Celandine, figwort, speedwell, Solomon’s seal, of each one
 “ pugil ; shred them small, put them into a glass vessel, pour on wine
 “ vinegar a sufficient quantity, let them stand in digestion for some
 “ days ; then make a strong expression, in which dissolve calcined vi-
 “ triol, sweetened and finely powdered, and phlegm of vitriol, of each
 “ two ounces. To three ounces of the vinegar strained, add clarified
 “ honey six ounces, verdigrease one ounce two drachms ; boil all to-
 “ gether into the form and consistence of an ointment.”

He also informs us, “ That Joel gives the roots of Celandine in the
 “ following manner :

“ Take of the roots of Celandine cut, two handfuls, juniper-berries,
 “ half a handful ; bruise them, and pour on Rhenish wine one pound :
 “ draw the juice out. The dose is four ounces twice a-day in the
 “ jaundice.

“ That Diemerbroeck commends its use in the plague. That in a
 “ jaundice that does not yield, the following has been experienced :

“ Take Celandine, and the tops of centaury, of each one handful, of
 “ the roots of madder and turmerick, of each one ounce ; boil them in
 “ Rhenish wine and water to two pounds ; strain and dissolve in them
 “ the syrup of the five opening roots two ounces ; make an apozem, of
 “ which take half a pint twice a day, till well.

“ That some are afraid of its juice in disorders of the eyes, unless
 “ mixed with milk ; but that he had no opinion of milk in eye-washes.
 “ That the extract of Celandine was not only good in specks of the
 “ eyes,

“ eyes, but also in suffusions, as Hildanus testifies, which, however is
 “ to be used with caution.”

Drs. Quincy and Alleyne observe, “ This plant may be distinguished
 “ from all others, by its hot yellow juice, and is allowed by all to
 “ abound with a sharp acrid salt, which makes it deterfive, and is there-
 “ fore so usually recommended in the jaundice, but is also particularly
 “ useful in all other obstructions and disorders of the viscera. They also
 “ observe, the water called aqua mirabilis, little dependence can be
 “ placed upon it, because those parts in which the medicinal virtues of
 “ the Celandine consist, that is the earthy and saline, will not rise over
 “ the helm in its distillation.”

Dr. Brookes informs us, “ That some have directed the powder of
 “ the root of Celandine to be given from half a drachm to a drachm, as
 “ a diuretic, aperient, and sudorific; and that it cures the cachexy,
 “ dropfy, and jaundice, but that some have affirmed this preparation is
 “ too powerful in some constitutions, for internal use. That he had
 “ experienced the juice dropping from a broken stalk, softened with a
 “ little breast milk, to be good in ulcers and films of the eyes. That the
 “ extract is proper in the same cases, if the size of a pin's head is put in
 “ at a time.”

Mr. Boyle advises in specks or spots of the eyes, “ To take of the
 “ juice of Great Celandine and clarified honey, of each equal quanti-
 “ ties. That a drop or two should be let fall upon the part affected,
 “ morning and evening.”

Martyn's Tournefort directs “ The infusion of a pugil of the leaves
 “ of Celandine, macerated cold a whole night in a glass of whey, with
 “ one drachm of cream of tartar, as a good remedy for the jaundice and
 “ green sickness; and that some add to it an ounce of the syrup of suc-
 “ cory.

“ That

“ That for the dropfy, they infufe for twenty-four hours, one ounce
 “ of the root of Celandine, and half an ounce of tincture of ſteel, in a
 “ pint of white wine. That the infuſion ſhould be ſtrained through
 “ a linen cloth, and the patient given three ounces of it twice a day.

“ That the following preparation is not only good for vapours, but
 “ very excellent for a conſumption of the lungs.

“ Put into digeſtion for eight days, twelve pounds of the whole plant
 “ of Celandine gently bruifed, three dozen of cray fiſh cut ſmall, and
 “ two pounds of honey.

“ Lute the alembic, and diſtil theſe ingredients in balneo mariæ.

“ That this water ſhould be taken from two to four ounces for a
 “ doſe, and is excellent for theſe diſeaſes.”

Dr. James informs us, “ That Celandine is bitter, hot, and acrid,
 “ but more eſpecially the root, which yields more of orange coloured
 “ juice than the other parts of the plant. That taken inwardly, it is
 “ very aperitive and cleaning, opens all obſtructions of the ſpleen and
 “ liver, and is of good ſervice in the jaundice and ſcurvy.”

Dr. Lewis obſerves, “ That both the herb and root of Celandine
 “ contain a gold coloured juice, that their ſmell is diſagreeable, the
 “ taſte ſomewhat bitteriſh, very acrid, biting and burning the mouth ;
 “ the root is the moſt acrid. He ſays, juice of Celandine has long been
 “ celebrated in diſorders of the eyes, but he is of opinion it ſhould be
 “ diluted to be applied with ſafety to that tender organ. That it has
 “ been uſed with ſucceſs, for extirpating warts, cleaning old ulcers,
 “ and in cataplaſms for the herpes miliaris.

“ That this plant is not frequently given internally ; but that the
 “ virtues particularly attributed to it are thoſe of a ſtimulating aperient,
 “ diuretic, and ſudorific.

“ That

“ That it is recommended especially in the flow kind of jaundice,
 “ where there are no symptoms of inflammation, and in dropsies.

“ Some suppose the root of this plant to have been Helmont’s speci-
 “ fic in the hydrops ascites.

“ Half a drachm, or a drachm of the dry root is directed for a dose,
 “ or an infusion in wine of an ounce of the fresh root.”

Dr. Mortimer has recommended for the gout, “ Two ounces of the
 “ juice of Celandine, to be united with eight ounces of mountain wine,
 “ and to be divided into three doses, one part of which should be taken
 “ every morning, and which quantity he says has carried off a fit of
 “ that disease.

“ He has also recommended half a drachm or thirty grains of the
 “ dried leaves, to be taken daily in this complaint.”

OBSERVATIONS BY THE AUTHOR.

We are now led to consider the virtues of an English plant, which is of the first consequence in some of the most trying diseases of nature, and as a judicious author, Dr. Withering, truly observes, will no doubt, as a medicine of such activity, one day be converted to important purposes in physic.

If there is a plant which bids fair for general use, for some of the most deplorable disorders of the human race, this under our present consideration appears particularly calculated for these grand purposes ; all that is wanting is a careful and patient attention in the prescriber, and with balsamic lubricating additions to sheath the acrimonious particles, which frequently irritate some delicate constitutions in its administration.

The greater Celandine, upon a chymical analysis, produces a large quantity of oil and earth, as well as a considerable quantity of both fixed and volatile salt, and consequently is possessed of great aperient, diuretic, and sudorific virtues, and must necessarily therefore be applicable to many valuable purposes in medicine.

The chief opportunities I have had in trying the virtues of Celandine, has been in the gout; not but that I am well convinced, in the hands of the judicious, it would be experienced a valuable medicine in many bilious, scorbutic, paralytic, and rheumatic cases, as well as some of the most difficult obstructions in nature, which as it were, bid defiance to some of the most powerful preparations of medicine, and consequently highly deserves our attention and experience.

In the gout I have made use of very different preparations to those who have been before me. I have before observed that spirituous menstruums were in my opinion much better calculated for the conveyance of medicine in this disease than any other, at least in most cases I have experienced it. The following therefore I have generally adopted, and which will be found infinitely useful in this trying malady.

Take of the dry roots of Celandine, grossly bruised three ounces, saffron one ounce, put these into a glass vessel, and pour thereon two pints of the best French brandy. Let the whole stand in digestion for ten or twelve days, shaking them twice a day, when let it settle, and pour off the neat tincture for use, which must be kept close stopped.

It will be necessary then to prepare the following decoction, as a vehicle the most proper to convey that valuable arthritic medicine in.

Boil two ounces of the root of fresh sliced liquorice, and half an ounce of juniper berries, in a pint of water to half a pint, when add of good mountain or other generous white wine, half a pint. Let it then boil

gently close covered for about eight or ten minutes, and when cold strain it off and keep it for use.

It will be proper to begin with taking a tea spoonful of the former tincture in a large wine glass of this decoction, and which may by degrees be increased as the constitution can bear it, to two, three, or four tea spoonfuls or more, night and morning.

In this eligible manner of administration, it may safely be given to the most delicate constitutions, and I have known many who have been able to take more than the above quantity in the furthest dose, after a little use, in even plain white wine, or some simple cordial distilled water. If it can be administered in sufficient quantity so as to operate by stool, it will be experienced the more useful.

In arthritic cases, also, if two ounces of the juice of Celandine, is united with half a pint of the above decoction, and given the first thing in a morning, from one to two ounces, or more, and repeated as the constitution can bear it, every morning, or every other morning, it will be found a very useful medicine in these cases for many patients.

I am of opinion, a valuable medicine in most fevers might be formed from Celandine with sweet spirits of nitre, even probably those of a putrid and malignant nature, with the addition of a little camphor and saffron; but this I must leave to the experience of others.

I shall close these suggestions with observing, that I am well acquainted with a gentleman in the west of England, who though engaged in a very large concern, which takes up the major part of his time, has notwithstanding humanely set apart one day in the week to assist those who are afflicted with diseases of the eyes; and I am well convinced the extract of this plant, perhaps a little disguised, is his catholicon in these diseases. But I forbear further particulars as acting without his knowledge and approbation, and hope and doubt not his philanthropy will excuse this liberty, for the advantage and benefit of my readers.

C H A P. XXXIII.

OF THE PLANT LESSER CENTAURY.

Centaurium minus, Offic. *Centaurium minus vulgare*, Park. Theat.
Centaurium minus flore purpureo, I. B. *Gentiana Centaurium*. Linn.

LESSER CENTAURY.

DIFFERENT botanic writers enumerate several species of this plant, which from variation of colour in its blossom, which frequently happens, has given room for much controversy, and some late authors have disputed whether this plant is a species of *Gentian*, as considered by Linnæus; but though much might be urged upon this subject, yet agreeable to our general plan we shall avoid these contentions, and minutely describe the plant we are now considering.

DESCRIPTION.

Lesser Centaury has a small and hard root, from which springs up one square stalk about eight or ten inches high, with leaves rather of an oval shape growing chiefly by pairs. The flowers stand at the top as it were in umbels or thick clusters, of a feint purplish bloom colour in general, and therefore by some called red, crimson, purple, &c. as they vary in tint from soil and situation. The blossom is funnel-shaped, and divided into five clefts, whose calyx consists of five acute leaves; the pistil penetrates through the lowest part of the flower, and changes into a cylindrical fruit, divided into two apartments, full of small seeds.

Some of these plants have been found of a white, and others of a yellow colour, and all flower from June to August, and perfect their seeds in about a month after. They grow chiefly in dry barren pastures, and are to be found, particularly the kind we have described, (the other more rare,) in many parts of the kingdom.

VIRTUES.

Dodoneus informs us, “ That the roots of the Lesser Centaury is of
“ little consequence in medicine, but that the leaves, flowers, or juice
“ of the plant is very necessary and useful.

“ That the decoction hereof, boiled either with water or wine,
“ purgeth phlegmatic gross humours, and is therefore good, if power-
“ fully used for this purpose, for those who are troubled with the scia-
“ tica. That this medicine is advantageous also in obstructions of the
“ liver, and in the jaundice, and hardness of the melt and spleen. That
“ this decoction taken, destroyeth worms, and driveth them forth by
“ force, and is no less useful in cramps and convulsions.

“ That the juice taken and applied under as a pessarium, provoketh
“ the terms and expelleth the dead child. That if the juice is united
“ with honey and dropped into the eyes, it cleareth the sight, and
“ taketh away clouds and spots, and is very useful to be mingled with
“ all collyriums.

“ That the green herb bruised and applied, doth cure and heal
“ all fresh and green wounds, and will even cure stubborn and malig-
“ nant old ulcers that are difficult to be healed. That if it is dried and
“ reduced into a powder it is very useful to be mixed with any oint-
“ ments, plasters, or powders, for the like purposes, and will mollify
“ and soften all hard fistulas and hollow ulcers.”

Langham advises in want of appetite, “ To gently boil Centaury, plantain, and pepper in wine, and to take it a little warm for three nights at bed time. That in dry coughs, to boil Centaury in some old or stale ale, and to put thereto one third part of honey, and boil it to that thick consistence, and take three spoonfuls fasting every morning till well.

“ That for those who are troubled with worms, it is best to boil this plant with wormwood in milk, which should be taken of a morning fasting to destroy them. That in pains of the stomach, if Centaury is boiled with white wine, and sweetened with sugar candy and taken often, it will be found very useful; or if it proceeds from phlegm to add some liquorice, or if from hoarseness, a greater quantity of sugar candy.”

He further advises in the ague, “ To take the juice of the plant with ale, and take it before the fit; or to take as much of the powder as a small walnut with wine, in the same manner. That in bilious fevers, it will be proper to take one drachm of the powder three mornings fasting, with white wine.

“ That to cleanse the head, chest, and stomach, it would be advantageous to boil three handfuls of Centaury in a gallon of water to one half, and put thereto one pint of honey clarified, to half a pint, and to take thereof two spoonfuls first and last. That in the dropsy, if equal quantities of the juices of Centaury, sage, and water cresses, are distilled and taken first and last, it will be found very useful.

“ That if the juices of Centaury two parts, and of gentian one part, is distilled and taken morning and evening, it will preserve the body from most diseases, and particularly the consumption, stone, watry humours, &c. &c.”

Riverius directs in pains of the stomach, “ To take of the tops of the
 “ Lesser Centaury, agrimony, and wormwood, cut small, of each half
 “ a handful ; boil them in a sufficient quantity of spring water to five
 “ ounces ; in the straining dissolve an ounce of white sugar. Let it be
 “ taken in the morning for two days.”

An old Author says, “ That the Italians use the powder of the
 “ Lesser Centaury with advantage in the dropsy, and green sickness.
 “ That the decoction thereof, viz. the tops of the stalks with the leaves
 “ and flowers, are good against the cholic and the gout, and all old pains
 “ of the joints. That a drachm of the powder in wine, is a wonderful
 “ good medicine against the poison or bite of an adder.”

A valuable old Author observes, “ That the liquid juice being given
 “ before the fit of an ague, and also given morning and evening for some
 “ days, it removes the fit, and perfectly cures the ague. That it eva-
 “ cuates and carries off choleric and gross humours, yet with Dodoneus
 “ he could not perceive that it had any sensible purging or cathartic
 “ quality, though in the mean time, many things which are not purely
 “ cathartics or purging, are found to be very cleansing, and in passing
 “ off themselves, carry many other humours along with them.

“ That the essence of this plant has all the virtues of the juice, it
 “ opens obstructions of the gall, liver, spleen, reins, and womb, pre-
 “ vails against hypochondriac melancholy, and the yellow jaundice ;
 “ that it eases pains in the sides, and hardness of the spleen ; making
 “ thin both blood and humours. That it is of good use for those who
 “ have the dropsy or green sickness, because it strengthens the stomach
 “ and all the other viscera ; that he knew some would not allow it to
 “ cure the dropsy ; but this he knew, if the hydropic humours were
 “ carried off by other means, and the parts affected are once emptied
 “ of their water, that if this essence be duly given, it so strengthens the
 “ bowels, that the disease returns no more.

“ That

“ That the infusion of Lesser Centaury in wine, cleanses gross humours, and eases pains in the hips, gout, and other like diseases proceeding from tartarous humours. That it is good in agues, strengthens the stomach, helps digestion, and causes a good appetite. That it also prevails against stiches, pains in the sides, and other disaffections of the pleura.

“ That the decoction has the virtues of the infusion, and is good in agues, catarrhs, and the vehement pain of the cholic. That it provokes the terms, and brings away both birth and after birth, whether dead or alive, eases the pains of the mother, and causing an effectual cleansing after delivery. That it is good also against the rickets in children, evacuates tartar out of the urinary passages, and brings away sand and gravel stopping the passage of the urine.

“ That the powder of this plant taken in wine to the quantity of a drachm, gives ease in the cholic, and kills worms in children. That if it is strewed upon moist and running sores and ulcers; it cleanses, dries, and heals them.

“ That the oil prepared by insolation or boiling is anodyne, eases the spleen and pains of the mother, and is very effectual in all old pains of the joints and limbs, as gout, sciatica, convulsions, cramps, &c. proceeding from a cold cause. That it is also a very good thing to anoint womens breasts which are swelled, hard, or pained through cold, or curdling of the milk, or any other accident, as of a blow, &c.

“ That the ointment has the virtues of the oil, but is more strengthening and sanative: that it cleanses, dries, and heals foul ulcers, and other spreading sores of the head, and to anoint the back bone and joints of such children as have the rickets, and strengthens and gives ease in pains of the back, by anointing therewith.

“ That

“ That the balsam is an incomparable vulnerary, and cures green
 “ wounds in the first intention. If they are caused by bruising or di-
 “ laceration of the flesh, it first digests, then cleanses, dries, and heals
 “ them. That it also cleanses foul and bad ulcers, fills them up with
 “ flesh, and consolidates their lips.

“ That a cataplasm of the green herb has the virtues of the balsam,
 “ but is an especial thing for cleansing and healing putrid ulcers in
 “ what part of the body soever, if duly applied thrice a day; washing
 “ the part also with an expressed juice of the herb.

He further observes, “ That the distilled water of the Lesser Cen-
 “ taury has the virtues of the infusion or decoction, but is pleasanter,
 “ as being less bitter, but by so much it is the less efficacious, and is
 “ many times used as a vehicle to convey other preparations of the
 “ herb in, and is said to take away sun burnings, and the other like
 “ disaffections of the skin.

“ That the spirituous tincture comforts all the viscera, after a singu-
 “ lar manner, and therefore if it is taken from one drachm to four
 “ drachms, morning, noon, and night, it so strengthens the bowels, as
 “ that it prevents the return of a dropsy in those persons where it has
 “ lately been removed. That it also takes away the gout from the sto-
 “ mach, which many times is fatal, and is good against the jaundice,
 “ and hypochondriac melancholy; and is indeed a good remedy against
 “ the bite of a viper, or any other venomous creature.

“ That the acid tincture is excellent against vapours, fits of the mo-
 “ ther, and other disaffections of the womb. That it strengthens a
 “ weak stomach, resists vomiting, causes a good appetite and digestion,
 “ removing faintness and sickness of heart. That it is good against
 “ poison and the plague, as also all putrid, malign, and pestilential dis-
 “ eases, being used in all the liquor taken, from twenty to forty drops
 “ at a time, at least five or six times a day; that it takes away the ma-
 “ lignity

“ lignity of the disease, and wonderfully abates the putrid heat attend-
 “ ing all fevers.

“ That the oily tincture carries off the yellow jaundice, as also the
 “ morbific cause of obstructions of the reins and ureters by urine, being
 “ given from one drachm to two in a good draught of carduus posset
 “ drink, and that it has been known to cure agues, more especially if
 “ the spina dorsi be effectually anointed therewith, from the vertebræ
 “ of the neck almost to the anus. That anointed on the sides, it eases
 “ their pains, and given inwardly, gives ease in the cholic. That given
 “ to a woman in labour from fifteen drops to thirty or forty, in some
 “ convenient vehicle it facilitates the delivery, whether alive or dead,
 “ and effectually brings away the after birth.

“ That the saline tincture is good against foul ulcers, and spreading
 “ sores of the head, or other parts; takes away cutaneous deformities,
 “ tannings, sun-burnings, and other like defects of the skin.

“ That the spirit prepared from the Lesser Centaury, strengthens
 “ the stomach, wonderfully cheers the heart, revives the spirits, and
 “ fortifies the universal œconomy of nature; is good against vomiting
 “ and indigestion, and causes a good appetite to food; makes a fresh
 “ and lively countenance, and restores the pristine state of the bowels.
 “ That it is a very good thing against a diarrhœa, dysenteria, and the
 “ hepatic flux, and gives ease in an exquisite cholic, when sometimes
 “ many other things will do nothing. Dose, from one spoonful to
 “ two in some proper vehicle.

“ That the collyrium, if it is made of the liquid juice or essence,
 “ mixed with an equal quantity of clarified honey, being put into the
 “ eyes four, five, or six times a day, it clears them from dimness, mists,
 “ or clouds, or whatever hinders the sight; and if an eighth part of
 “ spirit of wine be added to it, it becomes exceeding useful for sore,
 “ inflamed, or watry eyes, strengthening the weak part, and power-

“ fully stopping the fluxion. That it also cleanses ulcers in the eyes,
 “ and that he was informed by a skilful surgeon, that he once cured a
 “ fistula lachrymalis therewith, by injecting it in with a proper syringe.
 “ That he was well assured from his own experience, that it singularly
 “ cleanses and dries up hollow ulcers in other parts of the body, and
 “ disposes them to an effectual healing, and dries up moist eruptions
 “ and other breakings out like scurf or morpew, though of long stand-
 “ ing, if it is assiduouly used and applied for some time.

“ That taken inwardly from half an ounce to two ounces at a time,
 “ it prevails against colds, coughs, hoarseness, and shortness of breath,
 “ and other disaffections of the lungs. That being thus continued for
 “ some time he had known it cure ulcers of the lungs; the patient
 “ drinking with it, new milk warm, sweetened with double refined
 “ sugar, drinking no other liquor, and wholly forbearing all wines, and
 “ malted liquors.

“ That the fixed salt is highly alexipharmic and diuretic. Dissolved
 “ to one drachm in the distilled water, and so drank, it carries off the
 “ morbid cause of all fevers by urine, and cleanses all the urinary
 “ parts of gravel, sand, and tartar lodged in them. That it is also ex-
 “ cellent against the yellow jaundice, and all obstructions of the liver,
 “ spleen, reins and womb. That it dissolves choler in the body, dis-
 “ charging it by urine. Take of this salt half an ounce, of the distilled
 “ water a pint; mix and dissolve. This cures cutaneous disorders,
 “ and takes off freckles from the face, if constantly used for some
 “ time; and also removes other deformities of the skin.

“ That the essential salt of the Lesser Centaury, has all the virtues of
 “ the liquid juice and essence, and may be given in all those cases from
 “ one drachm to two or more at a time, in a glass of generous wine
 “ morning and evening. That it is a great stomachic and sweetener
 “ of the blood, a noble febrifuge, and kills worms in young or old, if
 “ taken for some time. That it is highly traumatic, and therefore good
 “ to

“ to be taken dietetically by such as have wounds or ulcers about
 “ them.

Monfieur Tournefort informs us, “ That before the peruvian bark,
 “ by the great providence of God, came to be known to the European
 “ nations, Centaury the leffer, germander, wormwood, wild tanfie, or
 “ filver weed, shepherds purfe, gentian, and fome other plants of that
 “ nature, were of frequent ufe and highly commended in intermitting
 “ fevers; and that they are ftill made ufe of by fome at this time, and
 “ though they are not fo much efteemed as before the introduction of
 “ the bark, yet they ought not to be rejected, fince it happens that the
 “ feafonable ufe of them carries off fevers, even when the Jefuits bark
 “ has been employed to no purpofe.

“ That the leaves and flowers of the Leffer Centaury are extremely
 “ bitter, and has been called by fome the febrifuge or fever-vanquifh-
 “ ing herb, by reafon of its notable faculty in fubduing that difeafe, and
 “ who has therefore particularly recommended the following prefcrip-
 “ tions from this plant.

“ Take of the Leffer Centaury two pugils, of germander one pugil,
 “ of depurated fal ammoniac one fcruple, infufe them in fix ounces of
 “ white wine, and drink the colature.

Or, “ Take of the Leffer Centaury, germander, and wormwood, of
 “ each half a handful; boil them gently in eight ounces of fair water,
 “ and in the ftrained liquor difsolve of diacarthamum half an ounce, of
 “ the lozenges of coloquintida four grains, and make a purging and a
 “ febrifuge potion.

Or, “ Take of the tops of Leffer Centaury, St. John’s wort, and
 “ wormwood, of each one handful; boil them a little in a fufficient
 “ quantity of fair water, and in the ftrained liquor difsolve of aloestwo

“ drachms, of choice myrrh one drachm, and make a potion for cleaning and consolidating wounds.”

“ Dr. Strother remarks, “ That the Lesser Centaury has an acrimonious and notable bitter taste, but has no smell. That hence as to its virtues, it is inciding, and attenuating, and that it provokes urine and sweat; that it is specifically a febrifuge, and as it consists of earthy parts, therefore it also binds, and peculiarly imbibes the thin and sharp dregs of humours residing in the skin. Hence if any one is afflicted with the scab, Centaury is not only used internally, but externally also applied.

“ That the salt of this plant is more in use than the plant itself, and that the infusion of the herb is more agreeable than the decoction.

“ That Galen wrote by reason of its great use a whole treatise of its virtues, and commends it as a polychreston, or universal remedy.

“ That by reason of its intense acrimony in which the salts lodge, it most powerfully opens obstructions and destroys the viscid and acid particles in chronical cases, and cures intermitting fevers. That it is reputed the prime opener in obstructions of the womb, and in forcing down the menstrual flux. That it is of great use in ulcers and fistulas; and is used in glysters in sleepy diseases.

“ That its tincture and extract was much used by himself, and that he had observed that where there was any apprehension of vomiting up purging physic, if it be added in decoction or infusion it prevented this accident.

For Example.

“ Take of the Lesser Centaury tops two pugils, fena half an ounce, crude tartar or its salt, three drachms, sal prunella a scruple; by a
“ gentle

“ gentle heat infuse them in a sufficient quantity of water ; add syrup
 “ of roses one ounce, powder of jalap eight grains ; make an infusion.

Or, “ Take of Centaury tops and orange peel of each one pugil,
 “ fena leaves picked two drachms, salt of tartar one scruple ; infuse
 “ them cold for a night in a sufficient quantity of water, strain, and add
 “ to three ounces of the infusion, syrup of peach flowers one ounce
 “ and a half ; make a draught.

He further remarks, “ That sometimes a dangerous jaundice is
 “ cured with Centaury taken in large doses in infusion ; for it princi-
 “ pally corrects any sluggishness of the choler and blood ; and is there-
 “ fore excellent in all chronical cases. That in branny scabs of the
 “ head, it does wonders, if you wash with Centaury boiled with pease
 “ in water, because it corrects the humours, as Simon Pauli testifies.
 “ That it softens inveterate hardnesses, and dissipates them also ; as
 “ Fernelius l. 5. c. 27. affirms. That its juice dropped into the ears,
 “ kills worms in their passages. That its decoction is reputed a ner-
 “ vine, and its infusion is an excellent remedy against sciatic pains.”

Mr. Ray says, “ That the tops and flowers of the Lesser Centaury
 “ well dried and pulverized, or a decoction of the same, will specifi-
 “ cally cure the bite of a mad dog ”

Drs. Quincy and Alleyne observe, “ That the plant is an excellent
 “ bitter, and very serviceable to the stomach in all compositions of that
 “ kind ; and is good by itself in decoction or infusion, which is best
 “ made in wine or small gentian water.

“ That it wonderfully discusses and absterges viscid humours, apt
 “ to abound in the first passages ; the discharge of which it promotes
 “ by urine and stool ; and in the glands of the extremities, and near the
 “ surface, it attenuates such humours, so as to fit them for perspira-
 “ tion.

“ tion. That it is also exceeding good, as indeed all bitters are against
 “ worms.

“ That some extol it very much for its alexipharmic virtues ; and
 “ upon this account it may have had a place given it in the Theriaca.
 “ That Etmuller commended it as a febrifuge, especially in tertians ;
 “ and Rulandus affirms, that in his practice he never met with any
 “ kind of fever which did not yield to its efficacies, if a vomit had been
 “ before given. That this plant is also much used in discutient fomen-
 “ tations.”

Dr. Brookes says, “ That the Lesser Centaury incides gross hu-
 “ mours very powerfully, and is good in agues, the jaundice, and sup-
 “ pression of the menses ; that it strengthens the stomach, helps diges-
 “ tion, and destroys worms. That the dose of its tops when in flower
 “ is a pugil in decoction, and of the powdered leaves from a scruple to
 “ one drachm. That the extract of the plant is likewise given to one
 “ drachm in agues and obstructions.”

Dr. Sir John Hill observes, “ That want of appetite, and sickness
 “ after meals, with extreme weakness, and giddiness of the head, are
 “ complaints one hears from every mouth ; and it is no uncommon
 “ aggravation of the misery, that BITTERS have been tried in vain

“ What has caused these disorders to increase might be a long en-
 “ quiry, and uncertain ; but perhaps late hours, intemperance, and
 “ high fauces, claim the greater share. Our ancestors were healthier
 “ than ourselves, because they were more moderate and regular : they
 “ felt less of the night air, and saw more sun in the morning ; they
 “ lived on a plainer food, and knew little of the fiery spices God de-
 “ signed these for countries where they grow : with us they have con-
 “ tinually disagreed.

“ There

“ There may be other causes of the complaint ; but these seem the
 “ principal.

“ Hence arise in succession the following symptoms ; the misery of
 “ every day ; though in some days, and to some persons, more or less
 “ than others. Tiresome nights ; with a wretched uneasiness, and dis-
 “ gust of every thing at waking ; a taste as it were of ashes in the
 “ mouth ; and a loathing of the very thought of food ; faintness, weak-
 “ ness, wearisomeness ; and at times sickness, without vomiting ; and
 “ in many a continued heart-burn.

“ After eating, especially after the principal meal, a swelling in the
 “ body, much more than the due effect of quantity : a dull but lasting
 “ pain in the stomach ; and often a heat and redness in the face, as if
 “ from drinking ; an over fulness in the breast ; and sometimes a sense
 “ as it were of suffocation, alleviated perhaps a moment by belching,
 “ and sometimes by vomiting ; but these must not be thought reliefs
 “ in the disease, they are its symptoms.

“ These complaints the physician tries to cure with stomachics ; or,
 “ as they are more commonly called, bitters : the drugs of which they
 “ are composed are few, and none are better known by name ; but
 “ perhaps their particular qualities have not been enough considered.
 “ Gentian and Roman wormwood, orange-peel and cardamoms, make
 “ up the account ; and of these gentian frequently stands in the place
 “ of all. Let us consider distinctly their several properties ; the good
 “ and ill that is in them ; and then see whether nature and our own
 “ country may not furnish better.

“ Gentian heats and binds the body : qualities by which it often
 “ does more harm, than good by all its virtues.

“ Roman wormwood is a bitter, but an unpleasent one ; and it is lia-
 “ ble to the same exception with gentian, for heating and binding.

Hence

“ Hence the most judicious have been always cautious in the use of it.
 “ Galen asserts its heating quality is greater than its stomachic.

“ Orange-peel is less bitter than these; but it is more acrid: it has
 “ not enough of the stomachic quality to be given alone; and, when
 “ mixed with the others, often brings on the heart-burn.

“ Cardamoms are no bitter: they are warm and carminative, and
 “ are therefore commonly mixed with bitters; but cardamoms are too
 “ hot and fiery for general use; and there are many disorders of the
 “ stomach, in which they cannot be given without great hurt.

“ One or other of these ingredients are given in all bitters; no others
 “ are in general use but these; and the most common practice is to give
 “ them all together. I would not be understood to condemn the use
 “ of them: it is plain they may do good; but it is as evident they may
 “ do harm. I would have them therefore left to the physician. In
 “ his hands they are safe; but even in his, they are not always found
 “ sufficiently effectual.

“ In Lesser Centaury, upon repeated trials, I have found there is a va-
 “ luable bitter; cleaner, pleasanter, and wholesomer, than in all the
 “ others; and that without the least tendency to any of their faults.
 “ Centaury is a stomachic, and nothing else: it has that quality pure,
 “ separate, and alone; and is therefore preferable, in all reason, to those
 “ things in which other properties are joined with this, which render
 “ them unfit for general use.

“ To this end it will be necessary to know distinctly what are its vir-
 “ tues, in what part of it they reside, and under what form they may
 “ be best communicated to the body.

“ The virtues of this plant are limited to one point; this is strength-
 “ ening the stomach; but by doing this, it prevents many diseases,
 “ and

“ and indeed often cures them. A bad digestion is the first source of
 “ most disorders; and that which is a remedy for this, cannot be ineffi-
 “ cacious as to the others.

“ Centaury never fails to give an appetite; and though the meal be
 “ larger that is eat in consequence of it, no sickness or uneasiness of any
 “ kind follows; because the medicine having prepared the constitution,
 “ it can be digested.

“ The stomach often is oppressed and loaded by a cold tough phlegm:
 “ It is but a slight and temporary help to give this a discharge by
 “ vomit; for the same cause remaining will produce more. Centaury
 “ dissolves it perfectly; and at the same time curing that weakness in the
 “ stomach which gave rise to it, no more will be formed there.

“ If any one finds an indifference to his meals, nay, if it amounts to
 “ a loathing of all food, he need only to take this herb to be cured
 “ perfectly.

“ Wind that disturbs the stomach after eating, and increases that in-
 “ digestion which first caused it, is dispersed entirely by this excellent
 “ medicine, and that without any sensible evacuation.

“ He who takes it may assure himself of easy nights; and days of
 “ cheerfulness: strength grows with the use of it, and he will find
 “ himself alert, and prompted to that exercise which will complete his
 “ cure.

“ Being assured of these valuable qualities in Centaury, the next step
 “ of rational enquiry will be, in what part of the plant they principally
 “ reside: for in all plants the root, the leaves, the flowers, the seeds, are
 “ different; at least in the degree of virtue: and it is vain and fruitless
 “ to load the body, or disgust the palate, with what can never be of use.

“ The leaves and root possess the perfect virtue. They are both
 “ bitter in an intense degree; but, more than all, the part which lies
 “ between the root and stalk; and which is properly called the crown
 “ of the root. This is a hard brownish gland, or cluster of vessels; in
 “ which the juices possessing the great power of the plant reside; and
 “ which are always full; from the first appearance of the leaves above
 “ ground, till near the time of flowering.

“ The seeds of Centaury, scattered by the winds in August and Sep-
 “ tember, lie dormant on the earth all winter; protected from the inju-
 “ ries of the air by the grass; and from insects by their own bitterness:
 “ in April they send up a few leaves, and from that time till the end of
 “ May, these and the roots are strengthening themselves in size and vir-
 “ tue: during this time the whole is very bitter; and it was to the
 “ herb in this state that some early writers gave the name *GALL OF*
 “ *THE EARTH: FEL TERRÆ*, as Galen and others.

“ Early in June the stalk begins to rise, and from this time to its bud-
 “ for flowering, as I have found by careful trials, the whole plant, and
 “ particularly the crown of the root here mentioned, increases in bitter-
 “ ness.

“ The state in which I have found Centaury fittest for use is just be-
 “ fore its flowering. It is to be pulled up by the roots at that time, and
 “ spread in an airy room to dry. When dried, my method is to cut off
 “ the roots, with their crown; then to cut off the young tops, and af-
 “ terwards to strip the leaves off from their stalks.

“ If one takes into one's mouth the crown of the root of Centaury,
 “ just gathered, and lightly dried, at this season, one perceives, on chew-
 “ ing it, a comfortable warmth which all the other bitters want, and
 “ which the physician's art adds to them, by Cardamoms and other
 “ foreign ingredients: but art in these things is poor, compared with
 “ nature. Together with this gentle and pleasing glow, one tastes a
 “ bitter

“ bitter of the most agreeable kind, not nauseous or disgusting, as in
 “ most others : and with this a light austerity ; such as all strengtheners
 “ have. These three flavours we perceive in it distinctly ; and from
 “ this combination, he, who is used to medicines, cannot but know that
 “ he has here in nature, all and more than all his predecessors art has
 “ tried, to bring together.

“ The next thing is to find in what form these virtues may be best
 “ communicated to the human body ; whether in powder, tincture, or
 “ infusion.

“ Powders of all kinds are disgusting, and bitter powders most : it is
 “ with weak stomachs we have to deal in this case, and therefore that
 “ form must be certainly excluded. Experience gives also its support
 “ to reason in this case : the herb in powder has been given with success,
 “ but less than in the other way, and always with disgust and difficulty
 “ to the patient.

“ The two methods that remain are tincture and infusion ; and in
 “ respect of these the choice must be determined by the nature of the
 “ plant. Tinctures and infusions differ only in the liquid that is em-
 “ ployed to make them : if we use spirit, we call the medicine a tinc-
 “ ture ; if water, an infusion, or decoction. The virtues of all herbs
 “ reside in their richer juices : and these are in some resinous, in others
 “ gummy ; and in most, they are of a mixt nature, composed of those
 “ two ; and are called resinous or gummy, as the one or the other
 “ prevails in the composition. Where the virtues of a plant are in a re-
 “ sinous juice, spirit must be used, and the proper form is a tincture ;
 “ where in a gummy, water is best, and the method is by infusion.
 “ Finally ; in tinctures a spirit of more or less strength must be used, as
 “ the juices are more or less resinous. We have always been accus-
 “ tomed to resinous juices in the vegetables of warmer climates ; and
 “ therefore tinctures of such have been generally made with spirit of
 “ wine : in respect of our own plants, their juices were supposed to be

“ usually of the gummy kind, and the form physicians chose for giving
 “ them was therefore an infusion. It appeared strange when some few
 “ years ago I produced a resinous tincture of water-dock; and a great
 “ many vain words were spoke against me by idle people on the occa-
 “ sion; the fate of better men who have advanced new truths: but
 “ these censures fall to the ground of themselves. The traveller need
 “ not alight to tread upon the grasshoppers.

“ The case is the same with Centaury as with dock: its virtues re-
 “ side in a resinous juice: and a tincture is the best and most effectual
 “ way of giving it. As the doctrine is now less new, it will not find
 “ so much opposition; nor, if it should, am I now alone in the support
 “ of it. What many thought strange here; the learned and industrious
 “ Germans tried: and happily there is, in the case of Centaury, the au-
 “ thority of one among the most eminent of them, whose experience tes-
 “ tifies the same with mine; and shews they have taken the wrong
 “ course, who to obtain its virtues, infused the plant in water. This
 “ author asserts in the plainest and most express words, not only that
 “ the herb contains a resinous juice; but that its bitterness, and conse-
 “ quently its virtues, reside almost entirely in that juice*.

“ Upon the faith of such testimony strengthening and supporting
 “ what experience has shewn me, I may venture to neglect the slight
 “ opinions of such as cannot leave the common track of judging. When
 “ they have learned more, they will be less exceptionous: knowledge is
 “ circumscribed in narrow bounds; but there are none to ignorance.

“ A tincture made from the roots and leaves of Centaury, in a spirit
 “ perfectly rectified, and with the advantages of long maceration, in an
 “ uniform heat, is properly a solution of all the valuable parts of it: re-
 “ sembling the herb so perfectly in smell, taste, and flavour, that one

* Pares resinosa maximam exhibent amaritiam, gummosa fere nullam. Nich. Mater. Med. 1762.

“ perceives it in a moment to be no other than the plant itself in a liquid
 “ form.

“ It readily mixes with water, and becomes a most pleasant stoma-
 “ chic ; strengthening and reviving, even as it passes down the throat :
 “ there is in it no fiery heat, no disgustful bitterness, nothing of that
 “ unpleasing sensation, which dwells upon the tongue after the more
 “ usual stomachics ; but just enough warm to be comfortable, and as
 “ much of a clean bitter as is useful. The taste of the root has been
 “ mentioned before ; between that and the tincture there is in this re-
 “ spect no difference : but in the effect there is infinite ; and all to the
 “ advantage of the preparation. The plain and simple herb is a very
 “ good medicine, but this tincture as much exceeds its natural state, as
 “ that exceeds other stomachics.

“ To those who have reason, and will use it, this will not appear
 “ strange. Dry roots, and all substances of like kind, are beyond the
 “ reach of our digestive faculties, to manage perfectly. The powers
 “ and humours of our stomachs are calculated for our food : there may
 “ be other menstruums found for medicines. In many cases, (more
 “ than have been published) I have observed that, when what we call
 “ a tincture, amounts nearly to a dissolution of the subject ; as those in
 “ bark beds with a fit menstruum, usually do ; it conveys the powers of
 “ the medicine to the body, in a way far superior to that in which our
 “ own natural organs could supply them. He who does not readily
 “ comprehend the force of this, may do well to consider what differ-
 “ ence there is between mercury dissolved in menstruums, and given in
 “ its own substance. But enough : this will convince such as have a
 “ right to understand ; and it would be an ill office to the public, to
 “ teach those who could only make a bad use of the instruction.

“ A tea spoonful of this tincture given to a small glass of cold water, to
 “ a person who has a weak stomach, want of appetite, and sickness, with
 “ a heaviness

“ a heaviness of the head, after meals ; and this continued some time,
 “ has the following effects.

“ The first dose warms the stomach, and takes off that languor, and
 “ sense of weakness, which always attend these complaints. The pa-
 “ tient finds himself relieved at once ; and grows in some degree easy,
 “ hearty, and cheerful.

“ The best time of taking it is an hour before dinner ; and he finds
 “ also, in consequence, a better appetite.

“ If he takes such another dose at night, the same sensation of warmth,
 “ strength, and cheerfulness, are felt ; he has better rest than he is ac-
 “ customed to, and rises more at ease in the morning. The advantage
 “ he has thus found will certainly encourage him to continue the me-
 “ dicine ; and in a few weeks he will be freed from his complaints.

“ I have carefully inquired whether the body became more open, or
 “ bound, from the continued use of Centaury ; and have found that it
 “ has no effect either way in that respect.

“ Those to whom it will be directly and immediately beneficial are
 “ such as have a weak stomach ; who want appetite to their meals, are
 “ swelled and sick after them, and, upon any little irregularity, are
 “ liable to purgings, with griping pains.

“ These are complaints so very frequent, that it is no small happiness
 “ to have a remedy at hand for them. But beside these, there are many
 “ other disorders which have their origin from bad digestion ; and in all
 “ such, this medicine will be serviceable : many of them by timely use
 “ of it, will be totally prevented.

“ The stomach in gouty people is very subject to disorders, and it is
 “ a custom in that case to have recourse to spirituous liquors, or to the
 “ highest

“ highest kinds of cordials ; the vulgar calling for Ufquebaugh, the man
“ of more refinement for Sir Walter Raleigh’s cordial ; but both are
“ wrong ; and I need not add, the first pernicious.

“ Instead of either, a single dose of the Centaury never fails to quiet
“ the disorder ; and this with no farther consequence, either good or ill,
“ attending it. The medicine seems to take effect on the complaint for
“ which it was given, and in this case to carry its operation no farther.

“ Perhaps a continued use of it may be of high service against this,
“ as well as other complaints : great things are said of it in that respect :
“ but I have not yet had experience to confirm the reports.

“ Persons who from an obstruction in the viscera labour under a load
“ of complaints, without being able to name any one particular disease,
“ a case very common, and too little pitied, or regarded ; who have pale
“ flesh, weak limbs, want of strength, and wearisome uneasiness in ex-
“ ercise ; and indeed in every thing they go about ; such will find im-
“ mediate and certain benefit from this medicine : and by continuing the
“ use of it, a lasting cure. They will perceive their strength and spirits
“ return ; they will be able to use that exercise which was so necessary
“ for them, yet which they loathed to take ; and life and colour will
“ gradually appear again in their pale and feeble face and limbs.

“ But this is not all : these habits tend to danger ; and though weak-
“ ness only shews itself, diseases lurk behind. Jaundice and dropsy
“ follow ; and make short work with the patient, who is perhaps too
“ weak for help, and too weary of his life to attend to the preserving it.

“ This medicine, by removing the obstruction which gave rise to
“ the first of those disorders, prevents the others ; and while it seems
“ only to sweeten life, preserves it.

“ Add to these virtues, that Centaury is a cordial, friendly to nature,
 “ and ready to give regulated, continued, and uninterrupted spirits ; and
 “ we shall thus see the detail of its great qualities : many and wonderful
 “ in a simple herb ; but less strange to the eye of the judicious phyfi-
 “ cian, than they might appear to the vulgar ; because all depend upon
 “ one principle, and, though so various in their appearance, all rise from
 “ one source.

“ The good effects of Centaury, as of all medicines, may be assisted
 “ by a careful regimen : for which intent receive these friendly admo-
 “ nitions.

“ Chew your food well before you swallow it. There is a proverb
 “ in the east, that he who does not chew his food hates his own life.
 “ They were a wise people ; and the sentence should be before our eyes
 “ for ever, while we are eating.

“ When age has taken away the teeth, or when they are weak from
 “ any other cause, all food must be cut thin and small : Nature intended
 “ it to go, in this condition, into the stomach ; and we oppress her when
 “ it is delivered thither in large morsels.

“ Eat less than you can ; for an over quantity even of the most inno-
 “ cent things is hurtful.

“ Avoid salted meats ; chuse such as are easiest of digestion ; and be
 “ sparing in the use of vegetables.

“ Take but a little supper ; but do not go without it ; and let the same
 “ rule be observed at breakfast. They err who recommend only one
 “ meal a day, for the stomach should not be loaded at some times, and
 “ empty at others.

“ Keep regular hours ; go to bed before midnight, and rise early ;
“ use exercise in a good air ; and every dose of the bitters will be as
“ good as three.

“ Above all things be careful of your drink. Spirituous liquors al-
“ ways hurt the stomach ; what we call wine, I am afraid, in general
“ contains too much of them. Beer is preferable, unless in such as are
“ too much inclined to be fat ; and with those cyder will often agree
“ better than all other liquors.

“ Too much tea is injurious to most people, after the middle term
“ of life : but to others, about two dishes an hour after dinner often
“ help digestion.”

Dr. James informs us, “ That this plant is of an aperitive, cleansing
“ faculty ; that it opens obstructions of the liver and spleen, provokes
“ urine and the terms, alleviates the jaundice and intermitting fevers,
“ strengthens the stomach and destroys the worms ; that outwardly it
“ is used in fomentations, against swellings and inflammations.”

Dr. Lewis remarks, “ That the tops of the Lesser Centaury are an
“ useful aperient bitter, that the Edinburgh Pharmacopœia directs an
“ extract to be prepared from them, and employs them as an ingredi-
“ ent in the bitter infusion and stomachic tincture.”

OBSERVATIONS BY THE AUTHOR.

We see from the great body of learned authors whose extracts we have selected, that Lesser Centaury is a plant of very considerable consequence in medicine, and may in the hands of the judicious be applied to many valuable purposes in physic.

It is not commonly known, perhaps to very few, that some acrimonious bitters particularly when administered alone, and in very strong doses, and that continued for a length of time, are a slow species of virus, and has proved as such in many constitutions, particularly the pulvis arthriticus amarus Paris, the pulvis arthriticus Portland, and some others. It is not to be imagined from hence that we are to refrain their use, from such improper treatment; on the contrary, medicines of such power are of the first importance in physic, and require only a necessary skill and judicious attention in their administration.

Upon a chymical analysis, Lesser Centaury produces a great quantity of acid phlegm, gross spongy earth and oil, a considerable quantity of urinous spirit, and concremented fixed salts, and is consequently possessed of inciding, aperient, and diuretic virtues.

The College of Physicians, in the Edinburgh Pharmacopœia, have judiciously directed three valuable preparations from this plant, which we think it our duty to lay before our readers.

Take of the dried plant of the Lesser Centaury what quantity you please, boil it in a sufficient quantity of water, till the herb has given out all its virtues to the liquor. Strain the decoction through a woollen cloth, and evaporate it, in a sand heat, to the consistence of honey, taking great care, as the matter begins to grow thick, to prevent by continually stirring, its burning.

Also, Take of this plant half an ounce, gentian root two drachms, boiling water a pint. Infuse them for four hours, then filter the liquor, and add to it one ounce of spirituous cinnamon water.

Also, Take of the Lesser Centaury tops, Curassoa oranges, and carduus benedictus seeds, of each one ounce; calamus aromaticus, or sweet scented flag, and gentian roots, of each one ounce and a half; Peruvian bark in powder two ounces; ironfilings tied up in a linen bag
three

three ounces; French white wine one gallon. Digest for the space of three days, and then filter the tincture.

These preparations, I have in the course of considerable practice in this metropolis, particularly the last, experienced highly useful in a debility and flatulency of the stomach and chylopoietic organs, and in a lax flaccid state of the viscera in general; notwithstanding, for reasons before hinted, I am of opinion a spirituous menstruum the most proper for administering some of the more pungent and acrid vegetable bitters, and can therefore recommend, from long experience, the following stomachic tincture in the above cases, which has seldom disappointed me in my expectation.

Take of the tops of the Lesser Centaury dry and cut into small pieces two ounces, of the roots of calamus aromaticus, and orange peel cut thin one ounce, ginger rasped, and the best saffron, of each half an ounce. Digest these for six or eight days in a sufficient quantity of the best French brandy, so as to cover the ingredients three inches above it, shaking them twice a day, when let it settle, and pour off the clear tincture, adding to each pint, of the best sweet spirits of nitre two ounces, which should be close stopped for use.

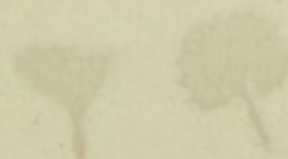
This valuable stomachic bitter tincture may be given in a little wine or simple mint water, from one to two table spoonfuls, as often as necessary, though I have sometimes found in cold phlegmatic habits, it has answered best administered alone.

This excellent medicine, may with the greatest justice be particularly recommended in most bilious, icteric, nervous, and arthritic cases, which owe their origin to a relaxed tone of the stomach, and where the fine organs and power of digestion have been injured, and which is so frequently the case, either through nature, intemperance, or inattention, from these diseases.

In fevers, even of the most degenerate class, much more those of a flighter nature, the following medicine will be found excellent, and which has frequently succeeded, when as it were nature was at its last ebb, and all hopes of recovery lost.

Take of the dry tops of the Lesser Centaury cut fine one ounce and a half, of the roots of butter-bur grossly powdered, and of the best English saffron of each half an ounce. Pour on these ingredients a sufficient quantity of the genuine sweet spirits of nitre, as in the process of the tincture last directed. Let the whole stand in digestion for about eight days, shaking them twice a day, when let the whole settle, and then pour off the clear for use, which must be kept close stopped.

This noble febrifuge essence, may be given from thirty or forty, to sixty or eighty drops or more, in a glass of wine, mint, or simple alexiterial water, and repeated twice, thrice, or oftener in a day as may be necessary, or the urgency of the case require it.





Anthemis Nobilis.

Camomile?

John Frederick Miller, del. 1791.

Pub: as the Art directs, Ed: 1793, by J. Bow, N: 28, Pall-mal: after Row.

C H A P. XXXIV

OF THE PLANT CAMOMILE.

Chamœmelum nobile, five Leucanthemum odoratius, C. B. P. Chamœmelum odoratiffimum repens, flore simplici, I. B. Anthemis Nobilis, Linn.

CAMOMILE.

THERE are various species of this plant enumerated by several botanists, as the common, marine, sweet scented, roman, corn, fetid, and others, which appear to consist of nearly the same virtue, though some in a greater degree than others; but we shall confine ourselves to the more general kind cultivated in our gardens for use, namely the sweet scented Camomile, which in time becomes more and more double, though some authors inform us, that in its natural single state it is best.

DESCRIPTION.

Camomile has small fibrous roots, from whence spring up several weak and feeble branches creeping along the ground, taking root on the earth as it runs, whereby it much increases.

The

The leaves are very fine and deeply cut, of a pleasing green colour, and the branches produce numerous flowers, thus more generally described.

Empal. Common, hemispherical. Scales almost strap-shaped: nearly equal.

Bloff. Compound, radiate. Florets with chives and pointals tubular; numerous; placed in the center, which is convex. Florets with only pointals, many; placed in the circumference.

Individuals with chives and pointals; funnel-shaped; with five teeth upright.

Individuals with only pointals, narrow, spear-shaped; sometimes with three teeth.

Chives. Threads five; hair-like; very short. Tips forming a hollow cylinder.

Point. Seed-bud, where there are both chives and pointals, oblong. Shaft as long as the chives; thread-shaped. Summits two; reflected.

Seed-bud where there are only pointals; oblong; shaft the same as the other. Summits two; rolled back.

S. Vefs. None. Cup unchanged.

Seeds. In all the florets, solitary; oblong. Feather none.

Recept. Chaffy; conical.

Camomile produces its flowers for the most part through all the summer months, in which time it perfects its seeds.

VIRTUES.

Dodoneus informs us, “ That the decoction of the whole plant is
“ a most powerful medicine, capable not only of provoking the terms,
“ but forwarding the birth, and is a valuable diuretic of great use in
“ the stone and gravel. That a bath of the same is of equal virtue, if
“ frequently used.

“ That a decoction of the flowers and herb in wine, is an excellent
“ carminative, powerfully expelling wind, and is therefore a good me-
“ dicine in the cholic and pains of the stomach and bowels. That this
“ decoction is also useful in diseases of the liver, particularly after the
“ jaundice.

“ That in pains arising from the stone and gravel, either in the blad-
“ der or elsewhere, a fomentation of the watery decoction of Camo-
“ mile about the region of the bladder, will give great relief; and will
“ provoke urine and expel gravel. That this decoction is no less use-
“ ful as a gargle, in sores and ulcers of the mouth.

“ That a cataplasm of this plant is useful in all wounds and ulcers,
“ especially those which happen about the corners of the eyes, more
“ particularly if washed at the same time with a decoction of the same.

“ That the oil of Camomile is a most excellent anodyne, as it will
“ ease and mitigate all pains and aches, and is useful in all hard swollen
“ tumours and bruises; and that if united with olive oil, and admini-
“ stered as a glyster, is a singular thing against all fevers.”

Langham says, “ That the juice of the plant, with wine, is a
 “ very good medicine for the stone and gravel. That in fevers, if Ca-
 “ momile, hyffop, and cinquefoil of each one handful, is boiled gently
 “ in a quart of ale, so as to extract their virtues, and properly taken, it
 “ will be found serviceable in those diseases.

“ That in all bruises, if Camomile, wormwood, and wheat bran,
 “ of each one handful, is boiled in wine and applied as a poultice, it
 “ will be found useful. That in an imposthume of the stomach, if six
 “ ounces of the distilled water of the plant is taken every morning and
 “ continued for some time, it will be of great service; and that in the
 “ strangury, if the quantity of one ounce of the same, sweetened with
 “ sugar is taken, it will administer relief in that complaint.

“ That a very useful oil may be prepared for all external pains, aches,
 “ swellings, &c. by putting three ounces of the flowers, after one day’s
 “ gathering, in one pint and half of fallad oil, and set it in the sun in a
 “ glass vessel for forty days. That in the cholic, stone, or stoppage of
 “ urine, bruise Camomile and wild mallows of each one handful, boil
 “ them with a sufficient quantity of water to softness, and apply them
 “ as a poultice to the abdomen, as hot as can be suffered, renewing it
 “ frequently, will give great ease in those diseases.

He further says, “ That for sinews that are shrunk, and for swellings
 “ in the neck, it will be found advantageous to bruise Camomile with
 “ as much water-creffes, and fry them with flower and honey, and ap-
 “ ply it as hot as can be suffered. That in stiches and pains of the side,
 “ it will be useful to bruise the flowers with a little vinegar, and apply
 “ them hot in a bag. Or seeth three handfuls of the flowers with as
 “ much wormwood, some mallows, and a handful of rosemary in a
 “ gallon of water to two quarts, and put it into two or three bladders,
 “ and apply them hot, one after the other.

“ That an useful water may be made for the cholic and other windy
 “ complaints, by distilling the flowers of Camomile, with a small part
 “ of mint in wine, and taking it when necessary. Or a decoction of
 “ the flowers with rue will be found also excellent in these diseases.
 “ That a good plaster is thus prepared for the stomach. Bruise Camo-
 “ mile, mint, and sage, with a greater proportion of wormwood, and
 “ some stale bread, and boil it to a proper consistence in vinegar, and
 “ apply it warm to the stomach.

“ That to remove a fit of the ague, the following has been experi-
 “ enced useful. Bruise and boil one handful of the plant in a pint of
 “ ale to half a pint, strain it off, and sweeten it with sugar, and take it
 “ one hour before the fit, lying in bed to promote perspiration, and
 “ which should be repeated two days fasting.

“ That for the epilepsy, it will be found advantageous to boil the
 “ flowers of Camomile with vinegar and honey, and to continue taking
 “ it daily morning and evening.”

Etmuller remarks, “ That a decoction prepared of the common,
 “ though he preferred the Roman Camomile, is of noble use in the
 “ heart-burn. The patient should take a draught of it in the morning
 “ fasting, or in the fit. That for internal pains after delivery, he could
 “ recommend, from his own experience, a decoction of the leaves or
 “ flowers of Roman Camomile, either by itself, or with a few drops of
 “ elixir proprietatis.

“ That the following will be found beneficial in a suppression of the
 “ lochia. Take of Camomile flowers half a handful, dried orange peel
 “ one ounce; infuse and boil them gently in two pints of ale to a pint
 “ and a half; let the patient take a draught of the strained liquor warm
 “ three times a day. Or take of the leaves, or rather the dried flowers
 “ one handful; boil in spring water a sufficient quantity, till by gentle
 “ boiling it is reduced to one pint: then take of the strained liquor

“ three ounces warm three times a day, and you will have a noble
 “ remedy ; especially if the uterus be affected with pains.

“ Take also of the leaves of Camomile two or three handfuls ; boil
 “ them to a softness ; then mash them, and make a poultice to be ap-
 “ plied warm to the abdomen.

“ That in tumours of the pudenda, the following he has experienced
 “ highly useful. Take of fresh Camomile flowers one part, of the
 “ leaves of brook-lime two parts ; make a poultice to be applied hot to
 “ the swellings after the use of the following fomentation.

“ Take flowers of Camomile and elder, of each two handfuls ; boil
 “ in two pints of water, or rather wine, to a pint and a half ; make a
 “ fomentation to be used hot. If in making the poultice the flowers are
 “ dried, they should be pulverized and pounded along with the brook-
 “ lime.”

Balth. Brunner recommends in scorbutic pains, “ To take of the
 “ flowers of Camomile, of the leaves of water cresses, and of juniper
 “ berries, of each equal parts ; boil them in a sufficient quantity of
 “ milk, and make a poultice to be applied warm, every morning and
 “ evening to the part affected.”

Frederic Hoffman asserts, “ That no simple, in the Materia Medica,
 “ is possessed of a quality more friendly and beneficial to the intestines
 “ than Camomile flowers ; for which reason, says he, I have instead of
 “ all other ingredients, hitherto prescribed with great success their use
 “ in glysters, adding when there is a necessity for it, oil of sweet al-
 “ monds ; and for patients of the poorer sort, linseed oil, or oil of tur-
 “ nip seeds ; or for evacuating the fœces a sufficient quantity of com-
 “ mon salt ; which, for its stimulating quality is of more service than
 “ the whole train of laxative and purgative extracts and electuaries,
 “ which may be very well left out of glysters.”

Sir John Floyer observes, “ That Camomile tastes bitterish and
 “ acrid ; and is aromatic in smell ; therefore it is chiefly cephalic, diu-
 “ retic, sudorific, and uterine. That outwardly it is discutting. That
 “ the juice is given before the fits of the ague, and for pains in the
 “ stomach.”

An old Author informs us, “ That Nicheffor said the Egyptians by
 “ their Sophi dedicated this plant for its virtues in all sorts of agues, to
 “ the Sun, which is confirmed by Galen, though in some particular
 “ cases denied. That they used the decoction of Camomile for all
 “ pains and stiches of the side. That the oil, united with the flowers,
 “ by pounding them together in a mortar, and pressed strongly from
 “ them, will remove all sorts of agues, if the patient is anointed there-
 “ with, from the crown of the head to the sole of the foot, and by be-
 “ ing put to bed to promote as strong a perspiration as possible.”

He further informs us, from his own experience, “ That this oil is
 “ useful in all kinds of agues arising from whatever cause ; and that
 “ there is nothing more profitable in any pains of the sides, and region
 “ of the liver and spleen.”

“ That bathing with a decoction of Camomile easeth pains to what
 “ part of the body it is applied to ; that it is of singular use to sinews
 “ that are overstrained, and mollifieth all swellings ; moderately com-
 “ fortting all parts which stand in need of warmth, digesting and dis-
 “ solving what is necessary, in an extraordinary and speedy manner.”

“ That the flowers boiled in posset drink promote perspiration, and
 “ is an useful medicine to expel cold, pains, and aches, whatsoever ;
 “ and is of excellent use in a defect of the menses. That a syrup made
 “ of the juice of Camomile, with the flowers and white wine, is a va-
 “ luable remedy against the jaundice and dropfy.”

“ That Bacchinus, Pena, and Lobel commend a fyrup made of the
 “ juice with fugar, as an excellent medicine for the difeafes of the fpleen.
 “ That it is certain it more wonderfully breaks the ftone, as fome take
 “ it in fyrup or decoction for it, others inject the juice of it into the
 “ bladder with a fyringe for this purpofe ; but that he was of opinion
 “ that the falt of the plant taken to half a drachm of it in the morning,
 “ in a little white or Rhenifh wine, is better than either. That this
 “ plant is excellent for the ftone appears from what he had feen, viz.
 “ That a ftone taken out of the body of a man being wrapped in Camo-
 “ mile, was in a very fhort time diffolved.”

A valuable old Author fays, “ That the liquid juice is a valuable an-
 “ tifcorbutic, and refifts the infection of the plague ; and being ta-
 “ ken to four ounces or more two hours before the coming of the fit of
 “ an ague, whether quotidian, tertian, or quartan, it commonly cured it
 “ at three or four dofes ; befides which it cures the moft violent pleu-
 “ rify, more efpecially if a little volatile falt is added to it ; and this he
 “ affirms from his own repeated experience. That he had alfo experi-
 “ enced it a valuable diuretic and uterine medicine, and of the firft con-
 “ fequence in the ftangury, by giving as it were immediate relief.

“ That the effence has all the virtues of the former ; befides which it
 “ facilitates the birth, and brings away the child whether dead or alive,
 “ as alfo the after-birth. That it is alfo good in difeafes of the breaft, as
 “ coughs, colds, afthmas, and other obftructions of the lungs, and alfo
 “ ftiches in the fide. Dofe four ounces morning and evening.

“ That the fyrup made of the juice of the double flowered Camomile,
 “ faith Bauhinus, but of our common garden, fay Pena and Lobel, with
 “ the flowers alfo, and a little white wine, being taken three or four
 “ fpoonfuls at a time, is a remedy againft the jaundice and dropfy, as
 “ alfo the evil difpofition of the fpleen.

“ That

“ That the infusion, if it is made with white port wine, it provokes
 “ urine, opens obstructions of the urinary parts, expels sand, gravel and
 “ tartar, and is useful against a fetid breath. That this preparation has
 “ the virtues of the juice and essence, but not altogether so powerful.

“ That the decoction of Camomile taken, if made with wine and wa-
 “ ter, Parkinson says it takes away all pains and stiches in the sides ;
 “ that it comforts the nerves that are overstrained, mollifies tumours,
 “ and dissolves those which are not very hard ; and moderately warms
 “ those parts which are chilled by any cold paralytic humour.

“ That the powder of the dried herb, but chiefly of the flowers,
 “ being given from half a drachm to one drachm, is of service in all
 “ windy pains and gripings of the stomach and bowels.

“ That an ointment prepared of Camomile, heals wounds that are
 “ difficult of cure, in a cold scorbutic habit of body, gives ease in the
 “ gout, and mollifies tumours proceeding from an afflux of humours.

“ That the balsam is more excellent for healing wounds than the
 “ ointment, and being united with other proper things, it brings apof-
 “ tems to suppuration, and prevails singularly against the gout, whe-
 “ ther it proceeds from a hot or a cold cause, and will be so much the
 “ more effectual if camphire be added to it, which contains in it an at-
 “ tractive heat, which draws forth the malignity of the disease through
 “ the pores of the skin.

“ That the cataplasm of Camomile being applied, it is useful to dis-
 “ cuss, or dissolve tumours and wind in any part of the body, and to
 “ ease pains and aches of the joints. That being applied as hot as can
 “ be endured, it eases the spleen, and gives immediate relief in the
 “ pains of the most exquisite pleurisy. That it also takes away pains
 “ and stiches of the sides, removes shortness of breath, and causeth pre-
 “ sently an easiness of breathing.

“ That

“ That the distilled water is good against fainting of the heart and
 “ spirits, is good against vapours and fits of the mother, as also pains
 “ and distempers of the spleen ; but is chiefly used as a vehicle to con-
 “ vey the other preparations of the plant in. That six ounces of it,
 “ with half a drachm of the salt of Camomile dissolved in it, prevails
 “ wonderfully against stoppage of urine, and so is very useful in the
 “ strangury.”

He further says, “ That a spirituous tincture prepared from the
 “ flowers, or the herb and flowers together, prevails against fainting
 “ and swooning fits, coldness of the stomach, and sickness at heart.
 “ That it comforts all parts which have need of warmth ; it digests
 “ crude humours, discusses wind in the stomach and bowels, alleviates
 “ its pains, and provokes urine gently, induces perspiration, and expels
 “ cold aches and pains in what part of the body soever.

“ That the acid tincture of Camomile is a good febrifuge, is useful
 “ in the cholic, and strongly diuretic. That it powerfully opens ob-
 “ structions of the lungs, and helps such as have shortness of breath,
 “ or hoarseness. That it attenuates, cleanses, purges, opens, and ex-
 “ pectorates tough phlegm, and is useful for all diseases of the breast,
 “ caused by the afflux of moist and phlegmatic humours, whether thin
 “ or thick. That it may be made more pleasant and grateful with sy-
 “ rup of violets, or clove gilli-flowers, or a tincture of Spanish juice of
 “ liquorice, and to be taken often in the day, and continued for some
 “ time together.

“ That the oily tincture being rubbed in daily, morning and even-
 “ ing, before a good fire, all along the back bone, from the head to the
 “ anus, and also over all the affected limbs, it cures palsies above all
 “ things. That it also cures rheumatic pains, being well anointed up-
 “ on the parts affected twice a day, and continued for some time. That
 “ it expels cold, eases the pains of the pleura, and the after-pains of wo-
 “ men in child-bed, being properly applied, and twenty drops of it given
 “ inwardly

“ inwardly in a glass of Canary. That in all outward applications, if
 “ you add a little camphire to it, as one ounce to a pound of the tinc-
 “ ture, it makes it so much the more powerful and effectual.

“ That the saline tincture of this plant, may be given from half a
 “ drachm to a drachm, in white wine, against stone, gravel, sand, and
 “ tartarous matter in the reins and bladder; that it opens obstructions
 “ of the urinary parts, and of the womb; that it is good against va-
 “ pours and fits of the mother, and dissolves coagulations in the pleura.
 “ That outwardly used, it is good against the gout, or any other pains
 “ proceeding from a cold cause.

“ That the spirit of Camomile is a singular cordial, cheers the heart,
 “ revives the spirits, strengthens nature, and enables the body to with-
 “ stand diseases. That it is good against convulsions, and prevails much
 “ against wind, fainting and swooning fits, vapours and diseases of the
 “ womb, for which it is a specific. That it comforts the head, nerves,
 “ and brain, and is a very powerful stomachic. Dose, two drachms or
 “ more dulcified.

“ That the distilled oil is an excellent thing for the head, nerves,
 “ womb, and joints, and therefore is good against vertigoes, apoplexies,
 “ epilepsies, pains of the stomach, convulsions, fits of the mother, pal-
 “ sies, lameness of the limbs, and all rheumatic pains. That in diseases
 “ of the head and nerves, as palsies, &c. it ought to be anointed down
 “ the back bone, so also upon the parts affected; and also should be
 “ given inwardly in a glass of wine, from three drops to twelve or six-
 “ teen, dropped first upon white sugar, which mix well, and then dis-
 “ solve it in the wine, and so taken.

“ That in vertigoes, apoplexies, epilepsies, convulsions, stomach-
 “ complaints, &c. it need only be taken inwardly, morning and even-
 “ ing as directed.

“ That

“ That the fixed salt is singularly nephritic, and antipleuretic ; eases
 “ pains in the reins, opens obstructions of the urinary parts, dissolves
 “ the congelation of blood in the pleura, womb, and carries off the
 “ feminalities of those diseases by urine, dose half a drachm.”

Dr. Strother remarks, “ That Camomile flowers, are of a bitterish,
 “ somewhat acrimonious taste, though of a fragrant agreeable smell,
 “ That with respect to its virtues, it heals, incides, attenuates, and
 “ that it is carminative and anodyne.

“ That the blossoms of the plant are specifics in pains of the head,
 “ womb, belly, and bladder ; and externally, by any the slightest heat,
 “ they prove most effectual in cholics.

“ That they enter into the composition of emollient and carminative
 “ glysters ; for example,

“ Take the flowers of Camomile, and speedwell, of each a handful,
 “ common salt a sufficient quantity ; boil them gently over a slow fire,
 “ and make a glyster. He says, it does wonders in pains of the bowels
 “ and cholic.

“ That its chymical oil is given most successfully in diseases of the
 “ womb, and cholic passions, whether given in wine, or taken with
 “ sugar.

“ That outwardly, cataplasms made of them are applied, which diffi-
 “ pate humours, and which do conduce in gouts ; for in inflammations
 “ they both lenify and disperse the impacted humours.

“ That the more usual manner of giving them, is either in decooc-
 “ tion or infusion.

“ That

“ That its preparations are, first a distilled water, which is an excellent one, by reason of the volatile oily salts it abounds with ; and that he had after dissipated flatulencies of the belly and intestines with great success, by giving only this water by way of glyster. Secondly, an oil by distillation, which is an excellent uterine, nervine, and carminative. Thirdly, an oil by expression, which is used outwardly to appease pains and mollify tumours.”

Drs. Quincy and Alleyne observe, “ That Camomile is endued with carminative virtues, and is also accounted a good anodyne, and excellent against cramps, and such like spasms.

“ That it is used with success against the tooth-ach, applied hot in a bag, to the cheek. That the college of their time, had given the following compound water of the blossoms of this plant in their late Dispensary, which was a most excellent composition, as a cordial and carminative.

“ Take of dried Camomile flowers one pound, of the outer peel of oranges two ounces, of the leaves of common wormwood and pennyroyal of each two handfuls, of the seeds of annise, cummin, and sweet fennel ; of the berries of bay and juniper of each one ounce ; infuse them for a proper time in one gallon of French brandy, and by adding a sufficient quantity of water, draw off by distillation two gallons, which may be used at discretion.”

Dr. Morton informs us, “ That he had found Camomile flowers reduced to a fine powder, and taken at due intervals, as infallible in curing intermitting fevers, as the peruvian bark ; and farther asserts, that he himself tried it in three instances, in every one of which it succeeded.

“ That in his practice, he gave one scruple of the powder of the flowers, half a scruple of diaphoretic antimony, and half a scruple of salt of wormwood every sixth hour to cure agues with success.”

Dr. Brookes says, “ That the flowers of this plant are lenient, emol-
 “ lient, resolvent, anodyne, anti-spasmodic, and strengthening. That
 “ they have a great carminative virtue, and are very powerful in dis-
 “ cussing wind, and curing gripes and pains proceeding from thence,
 “ particularly for womens after pains, and the dry belly ach, inflamma-
 “ tion of the stomach, heart-burn, and the spastic pains attending a fit
 “ of the gravel.

“ That the dose of the powder of the flowers is from half a drachm
 “ to a whole one; though when it is given for agues, a dose should be
 “ taken every four hours. That externally they are emollient, discus-
 “ sient, mitigate pains, and resolve coagulated blood.”

Dr. Sir John Hill remarks upon Camomile, “ That nature offers its
 “ flowers to us single; and in this state they have the greatest virtues,
 “ because those yellow threads which then fill their centre possess it
 “ highly; but that it is the unlucky custom of the time to use them
 “ double from the gardens.

“ That all the parts of this excellent plant are full of virtue. That
 “ the leaves given in infusion cure cholics, and dispel wind from the
 “ stomach; and are excellent against indigestion.

“ That the flowers are a fine and noble bitter. Few things are equal
 “ to them in strengthening the stomach, and creating an appetite, as
 “ well as assisting digestion, and in the cure of agues; and that he
 “ had known them do it after the bark had failed.

“ That the best way of taking the leaves, is in a strong kind of tea;
 “ in which way even that cholic which attends the gravel, yields to
 “ them.

“ That when given to strengthen the stomach, a tea made strong of
 “ the single flowers of the wild Camomile is best, and those who have
 “ not made it from such flowers know less than half its virtues.

“ That

“ That for agues, the same kind of flowers should be dried and powdered, and a scruple taken once in four hours, and this repeated for four days. That the oil distilled from these flowers is an excellent medicine in cholics.”

Dr. James observes, “ That the leaves and flowers of this plant, have a strong not disagreeable smell; and a very bitter nauseous taste. That the flowers are somewhat bitterer, and considerably more aromatic than the leaves, and the yellow disk of the flower is, in both respects, far stronger than the white petals. That the smell, as well as the taste, is rather improved than weakened by drying, and does not soon suffer any considerable diminution in keeping.

“ That this plant, besides its general virtues as a bitter, is supposed to have some degree of a carminative, anodyne, and antispasmodic power, depending on its odorous matter. That it digests, relaxes, mollifies, alleviates pains, and excites a discharge of the menses and urine. That hence it is singularly beneficial in cholics, flatulent spasms, and convulsions.

“ That it is used externally in paregoric, emollient, and maturing cataplasms, and in glysters. That among all plants none are more efficacious than Camomile flowers, for baths, intended to remove nephritic pains.

“ That these flowers make an excellent cataplasm for discussing, softening, and maturing abscesses. That when boiled in milk, and put into a bladder, either alone, or jointly with the flowers of elder, mallows, yarrow or saffron, they are highly efficacious in alleviating pains and softening tumours, if the bladder is applied to the part affected.

“ That he had learned from his own long experience and practice, that brandy distilled from Camomile flowers, the tops of yarrow, an-

“ nise feeds, and Æthiopic cummin was of more efficacy in discuffing
 “ flatulencies, than any of the other fo much extolled carminatives,
 “ and antispafmodic preparations.”

Drs. Lewis and Withering confirm the laft obfervations, and the
 laft informs us, “ That the infusion of the flowers is often used as a
 “ ftomachic, and as an antispafmodic; but that in large quantities it
 “ often excites a nauſeous vomiting.”

Lewis, in his improvements upon the chemical works of Cooper
 Newmann, a profeſſor of chemiſtry at Berlin, remarks, “ That the
 “ flowers of the common Camomile, contain a bitter ſubſtance ſimilar
 “ in quality to that of wormwood, gentian, centaury, &c. joined with
 “ an eſſential oil of a peculiar ſtrong flavour.”

“ That the quantity of oil is very ſmall, a whole pound of the
 “ flowers yielding ſcarcely above a ſcruple: that it reſides, not in the
 “ white petals, nor in the yellow diſk, but ſolely in the cup of the
 “ flower.

“ That this oil appears of a beautiful deep blue colour; not as ſome
 “ have ſuppoſed, from its diſſolving a part of the copper veſſel in which
 “ theſe kinds of diſtillation are uſually performed, for it proves of the
 “ ſame colour when drawn in glaſs ones. That by age, its fine co-
 “ lour gradually decays, and changes at laſt to a browniſh or greeniſh
 “ yellow.

“ That Hoffman reported, that the genuine oil of Camomile would
 “ not continue blue above a year, and that ſuch which held its tincture
 “ longer than that time, had received it from art; but on trial he had
 “ found, that the genuine as well as the counterfeit oil, if kept in bot-
 “ tles quite full, and cloſely ſecured from the air, would retain their
 “ colour for two or three years or more, and both of them to loſe it in
 “ a ſhort time if there was any vacuity in the veſſel, ſo as to admit the
 “ air;

“ air ; but that the blue colour of the counterfeit was destroyed by air,
 “ and changed to a green, much sooner than that of the genuine.

He further remarks, “ That an ounce of the dried flowers yeiled
 “ with spirits of wine, three drachms, and afterwards with water, two
 “ drachms of extract. That the indissoluble residuum weighed in both
 “ cases three drachms.”

Simon Pauli observed “ That these flowers contained a manifest
 “ saline substance ; that when digested and boiled in wine, and two or
 “ three fresh parcels boiled in the same liquor, the wine pressed out
 “ from them tasted at length notably saline. That he had repeated this
 “ experiment, and found the liquor to be of a truly saline taste, ap-
 “ proaching in some degree to that of common salt.

“ That he had tried it with a solution of silver and of quicksilver.
 “ That it occasioned a precipitation in both, but the precipitate of the
 “ silver was not a luna cornea, nor that of the mercury similar to corro-
 “ sive sublimate, which they would have been if the salt had been of
 “ the marine kind. That it was probable, the salt proceeded in a good
 “ measure from the wine, though the taste of the decoction was differ-
 “ ent from that of boiled wine by itself.

“ That it is supposed, that Camomile flowers have their antispas-
 “ modic and mild anodyne virtue depending on their oil, and that the
 “ oil, as already observed, is lodged in the cup, and that the bitterness
 “ prevails chiefly in the yellow disk of the flower.”

OBSERVATIONS BY THE AUTHOR.

We are now led to consider the nature of an English plant, which
 though trivial in its appearance, is notwithstanding endued with asto-
 nishing virtues. It might perhaps be thought by some almost needless
 for

for me to add to the high and concurring testimonies of the first authors in its recommendation, whom we have just quoted; but as probably the medicines I have formed from it in my practice, may prove of advantage to certain individuals, it might be wrong to withhold it.

Camomile appears upon a chymical analysis to consist of oily, volatile, and saline particles; and consequently to possess corroborating, carminative, and anodyne virtues, Its saline parts appear more of a sedative nature than most of the plants I have examined, it is therefore no wonder it should partake of these valuable properties in so eminent a degree. Hence it has proved particularly serviceable as a mild anodyne to calm the burning heat of the blood in fevers, and greatly to allay spasmodic affections, whether hypochondriacal or hysterical.

The particular purposes I have applied it in my practice, has been that of an useful, corroborating and carminative medicine, in indigestion, weakness, flatulencies, and cholicky complaints of the stomach and bowels; and in fevers more usually that are intermitting, and that attend nervous cases. But before we proceed, we think it necessary to add some of the valuable preparations of the College from this plant.

In the last new London Pharmacopœia, the royal College of Physicians, upon the recommendation of Sir John Pringle, has directed the following extract, which he observes is a remarkable bitter antiseptic, and given in doses of a scruple or two, either by itself, or as an assistant to other remedies, will be of great use in flatulency, dyspepsy, and pains of the stomach and bowels.

Take of Camomile flowers a sufficient quantity, boil them in distilled water, press out the decoction, strain and set it by, that the fœces may subside; then boil it again in a water bath, saturated with sea salt, to a consistence proper for making pills.

In

In the former Dispensatory, they have directed the following preparation of this plant, as a valuable medicine.

The Essential Oil of Camomile.

This is observed to be a very pungent oil, and though of a strong, not ungrateful smell, resembling that of the flowers. That it is given frequently in the dose of a few drops, as a carminative, in hysteric disorders, and likewise as a vermifuge. It may be conveniently made into pills with the crumb of new bread.

The College of Physicians at Edinburgh have recommended the two following preparations of Camomile, as useful medicines.

Distilled Camomile Water.

Take any quantity of the flowers, and a sufficient quantity of water as will prevent their burning. Distil off the water so long as it proves sufficiently strong of the flavour of the flowers.

The Camomile flowers were ordered in the former editions to be fermented previous to the distillation, a treatment which they stand little in need of, for they give over without any fermentation, as much of that process is capable of enabling them to do. In either case, the smell and peculiar flavour of the flowers arise, without any thing of the bitterness, this remaining behind in the decoction, which if duly dépurated and inspissated, yields an extract similar to that prepared from the flowers in the common manner.

This distilled water is recommended and chiefly used in flatulent cholics, pains in the bowels, and the like.

Expressed

Expressed Oil of Camomile.

Take of Camomile, with the flowers fresh gathered and bruised, one pound; olive oil, three pints; boil them gently till the herb is almost crisp, then strain and press out the oil.

This oil is designed for external applications only. Besides the emollient quality of the oil itself, this preparation partakes greatly of the virtue of the Camomile, and is used as a warm discutient and resolvent.

These preparations, recommended by both Colleges, I have experienced highly useful in the course of my practice; as well as my own preparations of this valuable plant, which I shall now add, the one an useful stomachic; the other a prevailing febrifuge.

Corroborating and Carminative Tincture of Camomile.

Take of the new dried flowers of Camomile one ounce and a half, put them into a quart bottle, and pour upon them one pint and a half of the best spirits of Hollands geneva, let them stand in digestion for three or four days, when strongly press out the tincture from the flowers. Put this tincture upon the same quantity of fresh blossoms as at first, with the addition of one ounce of saffron, half an ounce of caraways, and half a pint of the neat spirit as before; let the whole stand in digestion for five or six days, shaking it once or twice a day, when strain it closely out, and when the fœces have subsided, pour off the neat tincture, and keep it close stopped for use.

A table spoonful or two of this stomachic tincture, either by itself, or diluted with wine or any simple distilled aromatic water, will be found extraordinarily useful in all pains and uneasiness of the stomach and bowels, proceeding either from indigestion, want of appetite, flatulent cholies, gripes, and the like.

Febrifuge

Febrifuge Effence of Camomile.

Take of the new dried flowers of Camomile a sufficient quantity, put them into a glass vessel, and pour upon them as much of the best sweet spirits of nitre, as will cover two or three inches at first above them; let them stand in digestion for a few days, when strongly press out the spirit. Put then into a proper vessel, to every pint and a quarter of this spirit, of the fresh flowers of Camomile, butter-bur root, grossly powdered, and the best English saffron, of each half an ounce, let them stand together for some days, when strain off the neat for use, and keep it close from the air.

This valuable medicine, in ardent, intermitting, and nervous fevers, will be found of the utmost consequence, in doses from half a tea-spoonful to two, in a glass of wine, or the distilled water of the plant, and repeated as often as occasion.

In both these medicines, which I cannot from long experience sufficiently recommend, I have frequently found, that, when administered at bed time, three or four tea-spoonfuls of the syrup of white poppies added to each dose, a valuable addition; and even when more frequently used, in the quantity of a tea-spoonful or two, very useful.

I shall close my observations with a preparation that was recommended to me by a friend, for the palsy, from this plant.

Procure a new earthen glazed vessel with a cover, fill it with the fresh Camomile plant when in blossom, stop it close, and put it into another vessel that will close likewise. Bury the vessels in the earth for forty days, when open them, and under the Camomile will be found a kind of unctious juice, with which the paralytic parts should be well rubbed two or three times a day.

C H A P. XXXV.

OF THE PLANT WINTER-CHERRY.

Alkekengi Halicacabum, Offic. Alkekengi Officinarum, Boerh. Ind.
 Alt. Solanum Halicacabum vulgare, I. B. Solanum vesicarium C. B.
 Pin. Physalis Alkekengi, Linn.

WINTER-CHERRY.

ALTHOUGH this plant is not a native of our country, yet as it is so easily propagated in our gardens, and possessed of such considerable virtues, we have thought it best to give it a place in this work, as it is the Author's wish to render it as useful as possible.

DESCRIPTION.

Winter Cherry is a low branched shrub, said by some to be a native of France, Germany, &c. has a small root spreading abroad with small fibres creeping under the earth, causing it greatly to increase. This root is knotted or jointed in several places, and is sometimes the thickness of the little finger, and shoots forth its roots at several of the joints, whereby its propagation is generally increased.

From this root rises up a stalk two or three feet high, round, slender, knotty, of a reddish colour, which branches itself out various ways, so

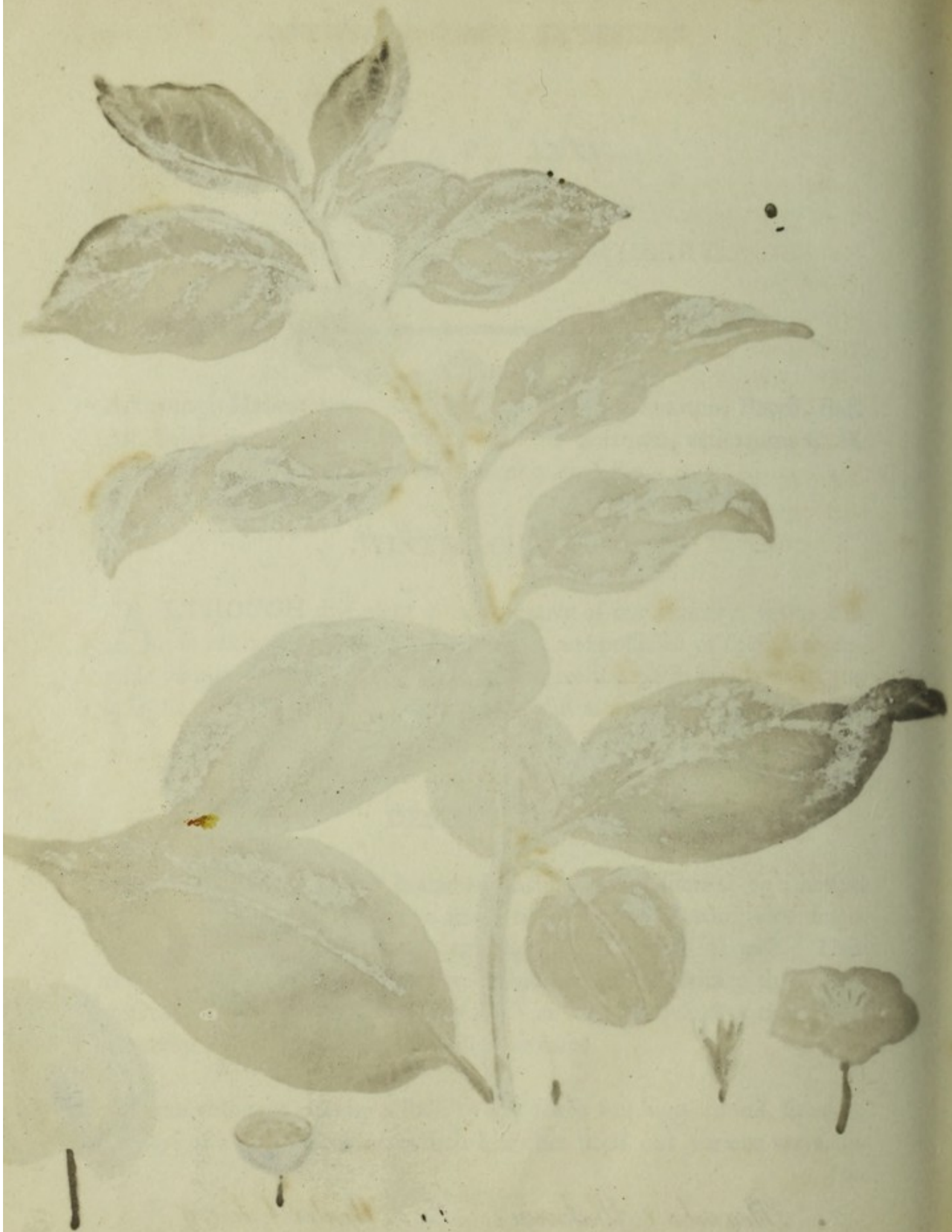


Physalis Alkekengi.

Winter Cherry.

John Frederick Müller, del. 1792.

Pub: as the Act directs. Oct. 1792. by J. B. Saw, N^o. 28. . Later-recter Bew.



as to form against a wall a pleasing appearance, near to which knots or joints come forth, broad and long green leaves, not much unlike to those of common night-shade, but larger, and which produces flowers nearly white, which stand single at the joints; the flower cup changes into a membraneous cover, at first of a dingy yellowish brown, which afterwards changes to somewhat of a saffron colour, which at length bursts, and discovers a fruit of a fine red colour, about the size of a common Cherry. In the fruit is contained a reddish pulp, in which the seeds are nourished, and are many, small, and flat, and of a pale yellow colour.

Winter Cherry produces its blossoms about July or August, and the fruit ripens in September or October, and continues frequently to the middle of December.

VIRTUES.

Dodoneus informs us, “ That the fruit of the Winter Cherry openeth obstructions of the liver and the kidneys, and provoketh urine. That it is very good for the jaundice, and all pains of the reins and bladder arising from the stone and gravel.”

Dioscorides says, “ That an infusion of this fruit in whey, or a decoction prepared with the same is an effectual remedy against the epilepsy.”

Caspar Hoffman remarks, “ That the diuretic virtue of the Winter Cherry is so well known to the poor people of Germany, that for this purpose large quantities of it are used for all obstructions of the urinary parts.”

“ Analdus de Villanova, who is said to have revived the exploded use of this plant, found the efficacy of a wine prepared from it in a retention of urine, which would yield to no other medicine.”

An old Author observes, “ That Winter Cherries are of great use in
 “ phyfic. That the leaves being cool may be used in all inflammations,
 “ but that they are not opening as the fruit, which are very diuretic,
 “ and provoke urine to be voided plentifully when obstructed, or grown
 “ hot, sharp and painful in the passage.

“ That it is good to expel the stone and gravel out of the reins, kid-
 “ neys and bladder, causing the stone to dissolve, and voiding it by
 “ urine. That it is very useful to cleanse inward imposthumes or ulcers
 “ in the reins and bladder, and for those who void bloody urine.

“ That the distilled water of the fruit, or the leaves united with
 “ them either green or dry, distilled with a little milk, and taken with
 “ a little sugar morning and evening in the above complaints, particu-
 “ larly against the heat and sharpness of urine.

“ That an excellent way for using the Winter Cherries in the stone
 “ and gravel is the following.

“ Take three or four good handfuls of the fruit, either green or dried,
 “ and having bruised them, put them into so many gallons of beer or
 “ ale, when it is new tunned up. That this taken daily hath been
 “ found to do much good to many, both to ease the pains, and expel
 “ urine and the stone, and to prevent its increasng.

“ That the decoction of the fruit in wine and water is the most usual
 “ way; but the powder of the dried fruit, in any proper vehicle, is
 “ the most effectual manner of administering it.”

Sir John Floyer remarks, “ That the leaves of the Winter Cherry
 “ taste bitter, mucilaginous, and biting; and are therefore an excellent
 “ diuretic. That the fruit are acid and bitter, and that infused in wine,
 “ or taken in powder are very diuretic. That the membranous cover
 “ which incloses the fruit, tastes the most bitter. That opiates are
 “ diuretic

“ diuretic by their acrimony and sliminess. That the smell in this
 “ plant is but trifling.”

Tournefort says, “ That the roots of Alkekengi or Winter Cherries,
 “ are very prevalent against diseases incident to the reins, and an acri-
 “ mony or sharpness of urine, by mitigating the anodyne sulphur.

“ That the fruit may be either eaten raw, or preserved with sugar,
 “ or candied.

“ That he had exhibited five or six of the bruised Cherries in the
 “ form of an emulsion, with great advantage.

“ That a wine is likewise prepared from them, by infusing Winter
 “ Cherries in new wine, which might be given to the quantity of four
 “ ounces.

“ That lozenges are likewise prepared from them, the dose whereof
 “ is one drachm ; and which may be thus administered.

“ Take of lozenges, of Alkekengi, or Winter Cherries one drachm,
 “ of crabs eyes prepared one scruple, of the powder of millepedæ, grains
 “ twelve, and with a sufficient quantity of candied or preserved citron
 “ peels, should be given for a dose.

Or, “ Take of the extract of the fruit of Winter Cherries two
 “ drachms, of laudanum one grain, unite, and form a bolus.

“ That either of these preparations may be administered in nephritic
 “ pains with great success.”

He also says, “ That the fruit of the Winter Cherries are used
 “ in the compound syrup of fuccory, and of the antinephritic syrup of
 “ Monsieur Charras.”

Dr. Strother informs us, “ That Winter Cherries are of a gently
 “ acrimonious, and bitterish taste, that the plant is bacciferous and
 “ monopetalous, divided into five segments.

“ That they consist of gently saline, and viscous particles, joined to
 “ some oily ones. That as to their virtues, they have a two-fold one;
 “ namely, from their salts, they are diuretic; and from their viscous
 “ and oily parts, they are narcotic; that therefore, they are warming,
 “ inciding, diuretic, nephritic, and opening, and dissolve a gross in-
 “ crassated blood; and that they are used either in decoction or infu-
 “ sion.

“ That they are not anodyne of themselves, but because they temper
 “ the blood and urine, and by their gentle saline parts open; so that
 “ from this mixture arises a tertium quid, resembling vitriolated tartar,
 “ which arises from oil of tartar, and oil of vitriol blended together.

“ That their preparations are first a tincture with spirits of wine,
 “ which is good in cases of the kidneys and bladder. Secondly, troches,
 “ which are good in jaundices; and are antihydropical, because they
 “ open and dissolve and carry off the serum; but then they must be
 “ fresh, or they are worth nothing.

“ That the seeds are anti-icterical, because they attenuate the gross
 “ and viscid choler.”

A valuable old Author observes, “ That the distilled water is cool-
 “ ing and diuretic, and is best distilled from the fruit or leaves with a
 “ little milk. That it may be drank, from two ounces to five or six,
 “ sweetened with a little sugar morning and evening, against the stran-
 “ gury, and all the diseases of the urinary parts.

“ That the juice of the fruit may be given from one ounce to two,
 “ in a glass of white port wine, against stone, gravel, sand, tartarous
 “ mucilage,

“ mucilage, or whatever stops the urine in either reins, ureters, or
 “ bladder; but that the powder of the Winter Cherry is the best form of
 “ the two for administering it, and is the most powerful.

“ That the infusion or decoction of the fruit in white wine, or wa-
 “ ter, opens the urinary parts, and is an excellent thing against the
 “ strangury, provoking the urine plentifully when it is stopped, or is
 “ hot, sharp, or painful in the passage. That it is good to expel the
 “ stone and gravel out of the reins and bladder, helping where it is
 “ composed of a gritty substance to dissolve it, and to expel and send it
 “ forth by urine, in form of sand or gravel.

“ That either of these preparations is good to cleanse any inward
 “ imposthumes or collection of matter, and ulcers in the urinary parts,
 “ and will greatly relieve such as void corrupt, fetid, or bloody urine.
 “ That it is useful also against the jaundice, by carrying off the morbid
 “ cause by urine. Dose, four ounces or more, morning, noon, and
 “ night, and to be continued as the exigency of the disease may re-
 “ quire it.

“ That an useful preparation of the Winter Cherry is made by put-
 “ ting the fruit into new wine, when it is first made, that working
 “ with the fruit therein, their virtues may be drawn forth into the
 “ wine.

“ That the proportion is two large handfuls, whilst green, to a gal-
 “ lon of wine, and one large handful well bruised when dry. That this
 “ may be drank as ordinary drink, but at least a considerable quantity
 “ of it should be taken, morning, noon, and night; and has all the vir-
 “ tues of the infusion or decoction.

“ That in making the powder of the dried fruit, the seeds them-
 “ selves should be also reduced to powder with them. That the dose is
 “ from

“ from fifteen grains to half a drachm, morning and night, in a glass
 “ of white port wine.

“ Or that the powder of the fruit may be infused in the same wine,
 “ two ounces of the powder to three quarts of wine, letting it stand in
 “ a cold digestion, a month before hand, shaking the bottle every day.

“ That when taken the bottle should be shaken, and the patient take
 “ a quarter of a pint at a time, morning and evening, and to continue
 “ this course till he has found the desired relief. That thus taken, it is
 “ much more efficacious than either the infusion, decoction, or diet,
 “ and ought to be valued highly by such as are troubled or afflicted
 “ with the stone, strangury, or stoppage of urine.

“ That the oil of the root is good against the poison of the scorpion's
 “ sting; which Parkinson also says he had experienced in this case.
 “ That Pliny affirmed, that the root of the Winter Cherry is so pow-
 “ erful as to subdue the venom of the scorpion, that if it be only put to
 “ them, they will utterly lose their strength.

“ That the cataplasm of the leaves or fruit is very cooling, and will
 “ be found useful to be applied to allay the heat of inflammations, and
 “ to ease pains coming from a cold cause.

He further observes, “ That a species of this plant is found grow-
 “ ing wild in some of the English plantations in Virginia; and that he
 “ had found it growing particularly in a plantation up Wadmalow Ri-
 “ ver in Carolina, and in several other plantations of that country,
 “ where it grows spontaneously, and in vast plenty. That its virtues
 “ are nearly similar to that propagated in England, but is somewhat dif-
 “ ferent in its growth, viz.

“ The American kind of Winter Cherry, has a small root spreading
 “ under ground, but not so much as that cultivated here, and which
 “ perishes

“perishes every year. From this root comes forth branches with
 “leaves on the ground, scarcely rising up so much as the other, seldom
 “above eighteen or twenty inches high, which he had observed when
 “in its perfection, and growing upon fertile ground, but the branches
 “are greater, as also the leaves, and something more uneven about the
 “edges, of a deep green, almost of a sea green colour. At the joints
 “come forth the flowers singly, one at a place, from bottom to the
 “top; but as they grow to the height of the branches, both flowers
 “and fruit are rather smaller than those below. The flowers are com-
 “posed of five small whitish leaves, with a circle of red, every leaf
 “being spotted, circlewise towards their bottoms, which changes to a
 “thin membraneous skin, which incloses the fruit, of a light pale
 “greenish colour, but not so large as those of our country. The fruit
 “is not so large as our English Winter Cherry, yet whilst recent still
 “almost the covering in which it is contained, and when it comes to
 “its perfection is never red like ours, but of a white pale light green
 “colour, sometimes of an amber colour, or of a light palish yellow,
 “and some few which are most exposed to the sun, may have some
 “small streaks of red, mixed with amber coloured, and pale yellowish
 “green.

“The internal part of the fruit contains a pulp like the English, but
 “whitish yellow or green, in which pulp is nourished the seed, which
 “is small and flat like the other, and of a whitish colour.

“In Carolina this plant flowers earlier than ours here, as well as
 “produces its fruit sooner than the English Winter Cherry.”

Drs. Quincy and Alleyne inform us, “That the fruit called Win-
 “terCherries, are much celebrated for their lithontriptic qualities, and
 “are said powerfully to cleanse and scour the urinary passages of all
 “gravel, and whatsoever is apt to obstruct them; and likewise by
 “their deterfive qualities, to be good in the jaundice, and other affec-
 “tions of the viscera.”

Dr. Brookes remarks, “ That this fruit have a subacid taste, and are
 “ detergent, aperient, diuretic, and proper to expel gravel, and that an
 “ ounce of the juice of the fruit is a dose.”

Dr. James says, “ That the taste of the leaves of the Winter Cherry,
 “ is acrid and bitter, whereas that of the fruit is acid, and afterwards
 “ somewhat bitter. That the seeds are also acrid and somewhat bit-
 “ terish. That the whole of the fruit is esteemed a celebrated remedy
 “ against nephritic pains and calculous cases. That it lubricates the
 “ urinary passages, expels stone and gravel, contributes to the cure of
 “ exulcerated kidneys, temperates the acrimony of the urine, and re-
 “ moves the stranguary and dysury ; and is for these reasons united in
 “ a great many compositions, appropriated to disorders of the liver,
 “ bladder, and kidneys.

“ That when reduced to a powder, and taken in white wine, or
 “ that of juniper, it is highly efficacious in exciting a discharge of
 “ urine, and relieving those afflicted with the dropsy, jaundice, gout,
 “ or cholic.

“ That both the leaves and the fruit are with great advantage ap-
 “ plied to erysipelatous disorders of the malignant kind ; and that these
 “ effects sufficiently evince that it is of an aperient quality, which
 “ when the medicine is used internally, operates powerfully by urine.

“ That some say, that they can collect all the peccant humours,
 “ fluctuating of the body, by rubbing any particular part with alkeken-
 “ gi ; which by this means excite a heat and inflammation to the
 “ part, which by being anointed with oil, is soon freed from the
 “ pain.

“ That the seeds also of the Winter Cherry are of great advantage
 “ in medicine, as it has been experienced by many, that a proper quan-
 tity

“ tity of the seeds alone, bruised and drank with coffee or tea, is of
 “ great efficacy to purge the kidneys in calcalous and gravelly cafes.”

Dr. Lewis observes, “ That Winter Cherries are said by most au-
 “ thors to be extremely bitter, but as Haller justly remarked, the
 “ Cherry itself, if carefully freed from the cover, which is very bitter
 “ and pungent, has merely a subacid taste. That they stand highly re-
 “ commended as detergent, aperient, diuretic, and for expelling the
 “ gravel; and that four, five, or more of the cherries, are directed for
 “ a dose.

“ That Mr. Ray tells us of a gouty person who was cured and kept
 “ free from returns of his disorder, by taking eight of these cherries at
 “ each change of the moon, which occasioned a copious discharge of
 “ extremely fetid urine.”

OBSERVATIONS BY THE AUTHOR.

The Winter Cherry, become now a free denizen of this country, is
 endued with great aperient, nephritic, diuretic, and some narcotic
 powers; for upon a chymical analysis we find it to consist of saline,
 viscous, and oleous particles, as it produces a large quantity of an acid
 and pungent phlegm, a considerable quantity of fixed salt, and some
 small proportion of oil, of a true narcotic quality.

Hence its use must be obvious in certain nephritic and arthritic
 cafes, for which I have generally applied it in the course of my
 practice, and though my form of administering this valuable plant may
 be different from those who have been before me, yet I flatter myself
 as they are grounded upon experience, they will be no less acceptable
 to my readers.

In the stone and gravel the following electuary will be found very useful.

Take of the fresh fruit of the Winter Cherry three ounces, bruise feeds and all to an impalpable mass, and add thereto of the powder of the feeds of Wild Carrot and juniper berries of each half an ounce, and with a sufficient quantity of the syrup of marshmallows, form an electuary.

This nephritic electuary taken to the quantity of one or two drachms, which may be by degrees increased, if necessary, as the case may require, will be found exceeding useful not only in all obstructions of the kidneys, and urinary passages, but in confirmed cases of the stone and gravel, will give great relief to the patient by bringing off a considerable part of the offending cause, more especially if a wine glass of the following decoction is taken after it.

Take of the best and most fresh juniper berries that can be obtained four ounces. Bruise and boil them in three pints of water, to a pint and three quarters; then strain and add thereto a quarter of a pint of sweet spirits of nitre.

These medicines are not only highly efficacious in the above cases, but would be found very useful in incipient dropsies, and scouring the reins of all obstructions.

In gouty cases I cannot sufficiently recommend the following arthritic tincture.

Take of the fruit of the new dried Winter Cherry two ounces, of the bark of the root sliced one ounce, saffron half an ounce; pour upon these ingredients of the best French brandy, and sweet spirits of nitre, in the proportion of two parts of the former to one of the latter, a sufficient quantity to cover above them the height of about three inches; let

let them stand in digestion for six or eight days, shaking them twice a day, when pour off the neat tincture for use.

The quantity of a table spoonful or more of this tincture, may be taken occasionally with great advantage in gouty habits, in a glass of the following wine; which will greatly contribute to keep off the disease, or at least shorten the duration of the fits.

Take of rosemary, sage, lavender, and the tops of marjoram, of each one ounce, the outer peels of oranges dried, gentian, centaury, and saffron of each two drachms, white wine a sufficient quantity to cover above them one half the height of the ingredients.

Let the whole stand in maceration for a week or a fortnight, when strain off the liquor, and bottle it close for use.

C H A P. XXXVI.

OF THE PLANT WILD CHERVIL.

Chærofolium, Offic. Chærophyllum fylvestre, Bauh. pin. Chærofolium fylvestre, Gerard. Park. Rays Syn. Chærophyllum Temulum Linn.

WILD CHERVIL.

SOME botanic Writers enumerate several species of this plant, but we shall confine ourselves to that kind more natural to this kingdom, as being the most easy to be obtained, and distinguished by the appellation of the Wild Chervil, and of which the following is a

DESCRIPTION.

This plant has a woody whitish fibrous root, from which shoot up round about it round rough stems to the height of two or three feet, a little furrowed, marked with reddish or purple spots, and set with white hairs which stand out, with crooked swelled joints. The leaves are most usually divided into three principal parts, each of which is commonly subdivided again into five, and which are indented upon the edges, soft, rather hairy, of a dark greenish colour. The uppermost part of this plant is divided into many branches, which have on their tops umbels of small and very fine white little flowers, thus more particularly described.

Point.

- Rundles before flowering, drooping. Rundlets with nearly the same number of spokes. In the centre barren.
- Empal. General fence, none. Partial fence of about five leaves; spear-shaped; concave; reflected; nearly as long as the rundlets. Cup not discernible.
- Bloff. General, pretty uniform. Florets in the centre generally barren. Individuals; petals five; heart-shaped; bent inwards, flattish; with a sharp point bending inwards; the outermost petals rather the largest.
- Chives. Threads five; simple; as long as the rundlet. Tips roundish.
- Point. Seed-bud beneath; shafts two; reflected. Summits blunt.
- S. Veff. None. Fruit oblong, egg-shaped; taper; smooth; divisible into two.
- Seeds. Two; oblong; growing smaller upwards. Convex on one side, flat on the other. In the center often barren.

Wild Chervil produces its flowers in June, July, and August, and the seed ripens in the mean season or soon after; and is to be found common by hedges in many parts of the kingdom.

VIRTUES.

Dodoneus informs us, “ That a decoction of this plant in wine is very
 “ good for those who are troubled with the strangury; the patient taking
 “ the decoction, and the herb applied as a cataplasm to the region of the
 “ bladder.

“ That

“ That this decoction is very useful for aged and infirm people whose
 “ spirits are dejected, as it contributes greatly to help their infirmities,
 “ and to comfort and exhilarate their weakened faculties, and restore
 “ their strength.”

Langham remarks, “ That Chervil dressed with our food in the
 “ manner of broth is good for the stomach, and is by no means unplea-
 “ sant, and greatly contributes to give an appetite. That it is very
 “ useful to dissolve congealed blood, more especially if taken with the
 “ powder of burnt crab’s eyes.

“ That the leaves bruised and applied as a cataplasm is very good in
 “ all bruises, as well as useful in the stone and gravel. That in all ob-
 “ structions of the liver, this plant and its seeds is advantageously taken.

“ That for any sudden swelling in the limbs, boil Chervil and hart’s
 “ tongue chopped fine in the dregs of old ale or beer, and with the bran
 “ of wheat and mutton suet make a poultice to be applied to the
 “ part affected. That in any canker or sore of the mouth, the juice of
 “ Chervil and woodbine, in about equal proportions, often used will
 “ be found good.

“ That the decoction in wine is very useful to promote urine in any
 “ obstruction thereof, and to remove any pain or ach in the reins or
 “ bladder. That it also is a carminative, and will greatly assist in all
 “ pains arising from wind, diseases of the liver, and stop violent vo-
 “ miting. That in complaints of the head, if the juice of Chervil is
 “ taken fasting, and continued for some time, it will give great relief.”

“ Riverius advises in the dropfy, to take of the fresh juice of Chervil
 “ newly expressed two ounces; and of white wine a sufficient quantity,
 “ and for this draught to be exhibited in the morning for several days.”

A very

A very old Author remarks, “ That Chervil taken as a fallad, doth
 “ moderately warm the stomach, and that Tragus says, it is a certain
 “ remedy to dissolve congealed or clotted blood in the body, either from
 “ bruises or falls. That the juice or distilled water being taken, and
 “ the bruised leaves laid to the place, has been experienced useful to
 “ provoke urine, or expel the stone in the kidneys, to promote and for-
 “ ward the menses; and to help the pleurisy and pains of the side.

“ That the herb alone bruised and applied to the part, dissolveth swell-
 “ lings in any part of the body, and will remove any spot or marks car-
 “ ried by bruises or blows in a very short space.”

Sir John Floyer observes, “ That the roots, leaves, and seeds of Cher-
 “ vil are sweet, and sensibly hot, aromatic, and diuretic, carminative and
 “ pectoral. That outwardly used in fomentations it is good for the stone,
 “ cholic, and swelling of the breasts. That the distilled water and juice
 “ are most used, and that the latter is good for vertigoes.”

Tournefort informs us, “ That Chervil opens and removes obstruc-
 “ tions in the lower belly, expels urine, and is prevalent against the
 “ dropsy; particularly if administered in the following manner.

“ Take of the leaves and roots of Chervil four handfuls, boil them
 “ in a balneo mariæ with slices of veal, and make broth, to be
 “ taken in the dropsy.

“ Or, take of the distilled water of Chervil, six ounces, of red coral
 “ prepared, and crabs eyes, of each one scruple, of the oil of anniseeds
 “ ten drops, and of the syrup of mint one ounce, mix and make a julap.
 “ in the same case.”

A valuable old Author remarks, “ That Gerard says, that when boil-
 “ ed and eaten with butter and vinegar, or oil and vinegar, they are

“ good for aged persons who are low and infirm, as they invigorate and
 “ comfort the heart, and strengthen and renew their nature.

“ That the green leaves are very good, wholesome, and pleasant, being
 “ united with other sallatings, giving the whole as it were somewhat of
 “ the relish of anniseeds. That used as a pot-herb it is both pleasant
 “ and useful to the stomach; and is used frequently in this manner by
 “ the Dutch, in a dish they call Warmus.

“ That the seeds of this plant when green, are commended to be put
 “ into any kind of sallad to strengthen the aged, and comfort a cold sto-
 “ mach; and that Gerard says, that the green seeds alone eaten as a
 “ sallad, exceed all others both in pleasantness of taste, wholesomeness of
 “ food, and useful for a cold and weak stomach.

“ That the distilled water being taken to four or six ounces by itself
 “ for a dose, has been experienced useful to dissolve congealed blood and
 “ provoke urine.

“ That the liquid juice of this plant is so powerful as to dissolve con-
 “ gealed blood in the stomach, bowels, pleura, lungs and womb; that
 “ it provokes urine and the terms, and expels sand, gravel, and stones
 “ out of the reins, ureters and bladder; and prevails also against the
 “ pleurisy, and much comforts a weak, sick and cold stomach. Dose
 “ two ounces or more, morning and night in a glass of wine.

“ That the essence of Chervil has all the virtues of the liquid juice,
 “ besides which it facilitates the birth, and brings away the after birth,
 “ is good against poison, particularly the venomous biting of the Pha-
 “ langium, is nutritive, and restores in consumptions, greatly animates
 “ and invigorates nature, and has restored some who have been impo-
 “ tent.

“ That

“ That a balsam or ointment prepared from this plant, will soon cure
 “ green wounds, and digest them if contused or lacerated. That applied
 “ to old stubborn and fordid ulcers, it digests, cleanses, dries, conglu-
 “ tinates, and heals admirably; and that in the gout, it eases the pain
 “ thereof, drawing forth the morbid matter through the pores of the
 “ skin.

“ That the candied roots of Chervil, are very good to warm, comfort,
 “ and strengthen a cold and weak stomach, and greatly animates nature,
 “ and are thought to be a good preservative in the time of the plague,

“ That the decoction of the root in wine, has the virtues of the juice
 “ and essence, but not quite in so powerful a degree; but that it is ex-
 “ ceeding good against the bitings of vipers, and other venomous crea-
 “ tures, and has been successfully used against the phtisick, and such
 “ as have an impotency, or are in a wasting consumption. Dose morn-
 “ ing and night four ounces or more, and continued for some time.

“ That it is said, that Chervil applied as a cataplasm will greatly
 “ assist to dissolve any tumour or swelling in any part of the body.

“ That he once knew a person who had been for a long time, even
 “ for many years afflicted with the gout, so that sometimes for four,
 “ five, or six months together he could neither walk or stand, which
 “ put him so much out of heart, as to think himself past all cure.
 “ That a poor woman going by and begging at his door, at such time
 “ as the paroxysm was upon him, and understanding by some discourse
 “ the master's illness, told them she would cure him. That she then
 “ advised him to apply a poultice of green wild Chervil to the part
 “ afflicted, and to renew it as often as he saw need, fetching to him also
 “ at the same time some of the herb that he might know it. That he
 “ did so, following exactly the poor woman's advice; that he had in a
 “ little time ease, and in less than a month's time a perfect cure.

“ That if at any time afterwards he found any symptoms of an attack
 “ or pain in the same part, or any other, he had still recourse to the same
 “ remedy, and averred upon his word of truth and justice, he never ap-
 “ plied this cataplasm in vain.”

Etmuller says, “ That for internal pains after delivery, a decoction
 “ of Chervil is very serviceable, more especially if the pain be caused by
 “ a retention of grumous blood.”

Morrison observes, “ That when the tongue is even affected with
 “ livid spots, the leaves of this plant bruised and applied warm to the
 “ places, takes away all fugillations. That a decoction of it, prepared
 “ with wine or spring water, is of excellent use to resolve grumous or
 “ coagulated blood in any part of the body. That the leaves of Cher-
 “ vil lightly bruised and fried in butter, and then laid warm upon the
 “ belly, are a sure remedy for the gripes.

Mr. Ray informs us, “ That in the cholic, a poultice made of the
 “ herb boiled and mashed, is an approved remedy. That for the swell-
 “ ling of the breasts, and such like diseases of that part, nothing is
 “ better than the leaves of Chervil bruised and applied warm in the
 “ form of a poultice, which will resolve and take away the hardness.

Mr. Boyle recommended in a suppression of urine, “ To take of
 “ the leaves of the plant cleared from the stalks, as much as you
 “ please; bruise it, and fry it with hogs lard or oil of walnuts, so make
 “ it into a poultice, and apply it warm to the lower part of the belly
 “ and the navel.”

Drs. Quincy and Alleyne remark, “ That this plant is prescribed
 “ and recommended for opening the urinary passages, promoting the
 “ menses, and such like intentions.”

Dr.

Dr. Brookes says, “ That Chervil is diuretic, opens obstructions of
 “ the viscera, and resolves grumous blood; and that the dose of the
 “ juice is three ounces, which should be taken every third or fourth
 “ hour; or five or six ounces of a strong decoction.

“ That the herb bruised, and laid hot to the anus will cure the blind
 “ piles. That the dose of the plant in powder is one drachm.”

Dr. James remarks, “ That the leaves and seeds of this plant is used,
 “ and is diuretic, emmenagogue, and lithontriptic: that it resolves coa-
 “ gulated blood, and induces sleep. That it is used in broth with good
 “ effect, as a promoter of expectoration in an asthma, and externally it
 “ is of great service in the cholic, and in a retention of urine.”

Dr. Lewis observes, “ That Chervil is both grateful to the palate
 “ and the stomach, and is gently aperient and diuretic.

“ That Geoffroy assures us, that he had found it from experience to
 “ be of excellent use in the dropsy; that in this disorder, it promotes
 “ the discharge of urine when suppressed, renders it clear when feculent
 “ and turbid, and when high and fiery of a paler colour; that it acts
 “ mildly without irritation, and tends rather to allay than excite in-
 “ flammation.

“ That he goes so far as to say, that dropsies which do not yield to
 “ this medicine, are scarce capable of being cured by any other. That
 “ he directs the juice to be given in the dose of three or four ounces
 “ every fourth hour, and continued for some time, either alone, or in
 “ conjunction with nitre and syrup of the five opening roots.”

He further observes, in his improvements in chymistry, “ That this
 “ herb is of a slight aromatic taste, and not disagreeable smell. That it
 “ contains a large quantity of watery moisture, as sixteen ounces of the
 “ fresh leaves were reduced by drying to one ounce seven drachms.

“ That

“ That distilled with water, Chervil gives over an essential oil, small
“ in quantity, but possessing all the activity of the herb. That from
“ nine pounds he did not obtain quite half a drachm, a part of which
“ was colourless and swum on the water, and the other of a yellowish
“ brown colour and sunk to the bottom.

“ That he had gained also from sundry other vegetables, two kinds
“ of oil in one operation, which had not, as he knew of, been hitherto
“ considered, or indeed been observed by any. That it is commonly
“ supposed, that only the Indian spices yeild an oil so heavy as to sink
“ in water.

“ That the oil of this plant even that which swims, is not very vo-
“ latile, for rectified spirit brings over no part with it; but that a con-
“ siderable part of it, however, is dissipated in drying along with the
“ watery moisture of the herb, and elevated in distillation by a phleg-
“ matic spirit.

“ That hence the spirituous extract made either from the fresh or
“ dry leaves, has but little of the flavour of the Chervil, for when
“ fresh leaves are used, their watery moisture, rendering the spirit
“ phlegmatic, enables it to carry up the oil.

“ That from an ounce of dry Chervil he obtained three drachms and
“ one scruple of watery, and afterwards three drachms of spirituous ex-
“ tract. That on inverting the order of applying the two menstrua,
“ he gained from the same quantity, three drachms, ten grains of spi-
“ rituous, and afterwards a drachm and a half of watery extract.

“ That the seeds of this plant discover no considerable taste or smell,
“ either in substance, in their distilled water or spirit, or in their ex-
“ tracts. That an ounce gave a drachm and a half of watery, and
“ thirty-four grains of spirituous extract; and that another ounce,
“ treated contrariwise, gave only thirty-two grains of spirituous, and
“ one drachm, thirty-three grains of watery extract.”

OBSERVATIONS BY THE AUTHOR.

Chervil, upon a chymical analysis, produces a large quantity of phlegm and pungent salt, and some urinous oily spirit, and is consequently possessed of considerable aperient, and diuretic powers, whereby it is capable of removing most obstructions of the viscera, reins, and ureters.

This plant appears therefore particularly calculated in obstructions of the urine and the dropfy, and in which purposes I have generally adopted it in my practice, but being in some cases disappointed in my expectations, by some of the former preparations of this plant, I was under the necessity of forming the following prescriptions, which from long experience I can with justice recommend in these cases.

Take of Chervil in its greatest perfection two ounces, of the herb biting arsmart one ounce, bruise them lightly, and pour upon the ingredients of the best sweet spirits of nitre as much as will cover somewhat above them, and let them stand in digestion for four or five days, shaking them once or twice a day, when press out the moisture, and suffer it to deposit its fœces, and pour off the clear for use.

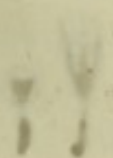
In obstructions of urine and the dropfy, this valuable diuretic essence should be given from one to two tea spoonfuls, with a table spoonful of the syrup of marshmallows, in a wine glass of the following decoction, and which I have experienced an useful medicine for exciting the urinary discharge, without irritating or heating the parts, wherever this salutary secretion is to be promoted.

Take of the fresh plant of Chervil two good handfuls ; boil them in a quart of water close covered very gently for the space of half an hour, and when cold strain it off for use, and keep it in a bottle very lightly corked in a cool place, so as to prevent its fermentation.

In some inflammatory swellings, but particularly in the gout, I have experienced great advantage from the following cataplasm.

Take of Chervil, and the green leaves of elder, equal parts, bruise and boil them in a little milk till they become very soft, stirring them till the aqueous parts are nearly evaporated, so as to prevent its burning, when beat them to a mash, to which add to every four ounces of the above, two drachms of the best English saffron, and of oil of olives a sufficient quantity, to bring it to a proper consistence, and keep it moist.

This cataplasm should be applied to the part affected morning and evening, and is an useful anodyne application in arthritic cases, being calculated not only for procuring ease to the pained part, but for promoting also the exit of the morbid matter through the pores of the skin, and consequently may be made use of to very great advantage in regard of alleviating a most exquisite torment, and what is above all, with the greatest imaginable safety.



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Alsine Media.

Common Chickweed.

John Frederick Miller, del: 1792.

Pub: as the Act directs, Nov: 1, 1792, by I Bew, N^o 78, Later-nester Row.

C H A P. XXXVII.

OF THE PLANT CHICKWEED.

Alfine, Offic. Alfine vulgaris feu morfus gallinæ. I. B. Ray's Syn. Alfine Media. Linn.

COMMON CHICKWEED.

THERE are various species of this plant distinguished by many botanic Authors, as the common, bastard, berry-bearing, breakstone, fine leaved, larch leaved, least, mountain, mouse-ear, broad leaved, corn, marsh, narrow leaved, woolly, plantain leaved, sea, and star-headed water Chickweed; but we shall confine ourselves to the first, of which the following is a

DESCRIPTION.

Common Chickweed has a white thready root, small, and consisting of several small hair like strings, from whence shoot up stalks a foot and a half or more high, according to the goodness of the soil, several from one root, round and slender, somewhat jointed, particularly where the leaves shoot out in pairs, which are smooth without any hair or down, and of a light green colour. The stalk of this plant is somewhat clear and transparent, but lighter than the leaves, inclining more to a yellowish green colour, and produces on the top its flowers, which are of white colour, thus more particularly described.

Empal. Cup with five leaves ; concave ; oblong ; tapering.

Bloff. Petals five ; equal ;

Chives. Threads five ; hair-like. Tips roundish.

Point. Seed-bud nearly egg-shaped. Shafts three ; thread-shaped. Summits blunt.

S. Veff. Capfule egg-shaped ; of one cell ; covered by the cup.

Seeds. Numerous, round, compressed ; yellow ; and rough with little tubercles.

Obf. In this plant the chives soon fall off, so that it is not unusual to find flowers with fewer than five chives. The blossoms of the common Chickweed are upright, and open from nine in the morning to noon ; but if it rains, that day they do not open. After rain they become pendant, but in the course of a few days rise again.

This species is also a remarkable phenomenon of what is called the sleep of plants ; for every night the leaves approach in pairs, so as to include within their surfaces the tender rudiments of the new shoots ; and the uppermost pair but one at the end of the stalk, are furnished with longer leaf-stalks than the others, so that they can close upon the terminating pair, and protect the end of the branch.

Chickweed delights in a rich cultivated soil, which makes it so common in our garden, and is to be found by hedges and ditch sides, more especially when the earth is rather moist and good in most parts of this kingdom. It is green, and continues in perfection great part of the winter, flowering in the spring and summer months, perfecting its seeds about June or July."

VIRTUES.

VIRTUES.

Dodoneus informs us, “ That this plant bruised and applied as a ca-
 “ taplasm to the eyes, or the juice thereof rubbed upon the eyes, is very
 “ good against inflammations, or any hot ulcers of the eyes. That it is
 “ no less useful in the same manner applied to any inflamed or hot
 “ ulcers, that are difficult to be cured, in any other part of the body,
 “ but especially to those about the secret parts. That the juice of it
 “ dropped into the ears, is good also against any pain therein.”

Langham confirms this and says, “ That a decoction of Chickweed
 “ made with salt and water, and the hands often washed therewith is
 “ very useful in the itch.

“ That in any pain or swelling of the joints, Chickweed boiled with
 “ camomile and wheat bran in the grounds of ale or beer, and applied
 “ to the part affected, will give great ease.

“ That boiled in vinegar, and the mouth often gargled therewith, it
 “ will be found very good to draw phlegm from the head, and to help
 “ the tooth ach. That if boiled with wine into a decoction, it is an ex-
 “ cellent medicine to cleanse the reins of the back.

“ That the juice of Chickweed united with honey, is of great use to
 “ clear the eyes, and will take away the red or white spots thereof.
 “ That it is good for obstructions of the liver and kidneys, and the
 “ stone therein, and for any swelling of the anus. That it hath all the
 “ virtues of purslane, is good against consumptions either taken by it-
 “ self or with wine. That it is given with good success to children
 “ that are weak and sickly from any inward fever, and useful in the
 “ cramp.

“ That for a pearl of the eye, apply the juice of this plant with the
 “ white of an egg, and a little saffron and breast milk, in the manner
 “ of a cataplasm. That in the stone and strangury, bruise one handful
 “ of Chickweed with black soap and fresh butter, of each as much as a
 “ nutmeg, fry them together, and apply it to the navel, will be found
 “ of great service. That in the cholic, bruise chickweed one handful,
 “ white soap and fresh butter, of each as much as three nuts, fry them
 “ till brown, and apply it to the navel as hot as can be suffered.

“ That in the jaundice, if the juice of this plant is taken with white
 “ wine or stale ale, for five days, first and last at night, it will remove
 “ this complaint. That in any bruises of the eye or white spot there-
 “ in, the juice of Chickweed and blackberry tops, used for this purpose
 “ will be very useful.”

Etmuller recommends for those nurses who wish to dry up their
 milk, “ To take a sufficient quantity of Chickweed, to bruise it and put
 “ it upon cabbage leaves; which are to be so applied warm to the
 “ breasts, and frequently repeated.”

Sir John Floyer remarks, “ That Chickweed its taste is watery,
 “ crude, and feels mucilaginous, upon which account it cools and is
 “ good for inflammations.”

An old Author observes, “ That this plant is found to be as effectual
 “ as purslain. That the herb bruised, or the juice applied, with
 “ cloths or sponge dipped therein, to the region of the liver, and as
 “ they dry to be fresh applied, is of wonderful service in inflammations
 “ of the liver, and is no less effectual for all imposthumes and swell-
 “ lings.

“ That the juice of Chickweed, either alone or boiled with hogs-lard,
 “ is used with success against cramps, convulsions, and palsies. That the
 “ distilled water is of great use in all heat and redness of the eyes, when
 “ dropped

“ dropped therein, as also into the ears to ease the pain thereof, as like-
 “ wise is of good effect to ease pain, the heat and sharpness of the blood
 “ in the piles, and most pains that arise of heat in any part of the body.

“ That the leaves of Chickweed boiled with marshmallows, and
 “ made into a poultice with fenu-greek and linseed seed, and applied to
 “ any imposthume or swelling, ripens and breaks it, and removes the
 “ pain. That it helpeth those sinews which are shrunk from the cramp
 “ or any cause, and restores them to their former action and service.

“ Or boil a handful of Chickweed and the same quantity of red rose
 “ leaves dried, in a quart of muscadine until a fourth part be consumed,
 “ then put to them a pint of oil of trotters or sheeps feet, and let them
 “ boil for a considerable time, still stirring them well; which being
 “ strained anoint the part afflicted therewith warm against the fire, rub-
 “ bing it well with the hand, applying at the same time some of the
 “ herb bruised as a cataplasm, will be found no less effectual in the
 “ above cases.”

A valuable old Author informs us, “ That the juice of Chickweed
 “ is of a very cooling and emollient nature, without any binding pro-
 “ perty. That Galen and others say, that it has the virtues of pelli-
 “ tory of the wall; but of which he doubted, however he had experi-
 “ enced it as effectual as purslain in all physical cases.

“ That the juice applied is very profitable against the St. Anthony s
 “ fire, and all hot and inflamed humours of the body, and in any itch
 “ or eruption thereof.

“ That the essence of Chickweed cools inflammations of the lungs,
 “ without any binding property, and takes away the heat of the sto-
 “ mach and liver, and causes an appetite being lost through too much
 “ heat, is prevalent against hectic fevers, as also the heat and pain in the
 “ back,

“ back, or sharpness or scalding of urine. Dose from one ounce to
 “ two or three, morning and evening.

“ That the distilled water has the virtues of the juice, but not so
 “ effectual; and may be used as a vehicle to take the essence in.

“ That an oil made by boiling the herb in olive oil, till it is crisp,
 “ and repeating it three or four times with fresh herbs, heals sore legs,
 “ ulcers, and scabs, in any part of the body.

“ He has further informed us the particulars of the former Author in
 “ any imposthume or tumour. Take of Cheekweed four handfuls,
 “ marshmallows two handfuls, fenu-greek and linseed each two ounces,
 “ mix and boil them to a poultice and apply to the part affected.

“ Or take green Chickweed, fresh red rose leaves of each two hand-
 “ fuls, oil of trotters or sheeps feet, two pounds, boil till they are crisp,
 “ and strain out; repeat the boiling with fresh Chickweed and red rose
 “ leaves, twice more, when strain out and keep it for use. That for
 “ the above cases, or for a sinew that is strained, this being anointed
 “ warm upon the part is a most excellent thing, and if it is used morn-
 “ ing and evening for a little time the patient will soon find relief.”

Dr. Brookes remarks, “ That Chickweed has been given inwardly
 “ for spitting of blood, and with success applied outwardly against most
 “ inflammations.”

Dr. James observes “ That Chickweed is of an herby taste and a little
 “ saltish, that it refrigerates, moistens, and is reckoned nutritive, and
 “ restorative, and therefore a wholesome food for persons in an atrophy
 “ or phthisis.

“ That it has been experienced good for convulsions in children, and
 “ that a drachm of its root has been given with success in the epilepsy.

“ That

“ That its juice is accounted vulnerary and deterfive, good to cleanse
 “ the mouth and allay inflammations.

“ That the herb put into an omelette initead of parfley is good for
 “ fputting of blood. That applied to the breaft it diffolves curdled milk.

Dr. Lewis informs us, “ That this plant was employed by the an-
 “ cients externally againft eryfipelatous, and other inflammatory difor-
 “ ders. That in latter times it hath been given internally in hæmop-
 “ toes as a reftorative in atrophies and confumptions, and likewise as
 “ an antipileptic.

“ That it is recommended for thefe purpofes, the expreffed juice to
 “ be taken to the quantity of an ounce, or the dried leaves, in the dofe
 “ of a drachm, or its diftilled water.

“ That it was his opinion, if real and lafting benefit was expected
 “ from it, the beft manner of ufing it would be liberally, as food.”

A modern Author fays, “ That the young fhoots and leaves of
 “ Chickweed when boiled, can hardly be diftinguifhed from fpring
 “ fpinach, and are equally wholefome.

OBSERVATIONS BY THE AUTHOR.

Chickweed, from its crude, faline, and refrigerating nature, is fuccefs-
 fully ufed in moft hectic cafes, particularly thofe attending young chil-
 dren in an atrophy, phthifis, &c. &c.; and indeed is no lefs ufeul in
 moft febrile and inflammatory difeafes.

In thefe complaints of infants, I have generally applied the ufe of
 this plant in the courfe of my practice with confiderable fuccefs; but

before

before I enter further thereon, it may not be improper to enquire somewhat into the causes of these continued fevers so common to children, and which is so frequently attended with such fatal consequences.

It has been judiciously observed, that the nature of infants is very moist, and most of their diseases generally of the same kind, and frequently produced by one and the same cause; for whatever diseases infants are apprehended to labour under, called by this or that name, it is most commonly attended with an acid smell of their stools, and with a great deal of sour eructation.

Hence I imagine was the opinion of Hippocrates, that all the symptoms of infants, owed their origin to the acid of their parents.

However well or ill founded the supposition, certain it is that the stomachs of infants, from whatever cause that primarily depends on, are always inclined to an acid indisposition; so that their nourishment can never be rightly digested into the mild homogeneous substance of good chyle, so necessary to perpetuate health, but turns into a sort of coagulum, which occasions almost all their diversity of diseases, but none more than those we are now particularly considering.

We have not an opportunity now of considering further this subject as its importance requires, as to other causes from management, diet, &c. which produce this predominate acid so generally in the stomach of infants, and which, if we had time, should endeavour to prove is the origin of most hectic cases; we shall therefore reserve our further enquiry on this head till we come, as we fully intend in the course of this work, more minutely to investigate the various diseases incident to children.

With respect to the use of this plant in those continued fevers so general to infants, the following has been my most usual method, though of course have had occasion to vary it in certain cases, which must be left to the judgement of others.

Take

Take of fresh Chickweed, bruised, two large handfuls English rhubarb sliced thin one ounce, boil these in a quart of water to a pint, strain it off, and add thereto two ounces of the syrup of peach blossoms, and give the child from half a table spoonful to one or two, according to its age, so as to obtain three or four stools in the course of every twenty-four hours.

I have also administered in these cases from half a table spoonful to one or more of the juice of Chickweed, with a small quantity of the water of pearl barley, two, three, or four times a day, as the case might require.

In those hectic fevers so usually attending infants in an atrophy, phthisis, &c. &c. either of these preparations will be found useful, and will in great measure prevent the ill consequences so generally accompanying them.

I have also with great advantage used as a fomentation, in an erysipelas, or St Anthony's fire, the following decoction of this plant.

Take of fresh Chickweed two handfuls, of elder flowers, and of the inner bark of the tree, of each one handful; boil these in three quarts of water to three pints. In the strained decoction, dissolve one ounce of soap for a fomentation, which should be used twice or thrice a day.

This fomentation is penetrating, attenuating, and relaxing, and consequently entirely calculated for removing the disorder. The viscosity that obstructs the capillaries in this case it will subdue in a great degree, and promote a discharge of the included humours, by opening a passage for them through the pores of the skin.

As I am drawing towards the conclusion of the first volume, having given ample and special directions to the use and attention of the non-naturals, under the head of regimen and diet to be observed under

some particular diseases, and which I propose fully to compleat under others, in the course of this work; I think I cannot present my readers with any thing more acceptable, or close this volume more to their advantage, than by laying before them a plan of general rules in this respect, as laid down by one of the first and most learned physicians of his day, who has so ably and minutely investigated this subject, and which is of such great importance towards the cure, more particularly of many chronic and stubborn diseases.

He observes, These bodies of ours are a compound of solids and fluids, and that there is no part, or particle in the composition, that does not come under the power or influence of one of these denominations; and they are so peculiarly adapted, in their natural state, to the mutual support of each other's actions, and to answer the great ends of nature, in carrying on the laws of the animal œconomy, that, unless disturbed by foreign agents, never can they of themselves, fall into preternatural cohesions, disorders, and affects; so that, instead of being daily harrassed with diseases, we have much more reason to wonder, that we live not to a far greater age; for if the mouth receives nothing but what is fitting, as to the nature, quality, and quantity of the aliment, mastication will be performed regularly, the *saliva* will mix with it, and the stomach will perform its offices of maceration, digestion, and expulsion of the chyle: the pancreatic juice, *lympha*, and bile are all fitted for their several offices of separation, attenuation, and dilution, without any supposed fermentation to disturb, vitiate, or embarrass its progress. Nor does the blood quarrel with the well-prepared chyle, but amicably receives it from the *ductus thoracicus* into the subclavian vein, where they first meet, and march directly to the heart, by whose *systole* they are driven into every part of the body for its support and nourishment.

Now as the humours can no way fall into disorders among themselves, so I very much question, whether any thing in nature is left to discompose a well-settled frame of health, besides the shocks it receives

ceives from the non-naturals, which brings us to consider their nature and influence on human bodies

They are six in number: The *air, meat, drink, exercise, rest,* and the *passions*. The air, as it stands in the front of the non-naturals, and is of such extraordinary use in supporting human nature, claims our first consideration: but before I enter into the reasons of its influence upon the constitution, and the changes it makes in our bodies, it will not be improper if I first enquire a little into the primary qualities that constitutes its essence, and endeavour to discover what makes it, what it is to us, and what gives it those changes and different qualities, with which we perceive it to affect our constitutions.

If we examine accurately into the nature and qualities of the air, we shall find it to be nothing but the *æther* of our atmosphere, impregnated with a due quantity of nitre and sulphur, and as the nitre more or less prevails, so is the elasticity or spring of the air stronger or weaker, so is its effects on the body colder or warmer; not, to speak properly, that the air contains any hot or cold qualities, but "only a power of producing those sensations in us, by a different *stimulus* it at different seasons impresses on the body; and the greater or lesser degrees of what we vulgarly call heat or cold, arises as either of those qualities govern each other; for cold is nothing but the absence of the sun's heat, whereby the sulphur of the air is carried off from the atmosphere, by the repulsion of the nitre. Heat is chiefly owing to the presence of the sun's influence, banishing the nitre from the lower region. Indeed, I deny not, but that the influence of the winds from different corners, in different seasons, shall greatly change the properties of the air; and sometimes I have observed the sulphurous mists to arise from the earth in such vast fogs, as to expel the nitre from our lower region, and banish cold, even in the coldest seasons, so that frost or ice arises from the nitre of the air crystallizing the spheres of water, whereby its fluidity is hindered; for

in an extreme cold, frosty night, I have observed those crystals shoot upon the water, just as cream will arise upon new milk after it is boiled, and taken off the fire.

And snow I take to be only the attraction of an infinite number of nitrous particles in a crowded atmosphere, which joining in little flakes or *lamina's*, gravitates towards the earth.

Hail is a condensation of the same nitrous particles into little spherical bodies, which have the same cause of falling.

All the foresaid phenomena are composed of the same matter, which, we have reason to believe, is raised from the sea, and chymically subtilized in the superior regions, and falls, in different countries, according to the variety of seasons, and is only an alteration in the figure and motion of the particles that compose those different qualities of ice, snow, hail, and rain; for we never scarce perceive it to snow, till the air is excessively crowded with nitrous particles, that is excessively cold; and after a good fall of snow, that is, after a good quantity of nitre is expended, we sensibly perceive it to grow warmer.

Thus far to the constitution of this element. But, in discoursing of the nature of the air, and its influence in producing diseases, we are to consider, that it can produce no variations in our bodies, but what must arise from its different gravities, and as the air changes its spring, upon which its different gravities depend; so will the laws, motions, and vibrations of both solids and fluids in an animal body vary.

There are two extremes in the air, which are chiefly concerned in exciting the phenomena of diseases, and these are, an excessive cold, or excessive hot intemperature; and the several under degrees of heat and cold, being only the different lesser affections of those extremes

extremes, till they arrive at a just balance or temperature, we shall comprehend all those lesser variations under the general terms of the former extremes, because the quicksilver in the barometer, under both, is buoyed up to the same height.

An excessive cold air, as always attends frosty seasons, though excellently well agreeing with the robust, yet, in weakly and infirm constitutions, is it apt to raise the contractions of the vessels above the balance of nature, whereby the blood suffers too great divisions, which renders it liable to obstruct in the capillary arteries, from whence those inflammatory fevers arise, that so constantly attend people in hard frosts, which are of different names and natures, according to the different parts they affect; so that if the obstruction happen in the *pleura*, it will assume the name of a pleurisy; and from the fine vessels of the lungs obstructing, arises that disease we call a peripneumony; and if the inflammation tend to the face, and swell all the adjacent parts, we call it a St. *Anthony's* fire; and so of a quinsey, from an inflammation of the tonsils and glands of the throat; all the foregoing diseases having constantly a fever attending them.

On the contrary, a hot, sulphurous air is apt to elevate the contraction of the solids extremely, and by its fiery particles to disturb, vitiate, and embarrass the actions of nature to the last degree; from this origin, besides those inflammatory fevers I took notice of before, arise those petechyical, as also those nervous, epidemic, and, as some will have them, malignant fevers, that so frequently attend about the months of *July* and *August*, as also that fatality of the small pox, so rife about those times.

But highly different from those two intemperatures are those dampy, moist, foggy seasons, (a kind of weather that always attends the dawning spring) which too much relaxes the vessels, and by that means impairs their contractions, upon which they sink beneath the balance of nature, and are unable any longer to preserve the
fluids

from preternatural cohesions, that begin to affect the several parts with scorbutic swellings, schirrosities of the liver and spleen, the *hypochondria*, obstinate stubborn coughs, that not seldom fall on the lungs, and excite a *phthisis*. And to this state of the air is owing all those vernal and autumnal agues, and intermittent fevers that about those seasons so generally pester mankind.

The next most necessary of the non-naturals are our aliments, or those things we take for the nourishment of our bodies. For this end, nature has implanted in all living creatures, the two natural appetites of hunger and thirst, whereby they are excited to covet and desire such things, as may serve to recruit those wastes that are daily expended in carrying on the actions of life; and for this purpose has indulgent nature fitted certain receptacles and canals, as well to prepare this food of life, as to convey it to the blood; for such is the frame and make of our constitution, that, without those daily supplies, these bodies of ours would fade, die, and turn to their primitive chaos. And though several authors of no mean credit have taken a great deal of pains to tell us, what qualities they are in our aliments that most annoy us, and give the greatest disturbance to nature; yet I very much question, after the best enquiry I have been able to make, whether they can any other way affect us, than by a gluttonous surcharge; for as to the qualities of meats and drinks, be they what they will, if the action of the stomach be tight, and the motion of the vessels firm, and able to overcome those noxious properties, no hurt nor damage can happen to the constitution; for we daily observe, that many things shall offend one person, that no ways shall be disagreeable to another; nay that, by a different person, shall be eat with advantage to the constitution; and no reason can be assigned why it should not equally offend the latter with the former, but that his stomach was able to subdue those qualities in the aliment, that proved noxious to the other; so that in such cases people must first judge, and by after-experience determine, what will, and what will not, favour their constitutions.

Indeed

Indeed, your high-seasoned meat, rich sauces, and plenty of strong-spirited wines, are apt to heighten the contractions of the vessels above their proper standard, upon which the fluids will be greatly divided, and distract the canals, and by this means subject the body frequently to encounter inflammatory and very acute diseases. A continual glut of juice also being charged upon blood, will over-balance the contractions of the solids, and in time ruin their tone and texture, and thenceforwards the fluids will attract each other, and form preternatural cohesions little favouring the intentions of nature.

And from this origin spring all those chronic diseases, such as the asthma, dropfy, gout, and their several complications, that most are pestered with, that in their youth have liberally indulged themselves in the use of wine, women, and high feeding, the sword and plague having not destroyed more mortals than those vices, when indulged to extremes.

There is an old maxim I must beg leave to take notice of, before I dismiss this subject, and which obtains very much with most people, *viz.* That it is a sign of a sound constitution, if the extreme parts feel a little chilled, after a full meal; but, in my opinion, nothing less, for the reason of this chilness is, that the fibres of the stomach, being not strong enough to digest the aliment, demand greater quantities of animal to influence their actions, by which other parts will be defrauded; and, in such cases, those parts will be most defrauded, that are either weakest, or most remote from the centre of heat, and these are the limbs and surface of the body.

They that first marshalled the non-naturals, in the order we receive them, doubtless had an extensive thought; for having considered the benefit of air to sustain life, and aliment to continue it, we come now to exercise, by which this aliment might be more commodiously digested, and a distribution better made to every part, for its support

support and nourishment; for without exercise the body would suffer a continual *languor*.

But though the benefits that accrue to the body from exercise, are really great, and highly advantageous; yet whenever it is excessive, over-violent, or unseasonably used, it fails not to infer great damages to the constitution.

All excessive exercise in weakly, infirm people, greatly impairs the constitution, and is apt to overstrain the solids, and on a full stomach is still worse; for then it raises flushings, and, instead of a good digestion, causes flatulencies, and a *languor* upon the nerves and spirits.

In hot, sanguine, bilious constitutions, it is apt to excite fevers, pleurifies, and other inflammatory diseases; and all violent exercises, as vaulting, leaping, or jumping, are apt to cause a rupture of the vessels, and spitting of blood, which symptoms are not very easily remedied, in those that are any ways inclinable to decays, wastes and consumptions.

The opposite extreme to exercise, is idleness, or too great indulgence to rest, which is not only followed with as bad disorders, but very often worse consequences; for, such is the frame and texture of a human body, that, unless assisted by exterior agents, all its actions will flag, and lose their natural vigour; and as most acute diseases from exercise, in forming the solids above the balance of nature, so want of exercise or motion, not only nourishes an impure *colluvies*, by depressing the solids beneath their proper standard, but obstructs the reduction of the humours. Besides, too much indulgence to sloth and ease creates an effeminacy, excites the passions, and makes us slaves to our appetites; and once we arise to that height of indolence, as to govern our reason by appetite, it is impossible to conceive into what disorders it will hurry us; for as the constitution is

vascular

vascular, and those vessels composed of fibres that have a contractile and distrañtile power; so those powers, on which the reduction of their contained juices entirely depend, are greatly restored or depressed, as exercise is more or less intended or remitted; so that much ease and sloth may be said to be the bane of the constitution, since it will create a laxness and *languor* in all the parts, and of consequence subject the body to chronical head aches, vapours, hysteric fits, melancholy, &c. which we, generally perceive to affect ladies of a fine and delicate constitution, that, for any considerable time, have indulged a sedentary life.

But there are different kinds of exercise and rest, from those I have been speaking of, viz. sleep and watching; they effect the senses in the same manner, as rest and motion do the body. As the continual exercise of our senses, and intenseness of our thoughts, infer a waste of the constitution, without any possibility of redress; therefore has nature provided a remedy for those expences, by inclining the body to rest, and obstructing the exercise of all the senses; for sleep, as *Aristotle* has rightly defined it, is *quies quædam & privatio Vigilarum sive Exercitii sensum*, or an absence from watching; but as sleep and watching are contrary qualities, so do they infer distinct operations, and, therefore, are distinctly to be considered.

Sleep is a quality, whereby the body receives fresh supplies for recruiting those wastes that are expended in carrying on the animal actions of the day; and we find, by experience, that the more wearied we lie down to rest, provided that weariness was not above the strength of the constitution, the sweeter are the slumbers of the night, and the more refreshed do we arise the next morning. But, if, from the pleasure and advantage of regular sleeps, we indulge to extremes, then shall we, most certainly, find them pernicious to our constitutions; for too much indulgence this way impairs the solids, and renders all their actions effete and languid; so that if there be a disposition favouring any chronic disease, this over great indulgence to sleep will be a means to confirm it, for it relaxes the tone of the nerves, damps the motion of the animal

spirits, and creates vapours, the scurvy, cachexy, with a universal waste of the whole body.

On the contrary, watching, if it interrupt those sweet slumbers, so refreshing to nature, must cause very great disorders in the animal œconomy; for as sleep cheers the body, restores the spirits, and nourishes the constitution, when regular; so long watching depresses its actions, consumes the spirits, and destroys the constitution; and though both these affections of sleep and watching are attended with inconveniences, yet that of long watching is much the more dangerous; for besides the decays and wastes of the constitution, which inseparably attend too much watchfulness, deliriums, phrensies, and madness itself, are very often the fatal consequences of this disturbing passion, besides the horror that must naturally attend those, that are obliged to watch whole nights, without being able so much as to close their eyes.

The passions of the mind are the last of the non-naturals that demand our attention, and that deservedly, since their exercise come not in play, till after all the others have done their duty. Now, if we attentively consider what it is that immediately directs and governs all the actions of our bodies, next the will, it is our passions; and these I call the medium that conjoins matter and thought, and so far as the passions reach, so far is purely mechanical; but in tracing further up into the understanding, we are lost in amaze, and bewildered in dark obscurity.

Our passions are necessary beings, and result from the mind, as the rays of light dart from the sun, and, when well or ill governed, become the several virtues or vices that spur us on to good or bad actions; but the best way to judge of the passions, is to consider the influence they have on the body, and the alterations they make in the blood and juices.

Whatever affecteth either the mind or the body, will raise or depress the passions, according as the object affecting, is more or less agreeable, or disagreeable. Thus all pleasing cordials raise agreeable sensations, as also
pleasing

pleasing objects, that enter by any of the senses. And hence it is, that fine women, melodious music, and agreeable odours, charm the imagination, and induce a pleasingness on all the passions; but, if they happen to be excessively pleasing, they then overheat the passions, and un-hinge the constitution; they create inflammatory fevers, phrenies, madnesses, and sometimes, from the vessels being extremely heightened in their contractions, sudden death.

On the contrary, all disagreeable objects damp the passions, depress the spirits, and affect the circulating fluids. Grief, anguish, and sorrow, disappointments, cares, and losses, have all the same influence in generating diseases, and they comprehend most of the evils that can assault the constitution, from which fountain spring the vapours, spleen, and melancholy, which not seldom terminate in wastes, decays, and consumptions, from the daily wearing out the body, by continual stress of thought.

Having now clearly demonstrated, that the non-naturals, alone, are the first cause of all those disorders that affect our constitutions; and as those great changes are entirely owing to their abuse, so I shall endeavour to prove, that, when rightly regulated, they fail not to produce happy effects, in removing those ailments, our too liberal use and indulgence of them had created.

Ancient physicians laid the utmost stress upon their influence, and their use proved so visibly efficacious, in the cure of most diseases, that some were bold to assert, that a right regulated temperance would cure all diseases, without any further assistance; and, I must confess, if the patient obtain the benefit of a healthful air, if he is regular in his diet, and moderate in his exercises, he will find his sleeps natural, his passions calm, and all the evacuations regular; in which case, all the several springs of the animal œconomy will easily be reduced to their perfect plight and balance.

The air is the first of the non-naturals I shall treat of; and as, in the former parts, I have been prolix enough, in describing how the different gravities of this element, and its several variations, of hot, cold, dry, and moist intemperatures, cause diseases; so, in this, I shall endeavour to explain, what qualities of this fluid will have the greatest influence on bodies, in order to restore them to that freedom of action they possessed before the invasion of diseases.

But before we can be able to form a right judgment of the benefits expected from the qualities of any particular air, it will lie upon us to be well apprized, in the first place, of the constitution of the patient, and the particular distemper he happens to labour under.

In all, or most acute diseases, the nature of the sickness will scarce suffer the patient to remove for the benefit of the air, and therefore is he obliged, in such cases, to continue in the same where he resides, till the violence of the malady is, in some measure, abated; and the greatest relief, in such cases, is to be expected from a fine, clear, light, balsamic air, on a ground rather rising, in a champaign country, but free from mountains, woods, and fenny bogs, or any thing else, that may intercept the free breezes of this pure element.

We always observe, that after the severer kinds of the small pox, inflammatory, as also nervous fevers, an airing mightily avails in restoring the strength of the patient, by raising the contraction of the solids, greatly broken through the violence of the disease, to their due balance, and by that means it often prevents decays, Wastes, and consumptions, the too frequent, unavoidable consequences of acute fevers.

In this case, the air acts upon the constitution, by bracing the solids, and enabling them to cut and divide the viscidities of the blood, whereby it restores the strength and vigour of the body.

A dry, clear, light, cold air, such as most commonly attends moderately frosty seasons, provided there be no weakneses, attending any part,

part, is admirably assisting in the cure of scorbutic habits, the melancholy, and most diseases of a chronic nature, provided, I say, there be no weakneses upon any parts; for I have frequently observed this variation of the air extremely to affect those troubled with old gleans whether simple or venereal; and because about spring and fall the air suffers the greatest changes, so, about those times, these gleans have flowed in excessive quantities, and given great uneasiness to the miserable patient.

But we need not be surprized, in accounting for the phenomena of these gleans, if we consider the vast quantity of air, that at one time presses upon our bodies more than at another; so that if any part of the body be at such times subject to any infirmity or weakness, the extremes of weather will greatly effect those parts; that is, they being weaker than the other parts, will give way to the same pressure, that other parts of the body, being sound, will insensibly sustain; for certain I am, that strong, hale, robust constitutions perceive no alterations by the changes of the air, because their bodies are equally and alike sound, and make equally and alike resistance to the variations of this fluid, in every part.

But those of an infirm constitution, whose solids are of a weaker texture, and subject to old aches or pains, can, without the assistance of the barometer, foretel any great sudden changes of the weather.

In all decays, wastes, and consumptions of the atrophical kind, and without an ulcer of the lungs, a pure, sweet, open air, moderately cold, and free from high hills, great mountains, or lofty woods, that may intercept its pure nitre, and take off from its spring, is preferable in the cure of those diseases; and if the ground be rather rising, such as at *Hampstead* or *Highgate*, so much the better; and those grounds are always best, where the soil abounds very much with pleasant flowers, whose fragrant particles the nitre of the air will not fail to attract, and convey them, in pleasing sensations, to the brain, and faculties of the senses;

senses; for the air of all climates extremely abounds with the virtues of those plants or flowers where it comes, and must, of consequence, convey not a little of their healing qualities to those bodies it environs.

If we a little consider the nature of that sense, by whose means we judge of the different odours of bodies, we shall perceive it to be nothing but the most light *effluvia's* those bodies continually part with, which are attracted by the air, and communicated to the olfactory nerve, by whose mediation they strike the brain with sensations more or less agreeable, according as the body, from whence they were emitted, smells more or less pleasant.

The brain and lungs receive the greatest benefits from the air; for by its vibrating upon the nerves of the former, it revives all the faculties of the senses, and renders our spirits brisk and lively. In the latter, by passing into the lungs, it affects the blood-vessels, and, as a *stimulus*, quickens the contraction of the heart and arteries, whereby it encreases the velocity of the blood's motion, and of consequence its secretion, in every part of the body.

A moderately warm season is most agreeable to hectic dispositions, or such as labour under a *phthisis*, or consumption of the lungs; for since there is no cure in such cases, we must endeavour to give the best relief we are able, and draw life out to the latest period of time.

In all diseases where an ulcer attends, a sharp air is ever observed to be pernicious; for it over-raises the contractile power of the solids, and encreases all the natural secretions; and although by that means it may greatly help to dissolve the viscid cohesions of the blood, yet it will, at the same time, naturally encrease the cough and fever, if not endanger a looseness, and raise such an intestine motion among the juices, as will not a little incommode the patient: therefore a moderate heat will be best, and what the season will not afford, we must endeavour to procure by art.

Indeed,

Indeed, in the midst of summer, and in sultry weather, I scarce think any air can be too cold, and therefore the patient may take the advantage of what place pleases him best, and where he finds company most agreeable to his temper, genius, and disposition, *Hampstead, Epsom, Highgate, &c.* And in all other diseases with acute paroxysms, as the stone, the gout, the asthma, &c. it is the same, when the season of the year chimes in with both the constitution and distemper together.

But in all foggy, moist, misting weather, such as labour under any of the fore said disorders, will perceive great inconveniences; for it mightily lessens the spring of the air, and, by that means, very much sinks the action of the solids beneath their proper balance: hence arise those disturbances of the spirits, that drowsiness of all the senses, and those wandering pains that generally, at such times, affect different parts of the body.

The qualities of our native air, especially of that wherein we were born, are highly considerable, and, in my opinion, preferable to all others, be their properties what they will; for, I believe, few will prefer the air here in *London*, as the most agreeable to asthmatic people, yet I am acquainted with a gentlewoman, that, being a native here, and going into the country to live, in process of time contracted an asthmatic indisposition, and, ever after, scarce could, in any place be so easy as in this city.

The spring, of all other times, is the season most proper to restore the constitution; for then it is, that all nature begins to change her face, and put on her new and agreeable livery. Not only the woods and meadows salute our eyes with the pleasing prospect of a delightful verdure, but even the birds begin to warble out their notes, and charm our ears with the sweet accents of their melodious music; all which agreeable variety is brought about by means of the sun's influence.

And,

And, as great changes are wrought at this time in all the animated creation, so, in man, Nature, with all her endeavours, is hastening a depuration of the blood and other juices, and resolving its viscidities, contracted from the cold in the foregoing winter, and very often, the conflict they undergo at such seasons, creates those agues and fevers most general about spring and fall, and therefore often, by our most celebrated writers, called vernal and autumnal agues.

For the same reason, those that are subject to the stone, gout, gravel, asthma, or any other disease with acute paroxysms, scarce ever fail to suffer a fit, which is more or less severe, and of longer or shorter continuance, as they more or less indulge in the use of the rest of the non-naturals.

The grounds of health, and the removal of diseases, depend very much upon temperating the juices; and the temperating the juices arises from reducing the solids within their proper balance.

A temperate diet, therefore, in all diseases is best, whether acute or chronic; for as the endeavours of Nature are always employed in reducing the solids to a healthful temperature, which is their proper centre of motion, so they ever effect that point, when their strength is superior to the resistance of the viscidities of the juices.

But as all acute diseases proceed from the solids elevated above their natural balance, and an increased quantity of blood depending on that elevation, so the only cure is a subtraction from that quantity; and the best way to abstract by diet, is, to let it be as spare as possible: and therefore, in all inflammatory fevers, small-pox, and the fits of chronic diseases, I always prescribe the thinnest and most attenuating diet, and such as may lay the least stress upon the solids to digest; for nature being engaged in discussing the obstructions, can least of all attend to large digestions.

Besides, great quantities of meats and drinks, in such cases, annoy nature, exasperate the symptoms and heighten the disease, while a low, spare, thin diet depresses the symptoms, softens the juices, and renders the contraction of the solids more pliable.

To this end serve best, ptisans of barley water, almond-milk, sack whey, sage posset drink, and panada's made of ground rice, oatmeal, or barley. These, or any of them, are the properest food for those that labour under any acute disease, and will soonest remove the disorder, by subtracting from the cause.

Chronic diseases, on the contrary, one would think, from their very nature and cause, should admit of a more plentiful manner of diet; yet upon a full examination we shall find, that, even in them also, a spare diet is greatly to be insisted upon; for the cause why the solids want informing, is, because their contractile powers are impaired; and they suffer that distress most commonly, if not from the relics of some acute disease, from a glut of juices charged upon the solids greater than they can wield, which being often repeated, in time destroys their texture.

However, in most chronic diseases, it is the opinion of all physicians, both ancient and modern, that a more plentiful diet may be indulged, yet so, that the meats taken for nutrition, and the reparation of those damages, be of a light and easy digestion.

Hunger hath relation to solid meats, and is that appetite by which we are invited to desire aliments necessary for the nourishment of the body; and, among all that variety the providence of nature has been pleased to give us for our support, we shall find those most nourishing and restorative, that lay the least stress upon the solids, and require the least force from the impressions of the stomach, in order to overcome the resistance they make to division.

The most simple meats for food are roots, herbs, and fruits; most of these consisting of a lax texture, are easily separated and converted into chyle, and though they nourish less, yet they give a firmness to the solids, great enough to preserve their action, as appears in those countries where they are the greatest part of their food, who are generally brisk, vegete, and of a lively disposition.

Next to vegetables, the food most easy of digestion is fish, amongst which the whiting and the flounder are greatly esteemed, and are often permitted the patient in fevers, when the violence of the disease is abated.

All fish, the whiter they are, the easier they are of digestion; and hence appears the reason why mackarel, tench, carp, and the trout are much more difficultly digested, than the whiting, the place, and flounder; and the char-fish and salmon are still harder of digestion, as they approach nearer to the nature of flesh-meats.

Flesh-meats, of all others, are the hardest of digestion; but, by reason of their diversity, some are more so than others.

White meats, generally, are easiest of digestion; and this appears not more frequent in the several kinds of fish, than flesh; for the chicken and rabbit, I think, of all others, are the tenderest, and consist of a texture of parts that are the most easily separable.

Next in order are mutton, lamb, and veal, pig, and young pork. The turkey is not only an agreeable, but a nourishing flesh; goose-flesh, pigeons, and all wild-fowl, except larks, and birds of lesser size, I would have refrained.

The feet of most quadrupedes, especially great heifers, make the best jellies, and are much better, and more nourishing in Diseases, than the jellies made of harts-horn; besides, they may be so ordered, as to afford
a very

restoring diet, proper for those that labour under wastes, decays, and consumptions.

Indeed, the diet of the ancient patriarchs was very simple, bread, roots, and oil being the greatest part of their food; and yet they reached a much longer date of years, than any we can boast of.

But, I must confess, our present set of vices, and modern tastes, demand another kind of viands: we live in an age most refined for vice and luxury, where most people are averse to that regimen that comports not with their inclinations and palates.

But the most proper way to cure diseases, is, in some measure, by living counter to the very method that brought them on.

If, therefore, rich fauces, and high-seasoned meats, over-strained the solids, by raising their contractions above their natural standard, certainly, the only way to regain their force will be, by abstaining from the first cause of their disorder.

Plain meats excellently well agree, and if as soon prepared for food as killed, and so eaten, I believe, they would be most agreeable for restoring the decays of nature.

It is a strange conduct, I have observed, in most of the gentry, in all countries where I have been, to keep both flesh and fowl till they are tender, before they dress them, pretending, that by this means the meats eat lighter, and are of easier digestion: But this is an egregious mistake; for, in all new-killed meats, there is a peculiar balsam, or gas, that gives that firmness to the fibres, we are apt to take for their toughness or hardness, and which preserves them from putrefaction.

Now as this sweetness is in a continual flux, so in three or four days time it begins to be near spent, and an opposite smell betrays itself, which sends, to the nose, no very agreeable hogoo; and, from this observation, it will evidently appear, that the more of this balsamic sweetness there is in any meats, that is, the sooner they are eaten for food after they are killed, the more nourishing they are to our bodies, having all their salts pure and undissolved, which are in a continual flux after their life is destroyed.

Milk, of all other aliments, is the most remarkable for the cure of chronic diseases, and no ways prepared does it appear so advantageous to the constitution of those that take it medicinally, as immediately drank after it is drawn from the teats; for new milk has a peculiar healing balsam, even as we said of flesh, which it looseth every moment of time after it is drawn from the animal. And of this all physicians are so sensible, that they advise their patients to drink it, if possible to be had so, warm from the dugs.

And this balsam preserves the mass from immediately settling one way or other, and also keeps the particles of cream at equidistant spaces, and equally diffused through the whole fluid.

As to the virtues of milk, it is sovereignly good in most chronic diseases; it restores the languid fibres, and disposes to be lax, those that are subject to costiveness, as frequently happens to those that are inclinable to melancholy, the scurvy, or any nervous affection, as the vapours or *hypochondria*; and, if the constitution of the stomach be not much impaired, I believe the cows milk may do full as well, or, in some cases, better than the asses milk; but in all weakly constitutions, in emaciated bodies, the asses milk is certainly preferable, as being more thin, light, and easier of digestion, and, of consequence, softer, and fitter for the nourishment of the several parts, as not containing so many oily, buttery particles, to obstruct its entrance into the lacteals;
fo

for this I have observed, that if the asses milk stands twelve hours, it will gather no cream, as most others will in a lesser space of time.

As whey is the offspring of milk, so is it a liquor both nourishing, cleansing, and very cooling to the body, and therefore may greatly benefit such as are subject to inflammations of the bowels.

It relaxes the intestines, and mightily helps those that are affected with an obstinate costiveness.

But however, in the conduct of diet, and the rest of the non-naturals, much is to be yielded to the customs of nature, and upon no account must we suddenly change or thwart those customs; for when persons have, from their infancy, been indulged in the use of the richest sauces, and highest seasoned meats, it would be a desperate folly suddenly to abridge them of those habits, and confine them to a spare diet; for, in such cases, nature would sink under the attempt, and the patient dearly suffer from such rash advisers.

But as custom is often pleaded to support our own inclinations, in opposition to nature, though of pernicious consequence to our health, and the welfare of our bodies; so I shall here beg leave to observe the nature of this custom, and the ways most proper to remove it.

Custom then is an adventitious quality, related to several actions of life, gradually arising into a habit, by successively multiplying the same action. It very much resembles, but never acquires the identity of nature.

We ought, therefore, to be very careful, that things be brought about regularly, and habits altered by degrees, so as that they may safely be done at times, and by small abatements.

But,

But, besides this appetite of hunger, nature has implanted in most animals the natural desire of fluids, which appetite we call thirst.

In man it is so absolutely necessary, that without it the former could suffer no digestion, nor afford any nourishment for the support of the constitution, nor pass those minute foramina's for the increase and growth of every the minutest part.

And as our bodies are framed of the most simple elements, one would naturally think, those fluids should be best for the support of the constitution, that are the most simple, homogeneous, and freest from mixtures; but the misfortune is in this, as in solid meats, we do not so much consult what our first natures require, as what our present set of vices demand for their satisfaction.

Water, doubtless, as it is the most pure and uncompounded element, so it demands our first attention, and few are ignorant of the great encomiums that have of late been advanced concerning the virtues this fluid is supposed to be endued with: some averring, it will cure all fevers; others that it will prevent all diseases. I, for my part, must confess, that it has been found of great service in some cases, and to some constitutions: and I speak by experience, having never used any other menstruum for the digestion of my aliments, during the first thirty years of my life.

But then, highly dangerous is it for those that have been used to the most generous wines, suddenly to abandon those noble liquors, and to endeavour to habituate the constitution to the drinking this pure element; such must thank themselves, if, instead of advantage, they find the consequences pernicious to the constitution; for as our great master *Hippocrates* advises, the changes of habits, natural to the constitution, should be made insensibly, and by little and little, which, well observed, may prevent those fatal effects that too often happen through our rash attempts.

And

And, indeed, I must confess, that one kind of fluid will no more fit all constitutions, than the same manner of diet will agree with every appetite.

Water is that universal menstruum that pervades the minutest *foramina's* of nature, and yields nourishment to all created beings; nor is there a vegetable, mineral, or animal in the creation, that is not supported by the cohesions of this fluid.

That is best for use, which is the purest, the lightest, and the clearest, being perfectly tasteless and free from terrestrial mixtures.

This, of all other fluids, used for digestion, is least porous; and its spheres are so exceeding small, as not to discover their bulks, by the most curious glasses; even those, that will magnify 100000 times, give no appearance to the sphericity of its particles; so that those constitutions, to whom custom has rendered it familiar, must receive great advantages in point of health, both as it will digest easier and sooner than any other fluid, and as it will quicken the appetite, and pervade the minutest artery.

All writers universally, as well antients as moderns, highly extol it in fevers, and several other diseases that have obstructions for their parent; and they that drink it constantly are seldom or never subject to those diseases.

If we examine into the qualities of spring-water, which is the basis of all other fluids, we shall find it nothing but the most minute spheres of matter, in which float a good quantity of nitre; and the difference between the *Bath* and *Bristol* waters I look upon to be only as the former proceeds from a mineral sulphur, and the latter from a vitriolic salt, which gives to the latter that stipticity, that renders it so serviceable in the cure of the *diabetes*.

Vitriol

Vitriol and sulphur-I only say, as I believe those salts to have the ascendant; not, but that both the one and the other may contain other principles, which they may confess upon a chymical analysis.

But farther yet to illustrate the great advantages that may accrue from spring-water, being made the basis of digestion, I beg leave here to relate the following experiment.

In the receiver of the air-pump were placed several glasses, containing the following different liquors: one had spring-water; another small beer; a third ale; a fourth claret; and the last mountain wine. As soon as the air was some degrees withdrawn, by the working of the air-pump, the beer began to boil. Upon the removing a little more, the ale followed the same explosive motion; the red wine next, and the mountain last: but, as for the water, it continued all the time free from any intestine motion, which in a great measure demonstrated, that it contained of air, included in its interstices, the least quantity.

For nothing caused the boiling in the other fluids, but the force of the air included in their vacuola's, endeavouring to disengage itself upon the pressure of the atmosphere, taken off from the surface of those liquors.

From the foregoing experiment I draw this natural conclusion; that water must consist of the least spheres, as it contains a less quantity of air than any of the former liquors, which will enable it better to pass the minutest fibre with the lesser resistance; and, of consequence, remove those obstructions the body is often subject to, from an over-viscid state of the fluids.

Next to water, the fluids most generally in use, for the digestion of our aliment, are beer and ale; and if of a moderate strength, and not over liberally used, may agree well enough with those constitutions, that all along have been accustomed to them; but if taken to excess, they

they prove not so wholesome a nourishment to many constitutions, but bloat them up with an infirm fatness, and croud the body with obstructions, causing windiness, gripings, and cholic pains, which most that have been liberal drinkers, shall feel the effects of, as they advance in years.

Now, if we leave these, and ascend to consider the nature and qualities of those fluids, that are enriched with a more noble and generous spirit; such are all, or most wines; we shall find them more friendly to the constitutions of most people than the former; and though I am inviolably attached to spring-water, and prefer it to all other liquors for my own drinking; yet cannot but confess the great benefits that accrue from a glass of generous and well-bodied wine, either after great studies, or when the spirits, through much fatigue, are under any imminent pressure.

Wine, especially the red, containing a warmth more friendly to the stomach, is of great service in many chronic diseases; and in slight decays a sovereign remedy, if medicinally taken; for abounding with a tartarous subastringency, as a *stimulus*, it strikes the fibres of the stomach, whereby they purse up their too relaxed tone to a due tenfity: aptly fitted to perform the office of a good digestion.

I believe it will be granted me, that we should find the effects of wine greatly exceeding in their efficacy what they are, if we would condescend to be a little more moderate in their use. For every time we over-charge the solids, we lay a stress upon the constitution, which if the dose be often repeated, must at last sink it beneath its just balance, from whence all those chronic diseases arise, that frequently attack most of your great wine drinkers, toward the latter stages of life.

And here I cannot pass over the ingenious remarks, that the judicious Lessius makes in Hygihis asticon upon wine; that wine though hot in its own nature, yet, if immoderately drank, generates cold diseases

which can happen upon no other account, than as its immoderate use destroys the tone of the solids, and by that means impairs their action.

Indeed wine and other warm cordials best agree with people in years, according to that adage, *vinum est lac senum*; and never should they be permitted, in any great quantities, to younger people, but especially children.

They act therefore very unreasonably, that pamper young children by feeding them with poignant sauces, and rich wines, whereby they unravel their vessels, and are made men and women before their times; and all the satisfaction the fond parent enjoys is, to see the little creature dance the imagination in brisk repartees and false wit above those of its age.

These little pigmies generally, like mushrooms, start out in the night, and are gone the next morning.

They seldom arrive to a mature, never to an old age; for these bodies of ours are in a continual flux and reflux, and we gain the *achme* of strength, and arrive to manhood sooner or latter, as we more or less indulge in a luxurious manner of diet; and of consequence decline accordingly.

But, of all liquors in use, drams are the most liable to exception, under which title I comprehend brandy, usquebaugh, citron-water, &c. and all others of inferior rank, that abound with plenty of hot, fiery spirits, such as geneva, &c. of these, or any of them, I can entertain no notion, but what is destructive to the constitution; and the little good they ever have been known to do, has been greatly counter-balanced by the infinite deal of real mischief, that has been owing to their over-liberal use.

They have such charms, and are of that bewitching nature, that the benefit we often strongly fancy we receive, is but imaginary, and they fail

fail not, by their immediate, agreeable sensations, to draw us on to their use, till we manifestly perceive their pernicious effects; and then too late lament our over-credulous fate, when we have brought our constitutions to such a habit, that we can sooner want a meal's meat, than a dram to digest it; nay, to such a pass I have known some arrived at, that they could not endure the sight of victuals without a dram; and others (I now speak things known, and of which I myself have been an eye-witness) that could not write a line, without a quarter of hot spirits; though these shakings of the head, and tremblings of the hands, were confessed to arise from the drinking of drams.

Nor can I believe, that there is ever any real occasion for those imaginary helps in any disease, but what might much more safely be relieved without them; and to say otherwise would be a reproach to this noble art; their very original being but of late standing, and their great influence in the nervous cholic, and hysterical disease, are notorious cheats; those diseases for the most part owing their existence to their over-liberal use; and it is a wild and preposterous method to make the cause cure the disease.

I have been more free in my censure of those liquors, because of their baneful influence, they having destroyed their thousands, I may add, millions; and if we consider the benefits even pretended, we shall find them very inconsiderable, in respect of the numbers that have received damage, through their over-indulgent use.

Punch is the last liquor I shall take notice of. The ingredients are brandy, rack or rum, water warm or cold, lemon-juice, sugar, and sometimes a little milk is added, which denotes it milk-punch. And, indeed, this is a liquor not only very pleasant, but little differing in its effects from wine; and, if moderately used, may be of great service in whetting a palled appetite, and raising all the natural digestions: but its liberal use either brings on a diabetes, or involuntary issue of the urine, which are generally the misfortunes attending great punch-drinkers.

I must beg leave here to add a little dissertation upon the virtues of Teas, since the one or other of them are in much esteem all over England.

Every body must be sensible, that they were unknown to our forefathers, and are but of yesterday's standing, in comparison of those fluids we have already taken notice of.

The bohea and green, I believe, differ only from the different times of gathering, the green being the bohea cropped early before it flowers, the bohea after the flower is blown; and what induced me to this opinion was, that I never could perceive any flower in the green.

Tea has all the qualities of a cordial; for it will stay the operation of a purge, and hinder its griping; and we may remember, that a few years ago the bohea was esteemed of as the greatest restorative in consumptions, and a celebrated remedy in all cases where there were any symptoms of wastes or decays, and that by persons of no mean rank and authority in the faculty of physic.

And those good effects were observed visibly to arise from a liberal use of the bohea, which, at present, lies under great discouragements.

But, if it be the same now, it always has been, I can never impute those disorders it is charged with, from any bad qualities of the tea itself, but rather from some irregularities either in the preparing or drinking of it.

We all of us are sensible, that nothing is so good, but it may be abused, so cordial, so rich, but an over-liberal use shall prove destructive; nay, the richer the cordial, the more dangerous the effects.

Now

Now as tea is a cordial, and that indued with the most pleasing taste, causing agreeable sensations, and not attended with those manifest disorders that accompany most other cordials, abounding with plenty of inflammable spirits; so does it often prevail with unwary persons to sip more of it, perhaps, than is consistent with preserving the constitution under a due and regular balance.

And I have heard of some ladies, that sit to the tea-table as gentlemen do to their bottle, when they vie with each other, who shall fall in the conflict.

Indeed, from such abuses, I do not wonder to hear of consequences so destructive; but if people had confined themselves to two or three dishes, with a little milk, or slice of bread and butter, I believe the complaints had not been so general as now they are, and those only owing to its over-liberal use; and if we add its frequent adulterations, and the vast quantities of damaged tea, that the retainers of this commodity get dyed; I believe there is not a symptom it is charged with producing, but what may arise from one or other of those originals.

I am now acquainted with a gentlewoman, highly asthmatic, that is always relieved from the severest fits by drinking three or four dishes of green tea; and others I have met with, that have found great relief in the rheumatism by moderately drinking it.

But this caution I must beg leave to observe, that they that find it agreeable to the constitution, may continue to drink it, while those that perceive it to flatten the spirits, and infer vapours, ought to refrain its use. The grand intention of all diet, whether solids or liquids, being to support health and a good constitution, not to impair those invaluable blessings.

Those that are willing to acquaint themselves with the great benefits accruing to the body, from a right-regulated exercise, ought to consider

der the difference between the right and the left side, in relation to strength.

All our bodies consist of fibres, in which are lodged a contractile and distraçtile power, that is greatly intended or remitted, according as exercise is more or less applied, and as that application is more or less justly proportioned to the constitution of the body.

This will appear evidently clear, if we consider that the right hand, the right leg, and, generally, all the parts of the right side, are more robust, and able to make greater resistance to external injuries, than the same members of the left side; and these signal advantages they enjoy from the use and custom of exercise.

So that all diseases, depending upon the habit, always fall more heavy upon the left side, from its weakness through want of exercise.

The first fits of the gout generally attack the great toe of the left foot; and if the stone or gravel invade the kidneys, most commonly the left is the first affected; and the dropfy never, as I know of, invades any person, but that the left ancle is much more swelled, and pits more than the right.

And I am not able to account for this difference otherwise, than as the muscular fibres of the right side, being more tense and firm, through more frequent exercise, make greater resistance to the settling of the juices; that is, to speak of the habits of parts, the contractile powers of the solids in the right leg, being stronger, oblige the fluids to maintain their circulation with greater vigour; while the muscular fibres of the left, through want of exercise, being more loose, and consequently their contractions more languid, cannot overcome the resistance of the fluids, but they are suffered to make a lodgment about the ancle, which towards the evening, yields to the pressure of the finger.

As exercise and motion contribute most to the restoring of the body, labouring under chronic diseases; so rest, its opposite quality, seems peculiarly adapted for answering our purpose in those that are of an acute nature.

In all fevers it is best to keep the patient as composed as possible, and a horizontal position is properest; for as a plentiful breathing is the only safe way to compleat a successful cure, so no posture so much encourages that, as a bed posture.

I have seen a patient labouring under a dangerous fever in a fine breathing sweat, and all the symptoms promising; which sweats, upon the patient's being taken up, have retreated, and all the symptoms returned with greater rage and violence. I do not say, that upon his being laid in bed again, the good symptoms returned; quite the contrary, for the patient miscarried; but who may they thank for those malignant aspects?

Besides, a bed-posture is the most easy to any person under pain, as most commonly attends acute diseases; not that I mean by this, so to confine the patient to his bed, as, upon no account, to suffer him to arise, during the continuance of the disease; but only that he be not disturbed during those fine breathing sweats, that are of the greatest advantage towards restoring his health, and which, if once checked, are not so easily brought on again.

As sleep and watching have relation to those going before, so they are annexed to them in order, and come now to be treated of; but, as we have already observed, the bed is best suited to the nature of acute diseases; and large sleeps contribute most to the abating the rage of their symptoms; so, on the contrary, early rising is the most proper remedy for those chronic disorders, whose cure depends upon motion, and therefore will they demand lesser sleeps, and more watching.

And here I must beg leave to subjoin a dissertation concerning the advantages of bathing; for our great business, in the cure of diseases, is to get acquainted with a set of remedies, that, in their operation, may lay the least stress upon the solids.

And as in the cure of most acute diseases, especially those attended with intense pain, a plentiful breathing is the quickest, and most sure way of procuring a solution of the malady; so, no way can I perceive that great help so likely to succeed as by warm bathing; for the hot bath being a composition of warmth and motion, or, at least, communicating those sensations to our bodies, by the former quality, it greatly softens and relaxes the solids, and by the latter, fuses and thins the juices, and by that means, renders them more divided, and fitter to go off by perspiration, which, in all constitutions, it never ceases plentifully to raise, and that without laying the least distress upon the solids.

Those breathings raised in the hot-house, are both more profuse, and extremely different from those raised by internal medicines; for the former are insensibly procured, which gradually arises, first outwardly, by unbracing the cutaneous excretories, dissolving the viscidness of the juices, and, letting in that genial warmth, that communicates such agreeable sensations to every fibre of the body.

On the contrary, those medicines that are taken inwardly, can have no effect, unless they encrease the heart's motion, by which a greater stress is laid upon every solid, and the motion encreased in every fibre of the body.

But as the hot baths, if for any considerable time continued, are apt to produce a too great relaxation of the vessels, so those disorders are best remedied by having recourse to the cold bath, which, being a composition of cold and motion, resulting from an intense cold, equally applied to every part of the body, acts upon the constitution, by bracing the

the solids, whereby it restores their fibres tight and firm, and preserves their motions within their proper balance.

This action of cold bathing is of mighty service in all great weaknesses of the limbs, and feebleness of the constitution, and not a little prevails in the cure of that disorder we call the vapours, if used in the beginning; besides, it has great influence in all manner of gleans not venereal, and, in such cases, is the best modern remedy we have; and as warm bathing removes obstructions, and evacuates those stagnant juices, that cause many diseases, so, once they are removed, the cold bath will be the only proper remedy to prevent their return.

The passions of the mind are the last of the non-naturals, whose disorders I am here to regulate; and as their irregular excursions greatly exasperate the symptoms of both acute and chronic diseases, when they are either exalted or depressed above or beneath the balance of nature; so, when rightly disposed, and reduced within their just bounds, they fail not to produce considerable alterations in the animal œconomy, in order to a successful cure.

Reason is the grand conductor of the passions, which are only the affections that conjoin matter and thought, and are more or less intended or remitted, as the mind or body is more or less elevated or depressed.

While they continue to be directed by this sovereign power, they are of admirable service in furthering the several actions of the body, and preserving the balance of the animal œconomy.

But, indeed, the best way to preserve them under a right regulation, is to live regular, and keep the constitution even; for the non-naturals all depending upon one another, a breach in any particular, will pervert the harmony of all the rest.

If we examine into the reason, why, of two persons considered in all circumstances alike, the one is fat, and well-liking, the other thin, and of a meagre habit of body; it is only the passions that make this difference.

All mankind, sound of constitution, would be well-liking, as well as other animals; with good feeding, were it not for the passions; but then, a man without passions, would differ little from the brutal part of the animated creation, unless in shape, which could only entitle him to the condition of a changling, in which state the blood moves with a heavy pace, and is the principal cause, why all the functions of life are clumsily performed; and, under such circumstances, you see nothing but a moving piece of clock work, almost void of life, sense, and perceptible motion.

The passions therefore ought to be chearfully supported, under the cure of all diseases, and the mind as much as possible compos'd to mirth and innocent recreations; for chearfulness of spirit is the grand symptom of a healthful body.

If, in company, I behold a man always chearful, I can, without an oracle, conclude him healthful; for these elevating passions of joy, mirth, &c. raise the motion of all the juices, and cause agreeable sensations in every fibre, in which consists the essence of a healthful temperature.

While on the contrary, fear, sadness, and the other dejecting passions, depress the motion of the animal fluids, hinder nutrition, and make a ghastly look all over the constitution.

I shall beg leave to conclude this chapter of the non-naturals, with that excellent advice of Tully Cicero.

Tantum cibi & potionis adhibendum; utendum exercitationibus modicis; in omnibus habenda ratio Valetudinis. Nec vero corpori solum subveniendum est, sed etiam menti atque animo multo magis, ut reficiantur vires, non opprimantur.

I cannot close this first volume, without paying my respectful acknowledgements to my numerous subscribers, for that liberal encouragement I have experienced in the course of this work; at the same time apologizing for the numerous errata's that must unavoidably attend an undertaking of this nature, by a person engaged in the necessary duties of his profession, which many times has prevented him even the opportunity of once revising the subject, more especially while he was at such a distance from his publication.

He has endeavoured, as much as possible, to bring into one point of view, the first and most eminent botanic Authors, who have treated the subject before him, and at the same time to render it as compleat as possible, has added such necessary observations and improvements, not only by an easy and successful choice of medicines, which has stood the test of long experience and practice, but also such useful directions with respect to regimen and diet, which if attended, cannot fail of forwarding their success, and rendering them far more advantageous.

He embraces the same opportunity of testifying his sincere regard and respect to those liberal friends, who have so generally favoured him with their ideas for the improvement of his work; assuring them, it will be his highest study and ambition to deserve their continued friendship, and in his further advancement herein, with the divine assistance, to render the undertaking as useful as possible.

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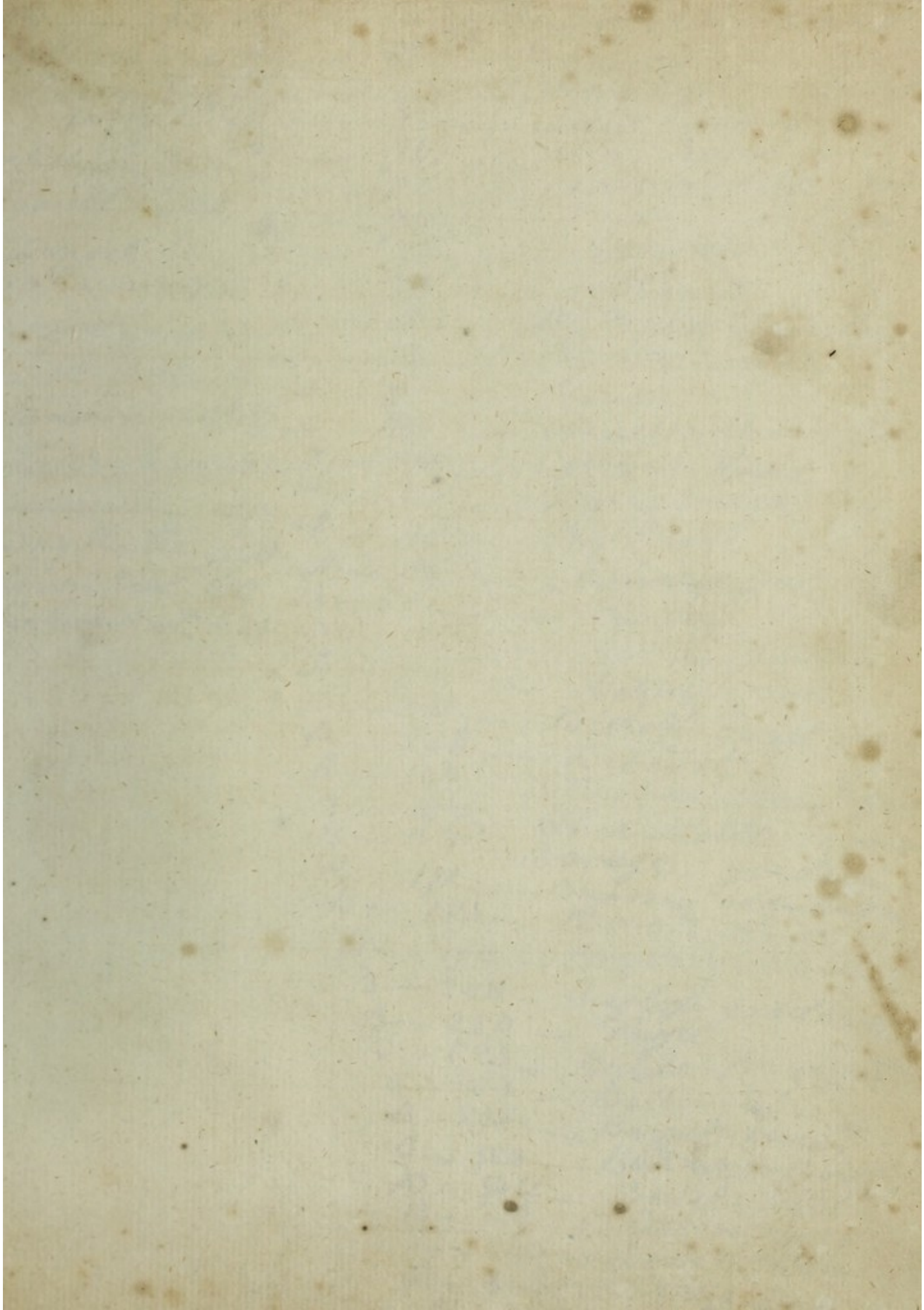
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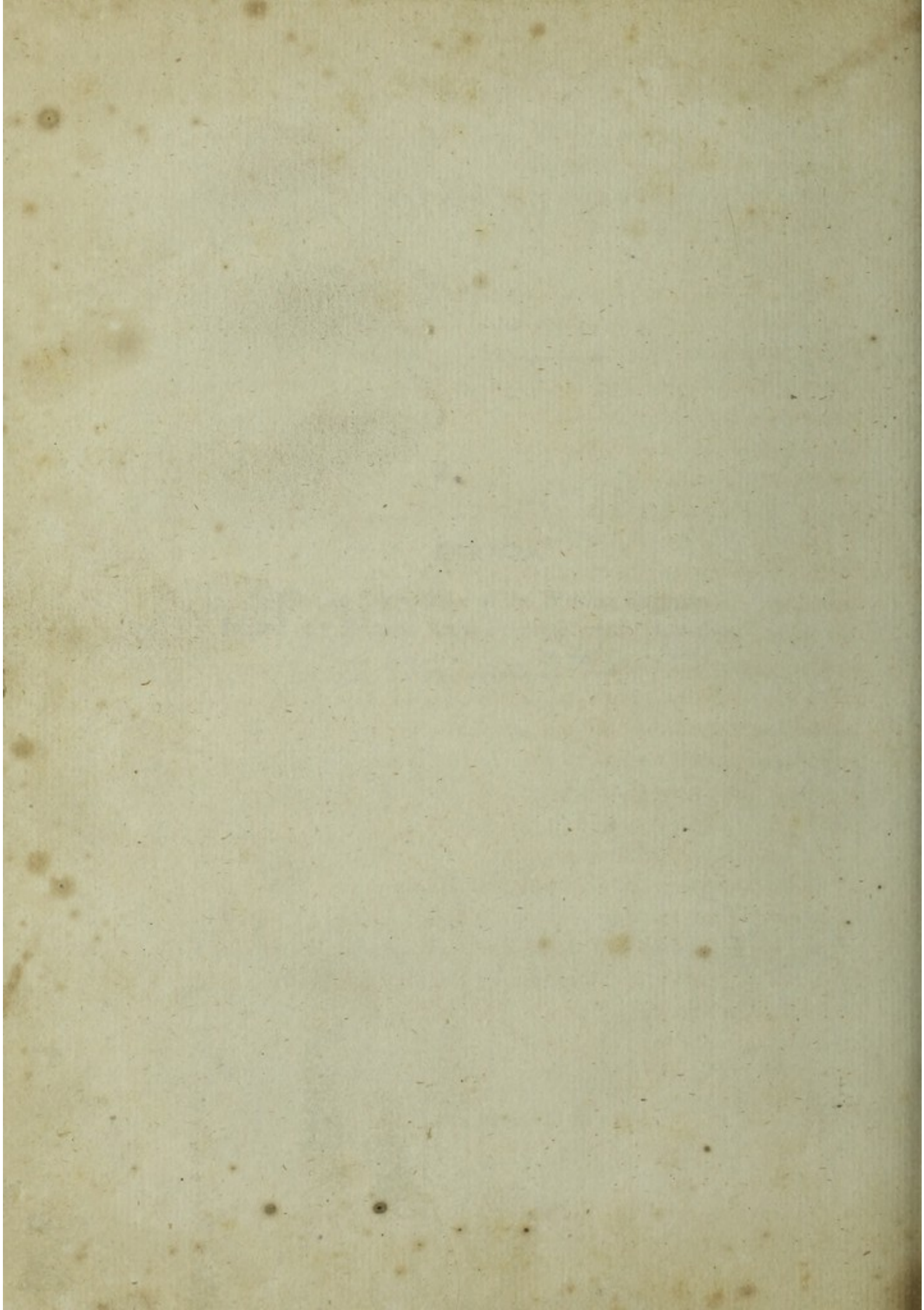
In plate 46 (by mistake of the Writing Engraver)
Instead of "Primula Veris, Primrose" read "Cowslips."

in Volume 2nd (not published)

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Plant Name	Page	Plant Name
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restharrow 403 A	75	Alexanders
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Celandine great 437 A	83	Angelica water
Centauryleser 451 A	87	Anise
Cammonile 477 A	89	Arach or Orach stinking
Cherry Winter 498 A	91	Arrow-head
Chervil Wild 510 B	94	Asarabacca
Chickweed com ⁿ 521 B	96	Asphodel
	98	Asparagus
	101	Barley
	111	Balm garden
	121	Betony-wood
	131	Bishop's Weed com ⁿ
	138	Bistort
	149	Bitter-sweet Woody Nightshade
	157	Blue-Bottle - small
	165	Borage - garden
	171	Broom, common
	183	Brook-Lime
	194	Bryony - white
	208	Bugloss garden
	220	Byggle
	523	Burdock great
	263	Butter-bur
	298	Burnet com ⁿ
	320	Butcher's-Broom
	334	Basil-wild
	339	Beans. garden
	346	Bear's-Breech
	348	Bears Ears
	350	Beet com ⁿ
	354	Bifol. Twy-Blade

[Faint, illegible handwritten text, likely bleed-through from the reverse side of the page.]

B K /

