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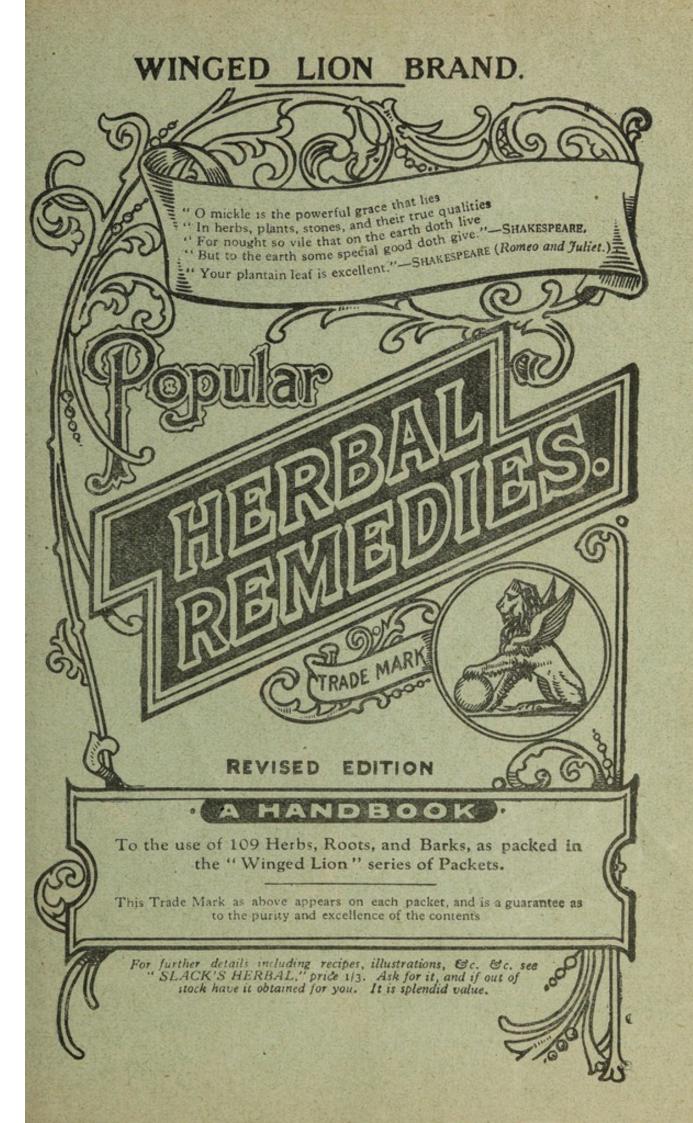
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Popular Herbal Remedies.

1. AGRIMONY HERB (Agrimonia eupatoria). A mild astringent, tonic, and diuretic, Useful in coughs, diarrhoes and relaxed bowels.

- ANGELICA HERB (Angelica atropurpurea). Stimulant, carminative, diaphoretic, expectorant. A good remedy for colds, coughs, pleurisy, wind, colic, gout rheumatics, and diseases of the urinary organs. Is generally combined with other herbs.
- 3. ARRACH HERB (Chenopodium olidum). Anti-spasmodic, emmenagogue. Used principally for promoting and regulating the menses.
- AVENS HERB (Geum urbanum). Astringent, antiseptic, tonic. Useful in diarrhœa. dysentery, bleeding of stomach or lungs. Makes a wash for spots on the face.
- BALM HERB (Melissa officinalis). Stimulant, carminative, tonic, diaphoretic. Good for fevers, colds, headache and nervousness.
- BARBERRY BARK (Berberis vulgaris). Tonic, purgative, antiseptic. Very valuable in cases of jaundice, liver complaints, general debility and biliousness.
- 7. BAYBERRY BARK (Myrica cerifera). A powerful stimulant, also astringent. Should be given in cases of coldness, clamminess and chill, generally in combination with chillies. A good cleanser of the stomach and cure for diarrhœa.
- 7A. BITTERSWEET (Solanum dulcamara). Narcotic, alterative, diuretic, emetic. Recommended in rheumatism and cathartic swellings, bad ulcers, jaundice, and obstructed menstruation.
- 78. BLACKBERRY (Rubus villosus). Astringent. Valuable in dysentery, diarrhæa, infants' cholera, hæmorrhage from the stomach and bowels, &c. Sometimes given for after pains.
- 7c. BLACK CURRANT (Ribes nigrum). Diuretic, diaphoretic, anti-scorbutic. Very useful in colds, fevers and coughs, and gently acts upon the bowels.
- 8. BLUE FLAG ROOT (Iris versicolor). Cathartic, emetic, diuretic, alterative. Of much utility in rheumatism, dropsy, constipation, impurity of blood, &c.
- 8A. BLUE MALLOW (Malva sylvetris). Mucilaginous, diuretic. Indicated in inflammatory affections of the kidneys, &c. An excellent demulcent in coughs, irritation of the air passages, &c.
- BONESET HERB (Eupatorium perfolatum). Diaphoretic, laxative, tonic, febrifuge and expectorant. Splendid medicine in all fevers; also in catarrh and skin diseases.
- 9a. BOX LEAVES (Buxus sempervirens). Diaphoretic, purgative, sudorific, alterative. A good tonic for debility, bilious disorders, jaundice and low spirits.
- 10. BROOKLIME HERB (Veronica beccabunga). Alterative and diuretic. Given in scurvy, poorness and impurity of blood.
- 11. BROOM HERB (Spartium Scoparium). A certain diuretic. Used in dropsy, gravel and bladder affections.
- 12. BUCHU LEAVES (Barosma betulina). Diuretic, diaphoretic and stimulant. Used in all affections of urinary organs, gravel and inflammation.

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- 18. BUCKBEAN or BOGBEAN (Menyanthes trifoliata). Bitter tonic. A very valuable remedy in rheumatism, scurvy, indigestion, fevers, dropsy, &c.
- BURDOCK HERB (Arctium lappa). Alterative, emollient, diaphoretic. In all skin diseases a certain remedy. Makes a good cleansing poultice.
- 16. BURDOCK ROOT (Arctium lappa). Possesses same qualities as the Herb, but is much stronger.
- CAMOMILE HERB (Anthemis nobilis). Diuretic, tonic, emetic, diaphoretic. Used for indigestion, female disorders, spasms, &c.
- CAMOMILE FLOWERS. Possess same properties as the Herb. By themselves or with
 equal quantity of broken Poppy Heads, they make a soothing poultice in neuralgia,
 burns, sprains, &c.
- 18. CALUMBA ROOT (Cocculus palmatus) A bitter tonic without astringency. Valuable in all cases of dyspepsia, weakness of stomach, &c.
- 19. CASCARILLA BARK (Cascarilla eluteria). Tonic, digestive. Admirable tonic in fevers, flatulence, dyspepsia, diarrhœa.
- CENTAURY HERB (Erythræa centaurium). Tonic, stomachic, emmenagogue. An
 excellent general tonic. Used extensively in dyspepsia, jaundice and female
 irregularities.
- 21. CLIVERS HERB (Galium aparine). Diuretic, tonic, alterative. A solvent of gravelly deposits in the bladder. Most valuable in obstructions of urine, &c.
- 21A. CLOVER (Trifolium pratense). Pectoral, anti-dysentric. Has peculiar soothing property applied in poultice form to ill-conditioned ulcers. A strong infusion internally gives prompt relief in whooping cough.
- COLT'S FOOT LEAVES (Tussilaga farfara). Demulcent, emollient, and expectorant.
 A popular and reliable remedy for coughs.
- 23. COMFREY LEAVES (Symphytum officinale). Demulcent astringent. A gentle remedy in cases of diarrhoea Good also for coughs.
- 24. COMFREY ROOT. Demulcent, expectorant, astringent. Highly esteemed for all pulmonary complaints, consumption, bleeding of lungs, &c.
- 25. CRANESBILL HERB (Geranium maculatum), Astringent, tonic, styptic. Valuable in hæmorrhages, fluxes, chronic and mucous discharge.
- 26. CRANESBILL ROOT. Same properties as Herb, but much stronger. As a styptic in internal and external bleeding it is especially good.
- 27. CUDWEED or COTTONWEED (Gnaphalium germanum). Astringent, discutient. Very useful in quinses, mumps, &c. Also a good gargle for ulcerated and sore throats.
- 28. DANDELION HERB (Leontodum taraxacum). Diuretic, tonic, aperient. Useful in all liver and kidney disorders.
- 29. DANDELION ROOT. Properties same as Herb, to which it is generally preferred.
- 29A. DOG'S GRASS (Triticum repens). Diuretic, anti-periodic. Opens obstructions of the liver and gall, frets away stone in the bladder, kills worms in children.
- ELDER LEAVES (Sambucus niger). Diaphoretic, sudorific, emollient. Chiefly used as a wash for chaps, soreness, the eyes and complexion.
- ELECAMPANE ROOT (Inulæ helenum). Diaphoretic, diuretic, alterative. A remedy for coughs, consumption, and pulmonary disorder generally.
- 32. EYEBRIGHT (Euphrasia officinalis). Touic, astringent. Makes a good wash for inflamed eyes, dimness and weakness of sight.



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- 38. FEATHERFEW or FEVERFEW HERB (Chrysanthemum parthenium). Aperient carminative, bitter. Used to promote the menses, remove worms, and in hysteria.
- 33A. FENNEL HERB (Fæniculum officinale). Aromatic, diuretic, stomachic. Greatly benefits persons with lethargy, inveterate headache, and sciatica.
- 34. FIGWORT HERB (Scrophularia nodosa). Diuretic, alterative. Most valuable in all skin diseases and blood impurities.
- 34A. FIVE LEAF GRASS (Potentilla reptans). Tonic, astringent and febrifuge. A decoction has been found useful in fevers, bowel complaints, menorrhagia and other hæmorrhages. Useful gargle for sore and bleeding gums, &c.
- 35. FUMITORY HERB (Fumaria officinalis). Tonic, diuretic, aperient. Used in liver and stomach derangements.
- 36. GENTIAN ROOT (Gentiana lutca). The most popular of tonic. Should be given in all cases of digestive weakness, general debility, female disorders, hysteria, &c.
- 37. GERMANDER HERB (Teucrium chamædrys). Stimulant, aromatic, tonic. Used in gout, rheumatism and asthma.
- 38. GOLDEN ROD HERB (Solidago vigaurea). Astringent, styptic. Used in diarrhœa, purging, bleeding of bowels, lungs, &c.
- 38A. GOLDEN SEAL (Hydrastis Canadensis). Tonic, laxative, alterative. Used in dyspepsia chronic affections, intermittent and typhoid fevers, &c. "Owing to the high price, this is now only supplied in bulk."
- 39. GROUND IVY HERB (Glechoma hederacea). Diuretic, tonic, pectoral. Given in coughs, urinary affections, sore throats, &c.
- 39A. GROUND PINE (Lycopodium complanatum). Emmenagogue, purgative. Active agent, Should be employed with considerable caution.
- 99B. HART'S TONGUE (Scolopendrium officinarum). Astringent, pectoral, vulnerary. Employed in spleen complaints.
- 39c. HEARTSEASE (Polygonum persicaria). Vulnerary, antiseptic. Good for convulsions in children, and inflammation of the lungs and breast.
- 40. HOPS (Humulus lupulus). Tonic, nervine, anodyne. Good in dyspepsia, nervousness, sleeplessness, fevers, &c.
- 41. HOREHOUND HERB (Marrubium vulgare). Pectoral, stimulant, tonic. Valuable for coughs, colds, and pulmonary complaints.
- 42. HYSSOP HERB (Hyssopus officinalis). Stimulant, diaphoretic, carminative, tonic. Used for coughs, colds, consumption, hoarseness, and for measles, fevers. &c., of children.
- 43. JUNIPER BERRIES (Juniperus communis). Diuretic, diaphoretic. Used in all kidney disorders and bladder affections, dropsy, gout, &c.
- 43a. LADIES' MANTLE (Alchemilla vulgaris). Astringent in hæmorrhage. It relieves ruptures, and some females apply the leaves to enlarged breasts.
- 44. LIQUORICE ROOT (Glycyrrhiza glabra). Demulcent, emollient, expectorant. Used in coughs, consumption and chest complaints.
- 45. LIVERWORT. Mucilaginous, astringent, pectoral. Used for the liver, spleen jaundice, &c.
- 46. LUNGWORT (Pulmonaria officinalis). Demulcent, mucilaginous, pectoral Valuable in all pulmonary complaints, coughs, &c.
- 47. MANDRAKE ROOT (Podophyllum peltatum). Cathartic, alterative, anthelmintic and anti-bilious. Given in chronic dyspepsia, liver and bowel complaints.
- 48. MARSHMALLOW LEAVES (Althoga officinalis). Demulcent, emollient, expectorant.

 A popular remedy for coughs, bronchitis, &c. Useful also in urinary disorders and as a healing poultice.



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- 48A. MARSHMALLOW ROOT (Althora officinalis). Mucilaginous, demulcent, diuretic. Is excellent to bring away gravel, a gentle aperient and good for whooping cough.
- 49. MEADOWSWEET HERB (Spirea alba). Sub-tonic, astringent. Used in diarrhoea, infantile stomach disorders, and as a Spring and Autumn medicine.
- MOTHERWORT (Leonurus cardiaca). Tonic, anti-spasmodic nervine, emmenagogue. Specially valuable in female weaknesses. Promotes menstruation. It is a tonic in heart disease.
- MOUNTAIN FLAX HERB (Linum catharticum). Aperient, cathartic. Makes a certain
 and safe aperient medicine.
- 82. MOUSEAR HERB (Gnaphalium ulignosum). Sudorific, tonic, expectorant. Principally used in cough and lung affections. A specific for whooping cough.
- 53. MUGWORT HERB (Artemesia vulgaris). Anti-bilious, tonic, emmenagogue. Induces perspiration, promotes the menses and acts on the urinary organs.
- 54. MULLEIN HERB (Verbascum thapsus). Demulcent, astringent, pectoral. Highly esteemed as a remedy for consumption and pulmonary diseases in general.
- 55. NETTLES (Urtica dioica). Astringent, tonic, diuretic. Useful in internal bleedings and stomach and bladder complaints.
- 56. OAK BARK (Quercus alba). Astringent, tonic, antiseptic. Makes a good cleansing gargle in sore and putrid throat. Useful in diarrhoea.
- PARSLEY PIERT or BREAKSTONE (Alchemilla arvensis). Diuretic. Largely prescribed for gravel, stone, and all kidney and bladder affections.
- 58. PELLITORY HERB (Parietaria officinalis). Diuretic, expectorant. Very efficacious in diseases of the urinary organs, stone, gravel, &c.
- 59. PENNYROYAL HERB (Mentha pulegium). Diaphoretic, stimulant, emmenagogue. Used for fever, measles, female irregularities, whooping cough, &c.
- 50. PEPPERMINT (Mentha piperita). Stimulant, carminative, anti-spasmodic. For flatulency, wind, colic, and as an infant's cordial.
- 60a. PILEWORT (Ranunculus bulbosus). Recommended especially for piles. The decoction should be drunk freely, at the same time applying Witch Hazel Ointment to the parts affected.
- 81. POPULAR BARK (Populus tremuloides). Tonic, diuretic. Used in place of Peruvian Bark in all cases of debility, indigestion, faintness, &c.
- 82. QUASSIA WOOD (Picræna excelsa). A pure tonic. Used in dyspepsia, fevers, &c.
- 48. RASPBERRY LEAVES (Rubus strigosus). Mild, astringent and stimulant. Makes a useful gargle for sore mouths, &c. Good in stomach disorders of children, and excellent medicine for females before and during confinement.
- RED or WATER DOCK ROOT (Rumex aquatious). Deobstruent, detergent. Makes a
 good cleansing lotion for cancerous and diseased surfaces. Internally for the blood.
- 65. RED SAGE HERB (Salvia officinalis). Diaphoretic, astringent, tonic. Makes an excellent gargle in sore throat, ulcerated mouth, &c. Good for cold, fevers, &c.
- 66. ROSEMARY (Rosmarinus officinalis). Astringent, stimulant, anti-spasmodic Makes an excellent hair wash. Useful in canker, all nervous disorders and female complaints.
- 87. RUE (Ruta graveolens). Stimulant, auti-spasmodic, emmenagogue. Chiefly used for suppressed menses, hysteria and amenorrhoea. Also good for worms.
- 68. SANICLE HERB (Sanicula Europea). Nervine, astringent, alterative. Seed in consumption, inflammation of bronchial passages, bleeding of lungs, and bladder affections.



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- 68A. SARSAPARILLA (Smilax Sarsaparilla). Tonic, demulcent, and alterative. Restores vigour to the constitution when broken down.
- 69. SASSAFRAS BARK (Laura sassafras). Stimulant, diaphoretic, diuretic. Used in eruptions, rheumatism, gout, &c.
- 69A. SELF HEAL (Prunella vulgaris). Astringent. A curative of wounds, and very successful in repressing inflammation or stopping the flow of blood in any wounds.
- 70. SCABIOUS or DEVIL'S BIT (Scabiosa succisa). Stimulant, febrifuge, demulcent Useful for coughs, fevers and inflammations.
- 70A. SHEPHERD'S PURSE (Capsella Bursa Pastoris). Acid, detergent, astringent. Good for bleeding of the nose and diarrhoea.
- 71. SKULLCAP HERB (Scutellaria laterifolia). Tonic, nervine, anti-spasmodic. Most excellent in all cases requiring a nervine. A specific for St. Vitus Dance and rickets. Said to cure hydrophobia.
- 72. SCURVY GRASS (Cochlearia officinalis). Strongly anti-scorbutic, and should be given in all cases requiring such a remedy.
- 73. SENNA (Cassia senna). Cathartic, laxative. Most popular and certain of remedies for constipation.
- 73A. SOAPWORT HERB (Saponaria officinalis). Tonic, alterative, diaphoretic. A purifier of the blood. Of great service in asthma and all disorders of the breast where the promotion of expectoration is desirable.
- 74. SCUTHERNWOOD (OLD MAN or LAD'S LOVE). Tonic and anthelmintic. For worms, nervousness and female disorders.
- 74A. SPEEDWELL (Veronica beccabunga). Diuretic, emmenagogue, anti-scorbutic. An excellent cleanser of the blood and opens all obstructions.
- 74n. SPIGELIA (Spigelia Marilandica). Anthelmintic, narcotic, acid. Valuable worm medicine, but should be used with caution as to constitutional adaption.
- 75. TANSY HERB (Tanacetum vulgare). Tonic diaphoretic emmenagogue. Chiefly used for female irregularities and worms.
- 76. TORMENTIL ROOT (Tormentilla officinalis). Tonic, astringent. An excellent remedy for piles, diarrhæa, dysentry, diabetes, &c.
- 77. UVA URSI (Arbutus Uva Ursi). Diuretic, astringent, tonic. Very useful in all affections of the urinary apparatus.
- 78. VALERIAN ROOT (Valeriana officinalis). Tonic, nervine. Useful in all cases of nervous debility especially in female hysteria, &c.
- 79. VERVAIN HERB (Verbena hastata). Stimulant, diaphoretic, nervine, emetic. Specially used in fits, fevers, coughs, asthma, &c.
- 80. WOOD SAGE HERB (Teucrium scorodonia). Tonic, Stimulant. A pleasant bitter, useful in fevers, rheumatism, debility, &c.
- 81. WILD CARROT HERB (Dancus carota). Diuretic. A really fine remedy in all urinary obstructions, gravel, dropsy, &c.
- 81A. WINTERGREEN (Gaultheria procumbens). Stimulant, aromatic, emmenagogue. It is good for diseases of the heart and arrests dysentery.
- 82. WOOD BETONY HERB (Betonica officinalis). Nervine, Tonic. Good in headalhe, convulsions, agues palsy, colic, &c.
- 82A. WOODRUFF Asperul odorata). Diuretic, deodorant, tonic, vulnerary. A pleasant and agreeable tonic, indicated in foctor of the breath. Useful for worms in children.
- 83. WORMWOOD HERB (Artemesia absinthum). Anthelmintic, tonic. Used in dyspepsia and to expel worms. Also makes a good fomentation.
- 84. YARROW HERB (Achilla millefolium). Astringent, diuretic, diaphoretic. Certain cure for colds and fevers.
- 85. YELLOW DOCK ROOT (Rumex orispus). An anti-fat and alterative. Should be taken whenever blood is impure, in skin diseases, &c.

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