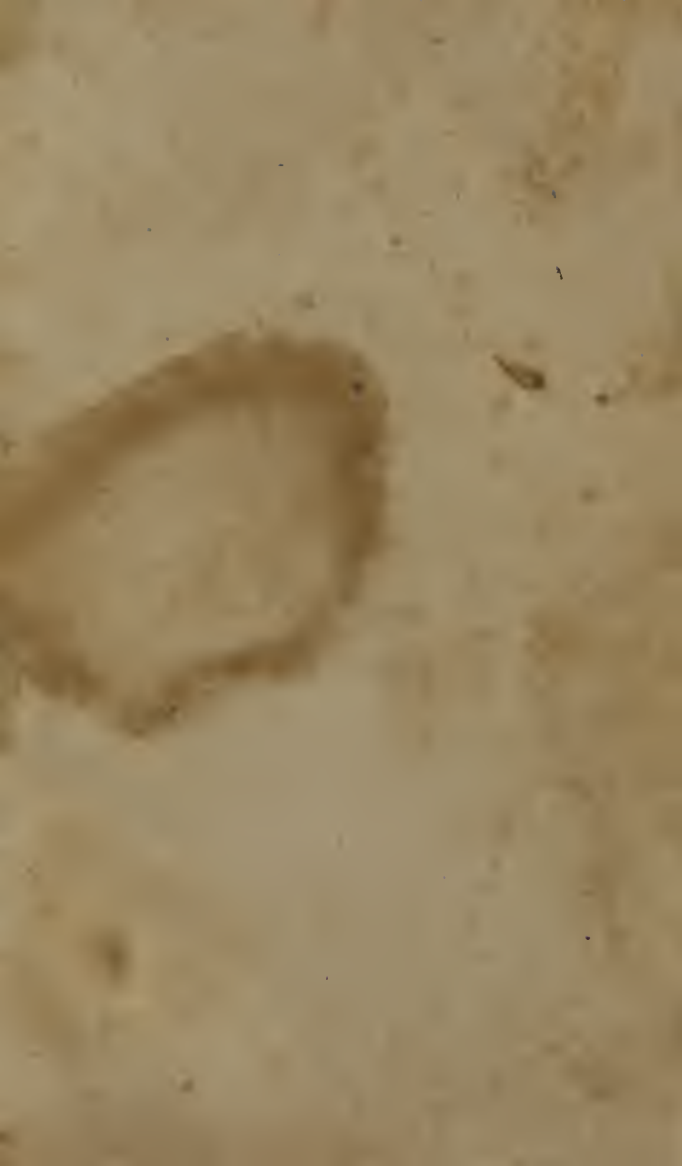




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THE  
**AMERICAN PHYSICIAN;**  
BEING  
A NEW SYSTEM OF PRACTICE,

FOUNDED ON

**Botany.**

CONTAINING

- I. A DESCRIPTION OF MEDICINAL PLANTS—THEIR PROPERTIES, LOCALITIES, &c. AND THE METHOD OF PREPARING AND USING THEM.
- II. A TREATISE ON THE CAUSES, SYMPTOMS, PREVENTION, AND CURE OF DISEASES, INCIDENT TO THE HUMAN FRAME; WITH A SAFE AND SOVEREIGN MODE OF TREATMENT.

FOR THE USE OF FAMILIES AND PRACTITIONERS.

BY DAVID ROGERS.

ROCHESTER, N. Y.

PRINTED FOR THE AUTHOR—BY H. LEAVENWORTH,

1824.

*Northern District of New-York, to wit :*



**BE IT REMEMBERED**, That, on the fourteenth day of May, in the forty-eighth year of the Independence of the United States of America, A. D. 1824, David Rogers, of the said District, has deposited in this Office the title of a book, the right whereof he claims as author and proprietor, in the words following, to wit :

“ The **AMERICAN PHYSICIAN** ; being a new System of Practice, founded on Botany. Containing 1. A Description of Medicinal Plants, their Properties, Localities, &c.—And the Method of preparing and using them. 2 A Treatise on the Causes, Symptoms, Prevention, and Cure of Diseases incident to the human frame ; with a safe and covereign mode of treatment. For the use of Families and Practitioners. By **DAVID ROGERS.**”

In conformity to the act of the Congress of the United States, entitled “ An act for the encouragement of learning, by securing the copies of Maps, Charts, and Books, to the authors and proprietors of such copies, during the times therein mentioned ;” and also, to the act entitled “ An act supplementary to an act entitled ‘ An act for the encouragement of learning, by securing the copies of Maps, Charts, and Books, to the authors and proprietors of such copies during the times therein mentioned,’ and extending the benefits thereof to the arts of Designing, Engraving and Etching historical and other prints.”

**R. R. LANSING**, *Clerk*

*of the Northern Dis't. of New-York.*



## PREFACE.

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THAT the present privileged system of medicine, with all its modern improvements, is in theory still imperfect, and in practice often productive of disastrous consequences, is too notorious to require proof. I need not here revive the complaint of the thousands and the tens of thousands, who, after having suffered many things from physicians, and having spent all their living upon them, were nothing bettered, but rather grew worse: I need scarcely advert to the proverbial selfishness of a set of men, who, upheld by authority, have, according to the general sentiment of mankind, been noted for sacrificing humanity, truth, and every good principle at the shrine of avarice and popularity: nor would I increase the odium which seems to rest on a profession, thronged indeed with a host of unprincipled, bigotted, persecuting, and bloated—human vampyres, (a disgrace to any profession;) since that same profession has, I am proud to acknowledge, been adorned by men of real science and real merit—distinguished for liberality and a list of other virtues, such as must rank them among the best of mankind. Though I may have suffered from the slander of intolerant individuals, unworthy to be named in this work, I have no wish to criminate any, nor to demean a profession, which, like all good institutions, is, in the hands of wicked men, capable of abuse. I aim at an object more worthy of attention: I have heard the widely extended complaints of human sufferers, smarting under the hand of systematick cruelty; wasting away by poison, administered as medicine; and pining in despair when the last penny has gone as a fee to a rich practitioner. In view of

such facts, did I conceive no desire to produce a reform, I should be unworthy the name of a man.

On the other hand, when I observe the means of health scattered so profusely around us in almost every field and forest—placed as it were, within the reach of every hand that will deign to accept, it is natural to wish that the kind efforts of nature be seconded—that her gifts be received and applied to useful purposes. I believe the publick welfare requires a better system of medicine than has heretofore appeared; a system more simple in its principles and details; more agreeable to commonsense; better adapted to popular apprehensions and wants, in order that such as need most the kind relief of charity, may not suffer most from authorized oppression. Were people generally aware of the enormous disproportion between the expenses of medicines and medical services, and the price of other articles; were they apprized of the adulterations and other impositions practised in the importation of foreign drugs; there would be one united voice against the use of such drugs, against encouraging such services. Does it reflect honour on that kind Providence who supplies the wants of all creatures, to suppose that the science of health in which every child of Adam is so deeply concerned, must necessarily be the exclusive privilege of a few? that it should be locked up in an unknown language, or merged in a mass of learned lumber—requiring an age of study to explore and apply its principles to useful purposes? A reference to the Aborigines of our country is sufficient to refute such doctrine. Is it credible that diseases peculiar to our climate and our country, can find no remedy nearer than Peru or Iceland, Cochin China or Japan? Is it credible that the thousands of vegetables that beautify and perfume our fields and groves have no valuable use in relation to the health and comfort of man? A belief in the wisdom of the Creator, who does nothing in vain, must lead us to a different conclusion. In fact the more the medical

properties of vegetables have been explored, the more have they been found to furnish supplies for the nourishment and health of the animated part of creation. Exotick vegetables may perhaps prove useful, especially if naturalized by cultivation in our own soil, in our own climate; but it is at least probable, if not certain, that our own native plants are abundantly sufficient to answer all the medical demands of our country. And ought not every man so to value his own health, and the gifts of Providence for preserving and restoring health, as to make this a part of his study? Has it not occurred even to physicians of the learned order, that every man may and ought, at a proper age and to a certain extent, to become 'his own physician?' This cannot be questioned when we consider how much depends on diet, temperance, and exercise. And may I not be allowed to suggest, that every woman—every mother especially, ought to be a physician as well as nurse, in her own family? Surely those charitable ladies, whose plans of beneficence go beyond mere theory—who have hands capable of doing good, as well as minds for devising good, will not find their feelings revolt at my suggestion. Many, I know, act on this plan already—and to better effect than the most scientifick practitioner; and to their own families at least, they become emphatically "beloved physicians."

To assist such practical philanthropists, I have prepared what seemed to me necessary, a plain and concise work, relative to medicinal plants and their use in curing diseases. Concerning my pretensions to medical skill and the efficacy of the methods of cure here recommended, I shall at present add nothing, except what may be found in such certificates as I shall present to the reader. [See Appendix.]

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The following extracts, from some of the most able writers on medical science, will serve to corroborate

the foregoing statements, and more fully prove the fallacy and inconsistency of the modern fashionable practice.

FROM THE MEDICAL GUIDE.

“It is a happy feature in modern manners that medicine is no longer the property of a privileged order. To every individual, health is the most valuable of sublunary possessions; it is fit, therefore, that all should be instructed in the methods of restoring or preserving it, so far as is compatible with the ordinary vocations of life. To promote this salutary purpose has been the great object of the attention I have paid to these subjects for many years.”

“Domestick medicine has been, of late years, so successfully cultivated in this country, that it is no longer a question, whether the publick has been really benefited by the works of popular writers on the subject? The only question is, which is the most beneficial to the country, domestick medicine, or regular medicine?—being actuated by no other motive than that of administering relief to a distressed fellow creature, instead of overdrenching their patients with medicine.

“By a knowledge of medicine, a person is enabled in his own immediate case, as well as that of his friends and neighbours, to distinguish the man of merit from the pretender. Of those medical men who persist in decrying all attempts to diffuse a knowledge of medicine among the mass of mankind, I would advise the publick to inquire to what degree of perfection the healing art is brought? Is there a fundamental principle established upon which all medical men agree? Is not the art founded on conjecture, and do not physicians, even in acute diseases, recommend diametrically opposite to each other? The fact is, that such is the deplorable state of the art, that if a patient consults twenty physicians, he will find, that even in a simple case, all will give a different opinion respecting

either the seat, the nature, or mode of cure of his malady!! If this be the perfection to which the medical art is brought, surely no set of men has a right to claim the exclusive privilege of attending the sick, and prescribing for the cure of their maladies, on account of possessing a superior knowledge of the nature and cure of diseases. It is the interest of the partially educated physicians, that an utter ignorance should prevail in regard to the arcana of their profession, and that their practices should be known only to themselves, and he who dares to reveal them is sure to be visited with the full measure of their wrath and indignation. The author, like other popular writers, has been *honoured* with his share of their abuse. As the diffusion of general knowledge has completely undermined the great basis of medical mystery, he would earnestly entreat these liberal gentlemen, instead of cloaking their ignorance under the mask of gravity and importance, to cultivate the art as becoming men of real science; and before they take upon themselves the important office of physician, to render themselves conversant with every branch of medical science, so as to be able to concentrate the rays of each department on the grand question of practice, and to endeavour to be in advance with domestick medicine."

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FROM THE AMERICAN DISPENSATORY, PAGE 635.

"It was the observation of Professor Cullen, one of the most celebrated writers on the materia medica that any age has produced, that the writings on that subject are, for the most part, a compilation of *mistakes* and *falsehoods*. And he adds, that these errors arise from the obstinacy of old professors, and their blind attachment to theory, as well as the vanity of young physicians, being the authors of observations that are hastily made and dressed in the closet; and besides, many of

the operations of nature have been falsely imputed to the effects of medicines, pretendedly founded on experience. So distant are they from a true and faithful delineation of nature. Allied to these evils are the numerous *frauds* and *sophistications* of chemistry and pharmacy, and the reprehensible practice of administering nostrums or secret remedies, and other popular impositions, the fertile and disgraceful sources of empiricism.

“A knowledge of the medicinal powers, possessed by the indigenous vegetables, of which our own soil is so abundantly productive, should be deemed an acquisition of primary importance. However disparaging to medical erudition, it is but justice to confess, that we are indebted to the bold enterprise of illiterate pretenders, for the discovery of some of our most active remedies. It is, therefore, extremely desirable, that our *patriotick physicians* and *citizens* should unite their exertions in the investigation of native substances, and institute such chemical analyses and experiments as will tend to elucidate their specifick properties.”

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FROM “THE GUIDE TO HEALTH.”

“That the knowledge of medicine is only to be obtained by much perseverance, is not to be denied; nor is it to be denied, that in this age, the gates of knowledge are *open to all men*, or that those who shall *most sedulously* apply themselves will acquire the largest store. Happy it is for this country, that *every* SCIENCE is *open to every one* who shall choose to explore it: and thrice happy are its people, that the STUDY OF PHYSICK is *not restrained* to those alone, who have passed through various ceremonies.”

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# AMERICAN PHYSICIAN.

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*A Description of Medicinal Plants, their Properties or Virtues, Localities, &c. arranged in Alphabetical order.*

[*Note*—When a Plant bears several names, the one in most common use is inserted first.]

## ALKANOKE.

**DESCRIPTION.**—This shrub grows usually about ten feet high, rarely more than twenty. It bears yellow berries, set in clusters or bunches. The bark resembles that of yellow birch.

**Place.**—It commonly grows in swamps where there is a cold atmosphere. I have found it in the vicinity of the Black river, (N. Y.) also, in the states of Maine and Vermont. In Maine it is abundant.

**VIRTUES.**—The bark is a moderate astringent. An ounce of this steeped in one quart of water and drank daily for a considerable time, cleanses the blood by exciting the secretions of the liver, braces the nervous system, and strengthens the memory. It is useful in jaundice, consumptions, and all other morbid affections.

## BLACK ALDER.

**DESCRIPTION.**—It commonly rises four or five feet in the form of a hedge bush. The bark is of a dark gray, interspersed with white spots. The rind, when chewed, will turn the spittle yellow. It bears round berries, which are red at the time of frost.

**Place.**—It grows in swamps and wet places.

**VIRTUES.**—The rind is the part made use of, which is considerably astringent and bitter. The bark made

into a tea, or into bitters, strengthens the stomach and allays the irritation of worms. The bark made into a fine powder and given to children that are troubled with worms, often expels them. The juice of the berries has the same effect.

### TAG ALDER.

This is so generally known as to render a description unnecessary.

VIRTUES.—The bark and tags made into a tea and taken freely on an empty stomach, opens the obstructions of the fluids in general, purges humours, and allays internal heat. Cloths, applied to a hot swelling, kept constantly wet with a strong decoction of the bark, afford much relief.

### ANGELICA.

DESCRIPTION.—There are two species of this plant which are indigenous, growing spontaneously in intervals, about springs, and in rich places. They are often cultivated in gardens. They rise to the height of four or five feet, having large round hollow stalks, with small joints set at a considerable distance apart, dividing at the top into many branches. At the ends of these branches, they bear seed resembling that of a parsnip. The seeds are ripe in August, and have a pungent aromack quality. The roots are irregularly divided into branches, running in various directions, and having the same taste as the seed. The two kinds of *Angelica* differ not much except in the size, and the appearance of the leaves.

VIRTUES.—It possesses a strong, acrid, pungent quality. It helps digestion, promotes the secretion of water, and removes flatulence and wind cholick.

### ARSE-SMART.

This is so common as to require no description.

**VIRTUES.**—This hot herb, bruised and applied externally on cold swellings, causes a dispersion, dissolves coagulated blood, and resists putrefaction, both internal and external. A strong decoction taken internally, raises internal heat, discusses humours, and raises the action of the moving fibres.

### WHITE ASH.

**DESCRIPTION.**—This tree is generally found growing in every forest in this country. In its straightness and size, it is exceeded by few trees. The bark is white and very rigid.

**VIRTUES.**—It possesses a pungent stimulating quality. A decoction made of the bark of young trees, acts as a gentle aperient or cathartick. It promotes perspiration, and resists poison.

### PRICKLY ASH.

**DESCRIPTION.**—This shrub commonly grows about six feet high, set with sharp prickles or thorns. The leaves are small and notched. The berries and bark are exceedingly pungent to the taste.

**Place.**—It generally grows in moist ground, about swales, and by the side of streams.

**VIRTUES.**—It tends to warm and quicken the circulation of the blood. It invigorates the nerves, quickens the appetite, and removes lethargy.

### BABERY.

**DESCRIPTION.**—This is for the most part, a very scraggy bush, growing three or four feet high, sending out many branches set full of smooth green leaves.—From the sides of the branches grow small berries, from which a green tallow is extracted, known by the name of *babery tallow*. This and the bark of the roots are the parts commonly used in medicine.

*Place.*—It generally grows in swamps, or wet land.

*VIRTUES.*—The bark of the root has a pungent and astringent quality, and is moderately bracing. The bark, made into a fine powder, acts as a strong sternutatory, or headache snuff. It is good against the scurvy, and is frequently used to cleanse the teeth.

### BALM-OF-GHLEAD.

*DESCRIPTION.*—It often grows as large as a common forest tree, with branches all the way up. The bark of the limbs and upper part of the trunk is smooth, and of a greenish colour; that of the lower part more brown and rough. The leaf has a smooth surface, notched round the edges, and terminating in a point.

*VIRTUES.*—The balsam is the most useful part of this vegetable. It has a very penetrating, strengthening and healing quality. It may be formed into tinctures, salves and plasters. It is chiefly used in debilitations, consumption and rheumatism.

### BARBERRY.

*DESCRIPTION.*—From one root many sprouts grow up, in the form of a bramble, sometimes six feet and upwards, bearing clusters of long red berries, which are ripe at the time of frost, and stay on through the winter. Being of a pleasant sharp acid, they are often made into preserves and jellies. The rind is yellow, and of a pleasant bitter.

*VIRTUES.*—Bitters made of the bark have long been used in the jaundice. The juice of the berries purges the sharp humours of the stomach and bowels; corrects and strengthens the digestive powers, and improves the appetite.

### Birth Root.

There are three species of *Birth Root*, which grow commonly in most parts of this country, viz: **WHITE**, **RED**, and **RED AND WHITE**.

## WHITE BIRTH ROOT.

DESCRIPTION.—Early in the spring it sends up a stalk eight or ten inches high, with three large smooth green leaves near the top, and a white flower of three leaves about an inch above the other leaves. From the centre of the blossom there grows a white bud, with six sides or ridges, containing seed. The root is soft, and is covered with little knobs and fibres.

Place.—It commonly grows where there are beech and maple.

VIRTUES.—It is frequently given in hysterical complaints, in asthma, and in female obstructions.

## RED BIRTH ROOT.

DESCRIPTION.—This is about the same shape and size as the white; but it bears a *red* flower and bud.

VIRTUES.—It removes canker, suppresses fluor albus, and strengthens the nervous system.

## RED AND WHITE BIRTH ROOT.

DESCRIPTION.—This produces a *red and white* flower: the red part forming a circle about half way, in the inside of the blossom: the bud is round, and the outside of the root is whiter than that of the other species: in other respects it is much like them.

Place.—This plant commonly grows where there is hemlock timber.

VIRTUES.—It removes the obstructions of the biliary duct, excites the secretions of the liver, relieves cholic and pains in the stomach, and is useful in gravel complaints. One-fourth of a tea spoonful of the powder, in half a gill of warm water, is a sufficient dose.

## BLACK BIRCH.

DESCRIPTION.—The bark of this tree resembles that of black cherry: the leaves resemble those of yellow

birch: its flavour is like that of wintergreen, somewhat stimulating and aromattick.

*Place.*—It generally grows in the coldest parts of this country; on the sides of hills, mountains, &c.

*VIRTUES.*—It is both stimulating and strengthening. It is good in all syrups and decoctions, and is useful to remove cold swellings. For this purpose, several thicknesses of flannel should be bound round the part affected, and kept constantly wet with a strong decoction of the bark.

### BITTER SWEET. (*Amara Dulcis.*)

*DESCRIPTION.*—It shoots up a woody vine ten feet or more, winding round whatever tree, &c. that stands near enough. The leaves are long and pointed, of a light green hue: the berries hang in bunches, which are red in the fall: the root runs several feet under the surface of the ground, the outside of which is red.

*Place.*—It grows in intervals and hedges, and other rich places.

*VIRTUES.*—It removes obstructions of the liver, and spleen; dissolves congealed blood, and promotes the secretion of urine. It is useful in ointments and poultices to abate inflammations, and to bring down swellings.

### BLOOD ROOT.

*DESCRIPTION.*—Early in the spring this grows up with large oval leaves, of an olive green: it grows about six inches high, and produces a small white flower. The root is smooth and fleshy, of a red colour: the green root, when broken, exudes a juice resembling blood.

*VIRTUES.*—It is very acrid and pungent, and is good against the scrofula. A tea spoonful of the pulverized root, taken in half a gill of warm water, will operate as an emetick; but usually very harsh. The powders



sprinkled on an old ulcer, will cleanse it effectually from scurf, canker, and fungous flesh, and produce a healthy appearance. The powders snuffed several times in a day, prove a sovereign remedy for the polypus in the nose. An ounce of the powder steeped in one quart of gin or whiskey, and a table spoonful taken every morning, is good for those who are troubled with the asthma. It is useful in all syrups intended to open and purify the system.

### BLOOD VEIN.

**DESCRIPTION.**—It has a small round stalk growing a foot and a half high, with a few small leaves branching into divers parts at the top: it bears small yellow flowers, which put forth in the latter part of June, and continue till fall: several large green leaves grow close to the ground, marked with large purple veins, their under side having a hairy appearance: the root is small and fibrous, and of a bitter taste.

**Place.**—It seldom grows any where except among oak and pitch pine timber.

**VIRTUES.**—A tea made of the whole plant, taken daily for a considerable time, will purify and increase the blood and flesh. If taken for some time previous and at the time of labour, it facilitates, and affords much ease.

### BONESET. (*Thoroughwort.*)

**DESCRIPTION.**—This plant commonly grows about three feet high. The leaves are rough, notched, and pointed. They grow in opposite couples, encircling small joints all the way up. At the top they divide into branches, producing small white flowers at their extremities.

**Place.**—It grows in wet grounds, about fields, swamps, and waste places.

**VIRTUES.**—It possesses an emetick and cathartick quality. A strong decoction made of the herb, and

taken freely, operates as an emetick: pills made of the extract, operate as a cathartick: a tea made of the leaves and flowers, is very good for hysterical affections. It opens the system in general.

### CONSUMPTION BRAKE.

**DESCRIPTION.**—It has a slim tender stalk, growing to the height of a foot or more, dividing into branches towards the top, with small leaves finely cut or indented at the edge, and of a bright olive hue. One stalk grows out without leaves, bearing fine flowers, succeeded by small seeds. The root is small and has several prongs.

*Place.*—It grows scatteringly, in most kinds of soil.

**VIRTUES.**—It is good to expel putrescence and acrimony. A tea made of the tops and roots, sweetened with honey, is very serviceable to persons who are troubled with a dry cough. When made into a poultice, it draws powerfully.

### WINTER BRAKE.

**DESCRIPTION.**—This is a kind of evergreen plant, putting forth new branches every spring, at the time the old ones decay. About half a dozen stalks rise yearly from one root, about a foot in length, with long leaves, which look as if deeply cut around the edges. The branches decay only to the surface of the ground, leaving sprouts from the main root, which live for many years.

*Place.*—It generally grows in a hard, cold and wet soil, or such as produces beach, maple and hemlock timber.

**VIRTUES.**—It is one of the most powerful astringents. A tea spoonful of the powder in a tea cup full of hot water, repeated as circumstances may require, is a safe and sure remedy for a relax. It is good to astringe blood vessels, and prevent the leakage of sinews.

## HIGH BUCKHORN.

**DESCRIPTION.**—It puts forth divers slender trailing stalks, three feet or more in length, from a little turfy protuberance, or hillock: it has long narrow leaves, deeply cut around the edges.

*Place.*—It usually grows in swamps where there is black ash timber, and in wet places.

**VIRTUES.**—The heart of the root is the part chiefly used: the powder, or root, beaten in cold or warm water, becomes a thick ropy substance—a mucilage—which is very strengthening. It is a good article in strengthening syrups.

## LOW BUCKHORN.

**DESCRIPTION.**—From different parts of the root several stalks grow up a foot or more in height, bearing at the top small green seeds. The root is externally black, and internally greenish, extending two or three feet.

*Place.*—It grows about cold springs and swamps.

**VIRTUES.**—It possesses a strengthening quality, being somewhat mucilaginous. It is serviceable in all debilitated or weakly habits, to take a tea spoonful of the powder, in a gill of hot water, two or three times a day.

## BUCK THORN.

**DESCRIPTION.**—This tree is about the size of a plumb tree, bearing black berries similar to the whortleberries. The trees are seldom to be found in this country, and require cultivation.

**VIRTUES.**—As a cathartick, few medicines answer a better purpose than the berries of this tree: they are good to purge humours. From forty to sixty of the berries may be taken with safety; though seven or eight have been known to operate. The juice is often pressed out and made into an elixir.

## BRIER.

The high brier, or blackberry bush, is so generally known, as to render a description unnecessary.

VIRTUES.—The bark of the root, which is the most useful part, has an astringent quality. A strong decoction or tea, made of this, and taken with discretion, cures or relieves all intestinal fluxes. It is also good to wash foul sores.

BUTTERFLY. (*White Root.*)

DESCRIPTION.—It sends up divers stalks two feet high, set with long narrow smooth leaves, dividing into short branches at the top, and bearing bright yellow flowers, set in oval clusters or bunches, supported by long foot stalks. The flowers appear in July or August: the root resembles that of a parsnip in size and shape, externally brown, internally white, and extending deep into the ground.

Place.—It commonly grows in a sandy soil, in fields, and by the side of fences and stumps.

VIRTUES.—This plant is useful in almost every disease. It opens the system generally; relieves the cholic and pleuritick pains; stays hemorrhages; and excites perspiration.

CASTOR OIL BEAN. (*Palma Christi.*)

This vegetable is cultivated in many parts of this country, in fields and gardens, and yields the well known castor oil.

VIRTUES.—It operates mildly as a cathartick: the dose is from one to two table spoonfuls of the expressed oil.

## SKUNK CABBAGE.

DESCRIPTION.—It grows up early in the spring, with several large broad elevated leaves, of an olive color, possessing a strong noxious scent, somewhat resem-

bling that of the animal from which it takes its name. Close to the root grows a ball containing seed, about as large as a hazle nut: these are the strongest part of the plant.

**VIRTUES.**—It possesses a very acrid pungent quality, and may be used for coughs, consumptions, fever, asthma, rheumatism, and in all cases where stimulants and expectorants are necessary. One tea spoonful of the powder made of the root, may be taken several times a day, in a gill of hot water.

### BUR ROOT. (*Clove Root.*)

**DESCRIPTION.**—It has a small round stalk a foot and a half high, dividing into branches towards the top, and producing round burs, which when dry resemble a dry clover head, and often stick to clothes. Several large rough leaves grow close to the ground. The root is small, with prongs, and has an aromattick flavour.

*Place.*—It grows in hedges and waste lands.

**VIRTUES.**—It is moderately bracing; produces an increase of blood and flesh; promotes digestion; and raises the spirits. One root thoroughly bruised and steeped in a pint of boiling water, with a suitable quantity of milk and sugar, makes a healthy, pleasant beverage to be taken at meals; and for people of weakly habits, much preferable to foreign teas.

### WILD CARROT.

**DESCRIPTION.**—It has a hollow slender stalk three or four feet high, with several long branches growing from the joints, bearing round deated leaves of a blue colour. At the end of the branches, grow small white flowers. The root is small, with prongs, and dies before the stalk; then a new one succeeds, which, being attached to the stalk, supports it till killed by the frost; at which time the new root, having obtained its

growth, has a yellow bud, prepared to put forth a new stalk the ensuing spring.

*Place.*—It grows in swamps and wet places.

*VIRTUES.*—A tea made of the seeds, and taken freely without any other diluting liquid, gives much relief to those who are afflicted with the gravel and stone. A decoction of the whole herb taken for a considerable time, opens obstructions in general and purges the humors.

*Caution.*—This plant bears a considerable resemblance to the *muskrat root*, which proves a fatal poison, if taken in any considerable quantity. The leaves of this plant are longer, and more jagged, than those of the wild carrot; the roots, also, are larger, and more fleshy; but the stalks and flowers resemble each other considerably, and they often grow about the same places.

### CAYENNE, OR RED PEPPER. (*Capsicum.*)

*DESCRIPTION.*—There are many species of this fiery hot herb, which differ much in their size, shape and strength: the smallest species is the most fiery; and those that grow in hot climates are stronger than those growing in a cold climate. I shall mention only two kinds. One is nearly oval, the largest of which are about an inch in diameter: the other commonly grows from two to three inches long, and is three-fourths of an inch through the thickest part: they have long been known; are cultivated in gardens, and raised annually from the seed.

*VIRTUES.*—They possess a very hot stimulating quality: the powders may be taken from one-eighth to one half a tea spoonful, in a gill of hot water, at once. It is good in all cases of colds and debility: it quickens the circulation of the fluids, and promotes perspiration.

## WILD CELLENDINE.

DESCRIPTION.—The stalks of this herb grow about three feet high: they are transparent; set with large joints, and have divers long branches, bearing pale green leaves and yellow flowers.

Place.—It grows about springs, and moist shady places.

VIRTUES.—It cleanses the liver and spleen, and opens the urinary passage. It is good in dropsies and jaundice.

## Cohush.

There are four sorts of *Cohush*—the WHITE, BLUE, RED, and BLACK COHUSH.

## WHITE COHUSH.

DESCRIPTION.—It has a stalk a foot and a half high, dividing into long branches towards the top, producing pointed leaves, cut in at the edges with sharp notches. From the centre grows a long stem, bearing white berries, set on long foot stalks. The root is irregularly shaped, with numerous fibres.

VIRTUES.—It has an opening and stimulating quality. A tea made of the berries or root, relieves the wind cholick. It removes flatulence and hysterical complaints.

## RED COHUSH.

DESCRIPTION.—This can scarcely be distinguished from the *White*, except by the taste, or by the colour of the berries, which are red. It is not so common as the other species.

VIRTUES.—A tea made of the root or berries, and taken freely, removes female obstructions and green sickness. It is both strengthening and cleansing.

## BLUE COHUSH.

**DESCRIPTION.**—This plant grows about as large as the two preceding, but produces blue berries. The leaves are round and indented; the root is more fibrous than that of the two preceding kinds.

**Place.**—These three kinds grow in almost every kind of soil.

**VIRTUES.**—The blue cohush is opening and strengthening. It excites the secretions of the glands.

## BLACK COHUSH.

**DESCRIPTION.**—It has a stalk five or six feet high, dividing into branches at the top. It produces white flowers which are succeeded by small round shells containing the seed. The root is externally black, and irregularly shaped, with prongs.

**Place.**—It commonly grows in what are called oak openings.

**VIRTUES.**—It is a powerful stimulant. It purges the blood and humours, and removes swellings and rheumatism. It may be used in removing all obstructions of the system. A tea spoonful of the powder of the root, in a gill of hot water, is a sufficient dose.

## COCASH.

**DESCRIPTION.**—This plant has one or more rough hairy stalks, five feet high, divided into several branches towards the top, bearing long slender leaves, and purple and yellow flowers. The root is fibrous. It flowers about the last of August, and continues till frost.

**Place.**—It grows in swamps and about wet places.

**VIRTUES.**—It removes obstructions of the fluids. The root, bruised and steeped in brandy or other spirits, and taken frequently, relieves such as are afflicted with rheumatic complaints. A tea made of any part of the plant is good against canker.



## WINTER CLOVER.

**DESCRIPTION.**—This herb grows somewhat like a small vine, spreading its branches on the ground, bearing small round green leaves, and red berries.

**Place.**—It is commonly found where hemlock timber grows.

**VIRTUES.**—A tea made of this herb gives much relief to women in travail.

## CLEVERS.

**DESCRIPTION.**—It has a weak, slender, rough, square stalk, two or three feet in length, set full of joints, with divers branches growing from it. At each joint grow six small pointed leaves, together with small stems bearing small white flowers.

**Place.**—It grows in moist places, and climbs upon any thing standing contiguous.

**VIRTUES.**—It possesses a diuretick quality. A tea of this herb may be given in all cases with safety.

## COLTSFOOT.

**DESCRIPTION.**—This plant usually has three or four large leaves; in shape somewhat resembling a colt's foot, which are supported by foot stalks four or five inches high. It has a long slender root, about the size of a large goose quill.

**VIRTUES.**—It has an aromatick pungent taste, somewhat stimulating. When used as a medicine, it is usually combined with some other articles, to render them more stimulating and pleasant to the taste.

## COLUMBO.

**DESCRIPTION.**—This plant rises to the height of three or four feet, bearing large leaves and yellow blossoms. The root is long and smooth, of a yellow hue, extending deep into the ground.

*Place.*—It grows in oak timbered land in the western part of New-York, in Ohio, and in the western territories.

*VIRTUES.*—It is a pleasant bitter. It is strengthening, warming, and bracing to the nervous system.

### CRANE'S BILL. (*Upland Evan's Root.*)

*DESCRIPTION.*—It sends up several small hairy stalks of different sizes. The flowers contain five small purple leaves, from the centre of which grows a kind of spear or beak, in the shape of a crane's bill, from which it takes its name. It flowers in the latter part of May.

*Place.*—It grows in most lands in this country.

*VIRTUES.*—It is astringent: it braces the nervous system, destroys canker and humours, and stays intestinal fluxes. A tea spoonful of the powdered root, in a gill of hot water, is a dose.

### WATER CRESSES.

*DESCRIPTION.*—They grow from the seed annually, in and about brooks. They spring up early in the fall, and grow for the most part under water during the winter and spring. They have long jagged leaves, of a French green colour; the root is white and fibrous.

*VIRTUES.*—They possess a very acrid pungent quality. They quicken the appetite, and purge the blood and humours; they are exceedingly useful in scrofula, scurvy, and consumptive disorders.

### CROWFOOT.

*DESCRIPTION.*—This herb has several stalks, two feet high, or more, with many long branches, and dark green leaves, appearing as if cut in many parts. It bears bright yellow flowers, which are succeeded by small spiked shells containing seeds. The root is small, having many long white fibres. It begins to flower in the latter part of May, and continues till fall.

**VIRTUES.**—It is generally used in drawing blisters. For which purpose, take a handful of the tops and roots, bruise them, wet them with good vinegar, simmer them about twenty minutes in a covered cup, put them in a linen cloth, which should be folded when applied to the part to be blistered. Keep it bound to the place twelve or fourteen hours: over this keep a flannel cloth constantly wet with vinegar. When these are taken off, cover the place with dry linen. The blister, when drawn, is to be treated in the usual way.

### CUCKOLD.

**DESCRIPTION.**—It has a stalk four or five feet high, with long branches growing out in opposite pairs, bearing flowers of a brownish yellow, in round clusters. It has a forky seed, apt to stick in clothes, &c. The leaves are long, serrated, and pointed, set on long foot stalks; the root is woody and fibrous.

**Place.**—It grows about fields, fences, and wet places.

**VIRTUES.**—It is good against all humours, and purifies the blood from venereal taints. A tea made of the whole plant may be taken freely in all diseases. A tea made of the young leaves carefully dried in the shade, resembles foreign tea in taste, but in quality is much superiour.

### CUCUMBER TREE.

**DESCRIPTION.**—It usually grows very slender and tall; less than most forest trees. The leaves are large, long, and pointed. It bears a fruit resembling, in size and shape, the garden cucumber.

**Place.**—It grows for the most part in intervals of a rich soil.

**VIRTUES.**—The bark has a pungent aromattick quality. It strengthens the stomach and nerves, warms and purifies the blood. The bark prepared in a tea or bitters, guards against the ague.

## COMFREY.

This plant is so common as scarcely to require a description.

VIRTUES.—It is an excellent mucilage, of a strengthening quality, whether used internally or externally. It is generally combined with other articles.

## DANDELION.

VIRTUES.—This well known herb possesses an opening and diuretick quality. It excites the secretions of the liver and kidneys, and strengthens the system generally.

## BURDOCK.

VIRTUES.—The leaves of this herb are commonly applied externally for draughts. The seeds possess a diuretick and diaphoretick quality. A tea made of the bruised seeds, and taken freely, excites perspiration and relieves the strangury. A tea of the root taken freely for a considerable time, purifies the blood, and causes it to circulate freely, moistens the skin, and expels humours.

## YELLOW DOCK.

VIRTUES.—It is good against the scrofula. A decoction made of the bruised root, and taken for a considerable time, cleanses the humours. The bruised root mixed with cream or fresh butter, and kept in a sand heat for five or six days, makes a sovereign ointment for the itch. A poultice made of the bruised tops and roots, and kept on scrofulous or cancerous ulcers, often relieves the complaint.

## DWARF ELDER.

DESCRIPTION.—It has a rough hairy stalk, a foot and a half high, producing bunches of blue berries

about the size of small peas. It has a long woody root running horizontally.

*Place.*—It generally grows where there is hemlock timber.

*VIRTUES.*—A tea of this root taken freely for a considerable time, opens the obstructions of the fluids in general. It is serviceable in all scorbutick and scrofulous complaints.

### WHITE ELDER.

This is too well known to require a description.

*VIRTUES.*—The flowers, berries, and bark are cooling laxatives. The flowers and inner bark, simmered in cream or fresh butter, make a cooling ointment for scalds or burns.

### WHITE ELIVER.

(*Hellebore, Itch Weed, Indian Poke Root.*)

*DESCRIPTION.*—It has a hairy stalk, three feet high, with long broad leaves, which are smaller near the top. The root is short and knotty, full of long spongy fibres.

*Place.*—It grows in cold springy places.

*VIRTUES.*—It is good against the scrofula. A fine powder made of the root and used freely as a snuff, cures the catarrh; made into an ointment, as directed with the yellow dock, it cures the itch; this and the dock might well be combined for the same purpose. The same may be applied to scrofulous tumours. Remember that this should never be taken internally.

### ELECAMPANE.

*DESCRIPTION.*—It has a large stalk, three feet high or more, with large pointed leaves, the smallest near the top. It divides into small branches near the top, producing yellow blossoms similar to those of the wild

sunflower. The root is white, with prongs running deep into the ground.

*Place.*—It often grows in waste land, and by the side of highways.

*VIRTUES.*—It is absorbing; good against scrofula; an antidote to all humours; and useful in coughs and consumptive complaints. It may be used internally or externally.

### SLIPPERY ELM.

*DESCRIPTION.*—There are two kinds of elm that are mucilaginous, the bark of one being more brittle than the other, which is called the short kind. The trees are similar in their appearance; but seldom grow so large as forest trees in general, or the other kinds of elm.

*Place.*—They grow most commonly in intervals.

*VIRTUES.*—They are strengthening. Those who have weak lungs may derive much benefit from frequently eating the rind fresh from the tree. The powder is good to thicken poultices, rendering them smooth and more drawing. The fresh bark, well bruised and steeped in cold water, makes a strengthening beverage, which may be taken freely in all cases of consumption or debilitation.

### FIT ROOT.

*DESCRIPTION.*—Of this plant there are two species, ONE WHITE, the other RED AND YELLOW. Their size, shape, and general qualities are similar. They grow about four or five inches in height, with very small leaves set close to the stalk, and at the top a flower which turns downwards. They commonly grow in clusters, half a dozen or more in a place.

*Place.*—They grow in most soils in this country.

*VIRTUES.*—It has an antispasmodick quality.—Half a tea spoonful of the dried plant, in one fourth of a tea cup full of hot water, and sweetened, is a sufficient dose for a child one year old.

## FIRE WEED.

**DESCRIPTION.**—It has a stalk commonly about four feet high, with divers branches and leaves all the way up. The flowers are white, and fine as silk.

**Place.**—It grows in newly cleared land.

**VIRTUES.**—An ointment made of the bruised leaves, simmered in fresh butter, relieves the hemorrhoids or piles. The bruised leaves rubbed on the parts poisoned with ivy, give relief, if applied immediately after the first symptoms are perceived.

## SWEET FERN.

**DESCRIPTION.**—This bush commonly grows about three feet high, with many long branches, full of notched leaves of a green colour. The flowers are of a reddish hue, and fragrant.

**Place.**—It usually grows in barren places, about heaths, ponds, and sandy plains.

**VIRTUES.**—It is very purifying and strengthening. A tea of any part is good in all cases of debility, indigestion, relax, or dysentery.

BLUE FLAG. (*Flower de Luce.*)

**DESCRIPTION.**—This grows in clusters, with long pointed leaves, a foot or more in length, branching off from the root. It has a stalk a foot and a half high, bearing a flower of three leaves, intermixed with different colours.

**Place.**—It commonly grows in and about wet places.

**VIRTUES.**—It is very acrid and pungent. Pills made of the extract operate as a cathartic. Powders made of the bud on the top of the root have the same effect. A tea made of the root, taken moderately, stops the hemorrhage or flooding. It may be combined with other articles, in syrups, for consumptions or coughs. Steeped in whiskey or gin, it is good in venereal diseases.

## CAT TAIL FLAG.

**VIRTUES.**—The fresh root, bruised and wet with cold water, and applied to external inflammations, gives great relief. It may be applied to sore eyes, or any hot humour, swelling, &c.

## GINSENG.

**DESCRIPTION.**—It has a stalk about a foot high, dividing into three branches, bearing a few pointed and indented leaves. From the centre rises a short stem, bearing small white flowers, which are succeeded by red berries. The root is of a yellowish white.

**Place.**—It generally grows in forests of hard wood timber.

**VIRTUES.**—It has a stimulating, aromatick flavour. Taken in tea or bitters, it strengthens the stomach and memory. The Chinese ascribe extraordinary virtues to the root of this plant.

## GINSEN.

**DESCRIPTION.**—It has a cluster of stalks, two feet or more in height. The leaves grow out from the joints, standing opposite to each other, all the way up. Above the foot of the leaf grow reddish flowers, succeeded by yellow berries.

**Place.**—It generally grows in oak timbered land.

**VIRTUES.**—It is very pungent and stimulating; good against lethargick complaints.

## GOLDEN ROD.

**DESCRIPTION.**—This herb has a small round stalk, about three feet high, set all the way up with long, narrow, smooth leaves. Near the top it divides into sundry branches, and bears small yellow flowers.

**Place.**—It grows in a light sandy soil, and is rarely to be found in this country.



**VIRTUES.**—It has a stimulating aromattick quality, and is good to guard the stomach against infectious effluvia.

### GOLD THREAD.

**DESCRIPTION.**—It is a beautiful evergreen plant, the roots of which are creeping, thread-shaped, and of a bright yellow colour.

*Place.*—It commonly grows in and about swamps.

**VIRTUES.**—The roots have an intensely bitter taste, without warmth or astringency. Gold thread is a pleasant tonick, and promotes appetite and digestion. It is a popular remedy in sore mouths and ulcers, though not very powerful in these complaints.

### GOLDEN SEAL.

**DESCRIPTION.**—It has a stalk, ten or twelve inches high, usually bearing but one leaf, and that at the top, which is of an olive colour, deeply indented in several places, and finely notched round the edges; the root is small, yellow, fibrous, and of a pleasant bitter taste.

*Place.*—It usually grows on oak intervals.

**VIRTUES.**—Bracing and stimulating—it restores and strengthens the appetite.

### HEMLOCK.

**VIRTUES.**—The bark of this tree is very astringent: a decoction of this often proves a remedy for the relax and dysentery; a tea of the boughs, taken freely, generally produces a profuse perspiration; it is good to relieve after pains, and generally useful in removing obstructions. The boughs and inner bark of the young trees are to be preferred.

### GROUND HEMLOCK.

**DESCRIPTION.**—It has several curving boughs, two or three feet long, resembling those of the high hemlock, among which it grows.

**VIRTUES.**—It opens the obstructions of the fluids in general: a tea made of the boughs affords much relief to women in the time of labour; it is also good in cramps and spasms.

### LOWLAND LADY SLIPPER.

**DESCRIPTION.**—It has a stalk two feet high, with large leaves all the way up, the smaller near the top; producing a white oval flower tinged with red at the top—it flowers in July. The root is composed of divers long yellow fibres, giving a strong scent.

**Place.**—It grows in swamps, heaths, and marshy places.

**VIRTUES.**—It has a bracing quality, and is good in cramps of the stomach and debility of the nerves. Half a tea spoonful of the powdered root, in a tea cup of hot water, may be taken several times in a day.

### UPLAND LADY SLIPPER.

**DESCRIPTION.**—This has a hairy stalk, about a foot and a half high, with large pointed leaves all the way up; it bears an oval yellow flower at the top, in shape like that of the former, but less; in other respects it resembles the former.

**Place.**—It grows on high land, but is not very common.

**VIRTUES.**—Its medicinal properties resemble those of the former species, but are rather stronger. It is good in hysterical and hypochondriacal affections, and in convulsions.

### LABRADOR.

**DESCRIPTION.**—This bush commonly grows about three feet high, with divers small tough branches, bearing long narrow leaves, which are brown and hairy on the under side, and curving downwards.

**Place.**—It grows in barren places, about swamps and heaths.

**VIRTUES.**—It is bracing and strengthening. A tea made of the leaves, is by many preferred to foreign tea to drink at meals; the Chinese, it is said, prefer it to their own.

### WILD LETTUCE.

**DESCRIPTION.**—Of this plant there are two kinds, which are evergreen, and often grow near together; they differ but little except in size; the larger commonly has five or six thick round leaves, an inch or two above the surface of the ground, supported by slender foot stalks; on a small stem about six inches high, it bears a small white flower, having five leaves, turning downwards; it has a long white thready root.

**Place.**—They grow in almost every forest in this country, in almost every variety of soil.

**VIRTUES.**—They are good against scrofula, canker, diarrhœa, dysentery, dropsy, and humours. The leaves and root may be made into a powder or bruised, before they are made into a tea.

### LOW LIFE EVERLASTING.

**DESCRIPTION.**—It has a small white stalk, with small leaves, and small round white flowers, with innumerable little leaves growing in a whirl, which have a pleasant aromatick smell.

**Place.**—It grows in dry, barren, and sandy places.

**VIRTUES.**—It is diuretick and strengthening: a tea of the herb is good against strangury, gravel, fluor albus, consumption, weak lungs, and nervous affections.

### WHITE LILY.

**DESCRIPTION.**—It has a round stem, bearing large round leaves on the surface of the water; also, smaller stems, bearing large white blossoms, with yellow threads in the centre. These open to the sun in the forenoon, and close into a bud in the afternoon. It has a long thick root, externally black, internally white.

*Place.*—It usually grows in fresh water ponds.

*VIRTUES.*—It is astringent—good in canker and scrofulous diseases. The root, together with high wickup, makes a good poultice.

### LOBELIA. (*Indian Tobacco. Eye-Bright.*)

*DESCRIPTION.*—Its stalk is from one to two feet high, with branches closely set all the way up, bearing leaves and pods; it produces small purple flowers at the ends of the pods; the leaves are small, and finely cut at their edges; the pods are filled with small seeds, which, when ripe, are of a dark brown.

*Place.*—It grows very common in all parts of the United States, in almost every variety of soil.

*VIRTUES*—It has an acrid pungent taste; the leaves or pods, chewed, produce an abundant discharge of saliva, a dullness of sensation, a nausea at the stomach, and a tremour in the whole system; if taken in large quantities, it produces vomiting; a tea, made by boiling the herb fifteen or twenty minutes, will act as a cathartick; a tea spoonful of powder made of the leaves, pods and seeds, in half a gill of warm water, taken at once, usually produces immediate vomiting—sometimes the dose must be repeated. The seeds, well bruised, and a small quantity taken in a tea spoonful or more of cold water, sufficiently repeated, will produce a complete salivation, without any injurious effects. The herb, bruised and steeped in spirits, makes a valuable solution, which has a more speedy effect than the powders; it may be taken from one to four tea spoonfuls at a time. The herb should be collected when the leaves and pods are turning yellow, and dried by the sun.

### MANDRAKE, (*May Apple.*)

*DESCRIPTION.*—It sends up a stalk early in the spring, a foot high or more, dividing into two branches, with a large leaf on each branch; a small stem grows

up from the centre or forked part, bearing a white blossom, succeeded by a fruit, agreeable to some persons. The root is creeping and jointed, with fibres set at the joints.

*Place.*—It grows in most kinds of soil in this state

*VIRTUES.*—It is an emetick and cathartick: if two tea spoonfuls of the powdered root be taken at once, it will operate both as an emetick and cathartick; but if the same quantity be divided into six or eight potions, and one of them be taken every fifteen minutes, it operates as a cathartick only. The extract, made into pills, has the same effect.

### MAN ROOT.

*DESCRIPTION.*—It has several vines, from six to twelve feet in length, climbing contiguous trees, &c. with several large leaves, similar to the leaves of beans; it bears bell-shaped white blossoms, similar to those of the morning glory; it has a very large, fleshy, white root, growing deep into the ground.

*Place.*—This is an uncommon plant: I have found it growing in uplands and flats near the Genesee river; it grows in many parts of the Genesee country, and in the southern and western states.

*VIRTUES.*—It is a moderate laxative: it opens the system in general, relieves pains of the stomach and sides, and corrects the digestive powers; it is commonly prepared in syrups, teas and bitters.

### MARSH ROSEMARY.

*DESCRIPTION.*—It has several leaves, growing close to the ground, whence arise sundry stalks, a foot high or more, with branches, bearing small leaves and purple flowers; the root, in size and shape, resembles that of the parsnip.

*Place.*—It grows about the sea shore in salt marshes, and is overflowed by spring tides.

**VIRTUES.**—It is a powerful astringent—relieves cancer, sores, and intestinal fluxes.

**MARJORAM.** (*Mountain Mint. Bee Balm.*)

**DESCRIPTION.**—It has a square, green stalk, two or three feet high, from which grow long branches at right angles, producing at their extremities a partly red flower; its leaves are notched, and terminate in a point. It flowers in August.

**Place.**—It grows in sandy soils, in fields and hedges.

**VIRTUES.**—It possesses an exceedingly hot, pungent quality, in this respect, having perhaps, no equal: it is good in cold, phlegmatick complaints, taken internally, or applied externally. The oil extracted from this herb, applied with lint to the hollow of an aching tooth, gives relief.

**WANDERING MILK WEED.**

**DESCRIPTION.**—It has a reddish stalk, two feet high, with long branches, smooth leaves, and small white flowers resembling those of buck wheat, succeeded by long slender pods, containing seeds and a silky substance; the root, which runs a considerable distance under ground, is externally black, and internally white, having a woody pith, which should be separated from the root when collected. This herb, when broken, exudes a milky substance, extremely bitter.

**Place.**—It usually grows on the banks of streams, near fences, &c.

**VIRTUES.**—It is a laxative—good against dyspepsia, and destroys worms; one fourth of a tea spoonful of the powdered root is a sufficient dose. Made into very fine powder, it is good snuff.

**MOOSEWOOD.** (*Black Maple.*)

**DESCRIPTION.**—It is seldom more than forty feet high, and six inches in diameter, having a greenish

streaked bark. The leaves are large, terminating in several points.

*Place.*—It commonly grows in a cold soil, with hemlock timber.

*VIRTUES.*—The bark is somewhat astringent: it cleanses the humours and purifies the blood; it is useful in schirrhous and scrofulous diseases; a tea made of the bark, and taken freely for a long time, arrests the progress of cancers.

### MULLEIN.

*VIRTUES.*—The leaves of this plant, wet with vinegar, are good to apply externally where there is pain, swellings, or inflammation; steeped in new milk, and taken inwardly and applied outwardly, they relieve the quinsy. The flowers simmered in soft oil, are good to relax constricted nerves and tendons. The seeds bruised relieve fits in children. The juice of the heart of the young plant, taken in boiled milk, relieves the bowel complaint in children.

### GREEN OZIER.

*DESCRIPTION.*—This bush commonly grows about six feet high, with branches bearing oval leaves and white flowers, succeeded by small blue berries; the bark is green, interspersed with white specks.

*Place.*—It commonly grows in hedges, and by the side of streams.

*VIRTUES.*—A tea made of the bark is good to cure internal and external humours, and sore eyes: the dried bark, smoked, relieves the asthma—the Aborigines smoke it as a substitute for tobacco. The green bark, bruised, and taken in warm water, is an emetic.

### SWAMP PLANTAIN.

*DESCRIPTION.*—This is an evergreen, having several long, tongue-shaped, hairy leaves, of a light green

colour, close to the ground; from the root, which is small and fibrous, rises a stalk, two or three feet high, bearing flowers, which are succeeded by small cups filled with small brown seed.

*Place.*—It grows in swamps and about springs.

*VIRTUES.*—It is astringent: a decoction of this plant is good against canker and scrofulous humours; it may be applied both internally and externally.

### PELLITORY OF THE WALL.

*DESCRIPTION.*—It has a transparent stalk, about a foot high; the leaves and flowers resemble those of white nettles.

*Place.*—It grows in moist places, in swamps and intervals.

*VIRTUES.*—It is diuretick: an ointment made of it relaxes contracted sinews.

### PRINCES' PINE.

(*Wintergreen. Pipcisaway. Pyrola.*)

*DESCRIPTION.*—This is an evergreen, growing about ten inches high, with small thick green leaves; the root is long and winding; the stalk has a wiry appearance; it produces one blossom, succeeded by a shell containing innumerable small seeds.

*Place.*—It grows in forests, in almost every kind of soil.

*VIRTUES.*—It is somewhat pungent, of a diuretick quality: it warms and dissolves the congealed fluids, and causes an increased action of the fibres; it is useful to discuss cold plegmatick humours, swellings, &c.; it removes rheumatick complaints, cancerous affections, and leakage of tendons.

### BLACK POPLAR. (*Shaking Asp.*)

*DESCRIPTION.*—Its size depends much upon the climate where it grows; it is much the largest in cold



climates. The bark of the young tree is very smooth, green and bitter; the leaves appear curved and notched round the edges; the extremities of the limbs are thick and brittle.

### WHITE POPLAR. (*Shaking Asp.*)

**DESCRIPTION.**—This tree considerably resembles the preceding, and often grows about the same place; but the bark is whiter, and when rubbed, imparts a mealy dust, which the other does not; it has a more pleasant bitter; the leaves are nearer round, and more finely indented; the twigs are more slender and tough.

**VIRTUES.**—The bark, made into a fine powder and given to children troubled with worms, generally relieves the complaint; in its other properties, this resembles the former.

### PRIM HAGE,

**DESCRIPTION.**—It generally grows about five or six feet in height, with long scraggy branches bearing black berries; the bark is smooth and light coloured.

**Place.**—It commonly grows in a hard gravelly soil, among ledges of rocks, and about stone walls.

**VIRTUES.**—The bark has an antiscorbutick aperient quality: a tea of the bark, taken freely, cleanses the system from schirrhous and scrofulous affections, purges humours, and expels worms.

### QUEEN OF THE MEADOW.

**DESCRIPTION.**—Several stalks usually grow up together, about five feet high, having five large indented leaves at each joint; it bears flowers of a pale red, growing in clusters; the root has numerous long white fibres.

**Place.**—It grows in swamps, near streams, and in wet places.

**VIRTUES.**—It is a powerful diuretick: a decoction of the root removes the strangury, gravel and stone; it is also good in dropsical diseases and the gout.

### RUPTURE WORT.

**DESCRIPTION.**—It has branches resembling vines, running close to the ground; these divide into less branches full of joints, out of which grow two small olive green leaves, also exceedingly small yellow flowers, succeeded by minute seeds.

**Place.**—It commonly grows in a cold, barren, gravelly soil.

**VIRTUES.**—It is astringent: it is good to heal and strengthen the integuments of ruptures; a tea of the bruised herb relieves all intestinal fluxes.

### RUSHES.

**DESCRIPTION.**—It shoots up several green, round ribbed, hollow stalks, a foot and a half high, divided by frequent joints.

**Place.**—It commonly grows in moist land.

**VIRTUES.**—It is diuretick: the herb, bruised and made into a strong decoction, removes strangury, gravel, and stone; it excites the actions of the fluid vessels, and opens the pores.

### SARSAPARILLA.

**DESCRIPTION.**—The stalk rises about a foot and a half high, dividing into three branches, having about a dozen pointed leaves; the root is long, running a yard or more under the ground.

**Place.**—It grows in every kind of soil, in almost every forest.

**VIRTUES.**—It is useful to purify the fluids in general.

### SCOKE. (*Garget Root.*)

**DESCRIPTION.**—Several large reddish stalks usually grow up together, four or five feet high, the branches

of which bear long clusters of purple flowers, which are succeeded by blackish berries, containing a juice that stains red; the leaves are long and narrow; the root is white and fleshy, and branches out in various directions.

*Place.*—It grows in waste grounds, high ways, fields, and woods.

*VIRTUES.*—It possesses both emetick and cathartick qualities: but it is not to be recommended for either of these purposes, because wherever applied, it produces a powerful action, especially where there are humours in the system; and as the quantity of the humours cannot always be ascertained, no safe rule can be laid down for administering a medicine of this description. The root being cut into small pieces, boiled in twice its quantity of water, and rubbed on the outward surface, draws the humours to the surface, which occasions a violent itching; if it cause blotches to rise, the part affected may be immediately scarified, from which will ooze a yellow water; in all cases of swelling or dropsy, this application should not be omitted; it warms and strengthens the whole nervous system; the fresh root, roasted, makes excellent draughts; the leaves bruised and simmered in fresh lard or butter, make an ointment for scrofulous and schirrous ulcers; the juice of the berries, dried on pewter by the rays of the sun, answer the same purpose.

### SCULL CAP. (*Scutellaria Galericulata.*)

*DESCRIPTION.*—It has a square stalk, two feet high, with sundry branches bearing purple flowers, succeeded by shells resembling caps; the leaves are of an olive colour, notched round the edges, and pointed.

*Place.*—It grows in moist places, and by the side of streams.

*VIRTUES.*—It has rather an insipid, bitter taste; it strengthens the stomach and braces the nerves.

### BLUE SCULL CAP. (*Scutellaria Lateriflora.*)

**DESCRIPTION.**—This has a weak slender stalk, with long trailing branches, three feet or more in height; it has two small pointed leaves, set opposite to each other at the joints, at which place grow long blue flowers, succeeded by small caps, like the preceding.

**Place.**—It grows about wet marshy places, by the side of lakes, rivers, &c.

**VIRTUES.**—This herb is very bitter: a tea made of it and taken freely, produces a free perspiration; it is good in all cases where the perspiration is obstructed; it also proves a sovereign remedy for hydrophobia, or canine madness.

### SENECA OIL.

There are several springs in the western and southern parts of this state, and in Ohio, that produce an oil known by this name. It rises in bubbles to the surface, whence it is skimmed off. The pure oil has a strong scent and a dark colour. It is of a mild, healing nature, and is useful in most cutaneous disorders.

### SENECA SNAKE ROOT.

**DESCRIPTION.**—It grows about a foot high, fifteen stalks or more together, bearing small pointed leaves; at the top grow small white flowers, enclosing small flat seeds; the root is smooth and yellow, having large branches.

**Place.**—It commonly grows in a dry sandy or gravelly soil.

**VIRTUES.**—It acts as a diaphoretick and expectorant.

### SWAMP SNAKE ROOT.

**DESCRIPTION.**—This is an evergreen plant; it has large oval green leaves, indented at the edges, with large veins or seams on the underside, supported by

long foot stalks; it has a stalk two feet high, with jagged leaves and small yellow flowers at the top; the root is long and slender, externally green, internally of a scarlet red.

*Place.*—It grows in wet places, in and about swamps.

*VIRTUES.*—It is diuretick and bracing: it removes the obstructions of the fluids, and purges humours.

## WHITE SNAKE ROOT.

*DESCRIPTION.*—It has several stalks about three feet high, from the joints of which grow two large opposite branches, bearing small white flowers; the leaves are large and notched, set on long foot stalks, just below the branches; the root consists of innumerable long white fibres.

*Place.*—It usually grows in a moist soil.

*VIRTUES.*—It is stimulating and aromattick: it strengthens and braces the nervous system; it is good in consumption and debility.

## Solomon Seal.

There are two kinds, the **LARGE** and the **SMALL**.

### LARGE SOLOMON SEAL.

*DESCRIPTION.*—It rises in height from three to four feet; Its stalk is round, of a greenish colour, has large ribbed leaves, regularly opposed on each side, and produces, near the extremity, several reddish berries; the root is large, its exterior surface a light yellow, and the interior white.

*Place.*—It generally grows in intervals and on the banks of rivers.

*VIRTUES.*—Very mild, yet very healing and strengthening; commonly prepared in syrups, and administered in cases of consumption and general debility.

## SMALL SOLOMON SEAL.

**DESCRIPTION.**—It is like the above, only not so large; and instead of red, bears blue berries, ranged in pairs under the first leaves; the root is white, and not so large as the former. Its properties are similar, and they are often found growing together.

## SPICE BUSH.

This is a well known shrub. It purifies the fluids, and promotes perspiration: a tea of the twigs makes a pleasant, cooling drink, useful in fevers.

## STAR OF EGYPT.

**DESCRIPTION.**—It has a small wiry stalk, six or eight inches high, dividing into divers branches, and producing brown spiked leaves at their extremities.

*Place.*—It grows in barren places, in a sandy or gravelly soil; also, on ledges of rocks, where there is scarcely any soil to support it.

**VIRTUES.**—A tea of this herb removes flatulence and wind cholick; it is useful also in curing ruptures.

## UNICORN.

**DESCRIPTION.**—This is an evergreen. It has a stalk ten inches high, bearing a white flower at the top; it has several smooth, light green leaves, growing opposite each other, close to the ground; the root is small and very hard, with long, wiry, white fibres. It flowers in July.

*Place.*—It grows on pitch pine plains.

**VIRTUES.**—It is bitter and diaphoretick: it relieves cholick, strangury, rheumatism and jaundice. Half a tea spoonful of the powdered root, in a gill of hot water, may be taken several times in a day. The flowers, well powdered, make an excellent snuff.

## VINE MAPLE.

**DESCRIPTION.**—It has a woody vine, from three to six feet long, climbing up whatever tree, &c. stands contiguous. The leaf is deeply cut in or indented on each side, rounded towards the point, and set on long foot stalks; the root is long and slender, of a bright yellow.

**Place.**—It grows in intervals, near swamps, streams, and lakes.

**VIRTUES.**—It is a pleasant bitter: it strengthens the stomach and nervous system, and is useful in debility and relaxation.

## VERMILION.

**DESCRIPTION.**—This is an evergreen, with large round leaves, checkered with different colours, growing on the ground, from the centre of which rises a stalk, six inches high, bearing brown flowers.

**Place.**—It commonly grows where there is beech, maple, and oak timber, a dozen or more of the plants together.

**VIRTUES.**—It is good against scrofulous disorders: a tea of the leaves and roots purifies the blood from purulent and virulent humours; the leaves bruised and laid on scrofulous ulcers, extract the morbid matter, and cause them to heal; the same application extracts the virulent effects of the bite of mad dogs or rattle snakes. It is useful in the composition of drawing and healing salves.

## WHITE VERVINE.

**DESCRIPTION.**—It usually has three or four square purple stalks, three or four feet high, with branches and leaves set opposite at the joints, bearing long slim tassels, set with little caps, and containing four long brown seeds. The root consists of long thread-like fibres.

*Place.*—It grows commonly in fields and waste places.

*VIRTUES.*—It possesses an emetick and diaphoretick quality: the herb, bruised and steeped in warm or cold water, and taken plentifully, proves an emetick; steeped in hot water, it generally excites a copious perspiration; it is useful in colds and obstructions of the fluids.

### HIGH WICKUP. (*Slippery Root. None-so-pretty.*)

[This herb has several other names, unnecessary to be inserted.]

*DESCRIPTION.*—It has a stalk four or five feet high, with long slim leaves all the way up; at the top grow short branches, bearing pale red flowers, which are succeeded by long pods; the root runs two or three feet under the surface of the ground, and has a woody pith.

*Place.*—It usually grows where there is spruce and hemlock timber; sometimes among beech and maple.

*VIRTUES.*—The rind of the root is a mucilage: a tea spoonful of the powder, mixed with a gill of warm water, produces a thick jelly, which is useful in the dysentery. It is also a useful application for ruptures. The rind, bruised and steeped in milk, makes a good poultice to relieve inflammation in the eyes or other parts.

### LOW WICKUP. (*Moose Wood. Leather Bush.*)

*DESCRIPTION.*—This shrub grows about three feet high, with long branches set with leaves; the bark is very tough, often used for strings; the wood is soft, and so flexible that it may be bent into almost any form without breaking.

*Place.*—It usually grows in forests of beech, maple, and haswood.

*VIRTUES.*—It is a powerful emetick and cathartick: a table spoonful of the juice extracted, cleanses the stomach and intestines effectually.



## ROSE WILLOW.

**DESCRIPTION.**—This bush grows about three feet high, putting out long sprouts and branches, bearing long leaves and a large brown bur, in the form of a rose.

*Place.*—It commonly grows on pitch pine plains.

**VIRTUES.**—It has an astringent quality: a tea, made of the bark of the root, is good to destroy canker, and heal the excoriated parts.

## WORM SEED.

**DESCRIPTION.**—It has a stalk with long branches, set full of small green seeds and jagged leaves of a strong and unpleasant scent.

*Place.*—It grows spontaneously in waste places, in the middle and southern states. It is sometimes cultivated in fields and gardens.

**VIRTUES.**—The oil extracted from the seeds of this plant, is good to destroy worms; it is usually given in doses of six or eight drops, on sugar, or any other palatable substance; the expressed juice of the whole plant, is sometimes given in a dose of a table spoonful to a child two or three years old; more frequently the powdered seeds are employed, mixed with molasses or syrup.

## SNAKE WEED.

**DESCRIPTION.**—There are two kinds, both of which grow in moist places. The larger kind grows to the height of three feet, having a square green stalk, set all the way up with long pointed green leaves, notched round the edges; at the top grow large buds, with white flowers tinged with a reddish and purple colour, and supposed to resemble a snake's head; the leaves and flowers have a rank bitter taste. The other kind shoots up a small round wiry stalk, about a foot and a half high, having two leaves set at each joint, like the former kind; it is a keener and more pleasant bitter.

**VIRTUES.**—A tea of the latter kind, acts as a diaphoretick, and expels humours. A tea or bitter, made of either or both kinds, rectifies the stomach, and gives an appetite.

### WHITE WOOD.

**DESCRIPTION.**—This tree attains to a very great size, bearing large bell-shaped flowers, which give it a noble appearance. The leaves are cut transversely, forming a square lobe at their ends; the bark of the trunk is very thick and rigid.

**Place.**—It is rarely to be found in the New-England states; but in many parts of the state of New-York, and in the western and southern states, it grows in abundance.

**VIRTUES.**—The bark possesses a bitter and pungent quality, considerably aromattick and bracing: it warms and strengthens the stomach. A strong tea made of the bark of the roots, removes flatulence and wind cholick.

### WILD CUCUMBER.

**DESCRIPTION.**—It shoots up a small round stalk, a foot and a half high, having several pointed leaves, set opposite in a whirl near the top, bearing small flowers at the top, succeeded by small blue berries. It has a small, tender, white root, with several long fibres.

**Place.**—It grows in most kinds of soil in this country.

**VIRTUES.**—It possesses a strengthening, cooling, and nourishing quality. The fresh root, eaten early in the morning, affords much relief in consumptive and debilitated cases. Half a dozen or more of the roots may be taken several times a day, in an empty stomach. Its taste resembles that of a mild turnip.

## Collecting and Curing Medicine.

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**BARKS.**—Barks from the bodies of trees should be peeled in the latter period of their running, which is commonly in July, as they are much thicker and stronger than when they first begin to run. They may be dried in the shade, or by the sun. The rough outward bark, or ross, should be taken off when peeled.

*Barks of Roots* should be collected early in the spring, or late in the fall, while the sap is in the root, and cured in the same manner as the preceding.

**HERBS.**—Herbs that are intended for teas or decoctions, should be collected while in blossom, or a little after, on a fair dry day, when the dew is off, and spread thin in the shade, or exposed to the sun; the former, however, is preferable, as by it they retain their natural hue.

*Herbs* that are intended for distilling should be cut when the seeds are ripe, at which time they yield the most oil.

**ROOTS.**—Roots should be collected in the spring, before the tops begin to shoot forth, or in autumn, after they are decayed. Those that are large and fleshy, should be cut in strips or slices and strung, after which exposed to a moderate heat, so that they may dry gradually.

After the barks, roots, and herbs are thoroughly dried, they should be kept close from the air; also, when pulverized; particularly those that possess an aromattick quality.

## Preparing and Compounding Medicine.

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The following specifics are adapted to remove diseases for which they are recommended. Where it is not convenient to obtain all the articles specified, others, of the same nature, may be substituted; or, they may be added to the composition. If neither the deficient article nor a substitute can be readily obtained, both may be dispensed with.

The dose recommended, is for an adult, which may be varied according to the age of the patient, by the following rule: two thirds of the dose for a person from fourteen to sixteen; one half, from seven to ten; one third, from four to six; one fourth, to one of three years old, and one eighth, to one of a year old. The doses may be increased to twice the strength or quantity recommended, with safety, which may be necessary in obstinate cases, excepting in the alkalies and vermifuge specifics. The weight of medicine, after being cured, will be given in avoirdupois weight.

### ALKALI WASH.

Take of pearl ash, three fourths of an ounce, which is about a table spoonful and a half, and dissolve it in three gills of hot water. This is to be applied on the surface of the body, in cases of dryness of the skin; it cleanses and opens the pores, stimulates the moving fibres of the skin, and keeps it moist; it should be applied at the commencement of an operation of steaming, where there is a dry surface, as in cases of fevers; also, several times during the operation.

## ALKALI DRAUGHT.

Take one third of a tea spoonful of pearl ash, and dissolve it in half a pint of hot water. This quantity may be taken at once, either hot or cold: it destroys acidity of the stomach, dissolves slime and mucus, and promotes perspiration. When given to excite vomiting, after an emetick is taken, or a nausea at the stomach, it may be prepared twice as strong. It may be administered freely, during the operation of steaming.

## LIME WATER.

Take of quick lime, two ounces, and of pure water, five half pints: mix—let them steep two hours in an earthen vessel; then pour off the clear water, and keep it closely corked in bottles for use.

*Dose.*—Half a gill may be taken at once, several times a day, in an empty stomach. It corrects acidity of the stomach, and dissolves and discharges the redundancy of slime and mucus, which affords a lodgement for worms. A table spoonful may be added to half a pint of milk, to make it sit easy in weak stomachs.

## ANTI-BILIOUS POWDER, No. 1.

Take of bitter sweet, the bark of the roots; dandelion, the tops and roots; alkanoke, the bark; swamp snake root, the tops and roots; wild cellendine, the herb; white hickory, the inward bark; baberry the bark of the roots; and black cherry, the bark; equal parts—pulverize and mix—an ounce of this mixture may be steeped in one quart of pure water, exposed to a boiling heat a few minutes. A gill or more may be taken five or six times a day. It purifies the blood, excites the secretions of the liver and kidneys, and removes the jaundice.

## ANTI-BILIOUS POWDER, No. 2.

Take of pearl ash, four parts; and white and red birth root, one part; pulverize and mix—put them into a tight bottle, for use. Put a tea spoonful of this mixture into a cup, and pour on a gill of weak vinegar, or vinegar and sour cider mixed—to be taken while in the act of effervescence. Repeat it every five minutes, until it gives relief.

ANTHELMINTICK. (*Worm Powder.*)

Take of black alder, the inward bark; wandering milk weed, the roots; Indian hemp, the roots; and worm seed, the seeds; equal parts—pulverize and mix. A tea spoonful, mixed with molasses, to be taken in the morning, an hour before eating.

Oil of worm seed produces the same effect, and is given as follows, viz: to a child of one year old, four drops; two years old, six drops; adding two drops for every succeeding year. Drop the oil upon sugar, and grate it into a small quantity of water or tea, which is to be repeated every morning and evening, for three or four days; then give a cathartick. These prescriptions are sovereign remedies, when worms become too numerous.

## ANTI-SCROFULOUS PLASTER.

Take of tar, one gill; two yolks of roasted eggs, and the inside of a puff ball—simmer them over a slow fire, ten or twelve minutes; the yolks should be added while warm; then strain off for use. It should be spread on thin leather for open, scrofulous tumours. This plaster is a safe and sure remedy for the scrofula, sometimes termed kingsevil.

## ANTI-SCROFULOUS POWDER.

Take of dwarf elder, the roots; sarsaparilla, the

roots: vermilion, the leaves and roots; wild lettuce, the leaves and roots of each kind; and moosewood, the bark; equal parts—pulverize and mix. An ounce of this mixture is to be steeped in one quart of pure water, and a gill or more to be taken several times a day, to purify the system, and remove cancerous and scrofulous affections.

### CANCER POWDER.

Take of green ozier, the bark; beech drops, the tops and roots; skunk cabbage, the roots; yellow dock, the roots; prim hage, the bark; princes' pine, the tops and roots; and red clover, the heads and roots; pulverize and mix—one ounce to be steeped in a quart of water, and a gill or more to be taken several times a day. This cleanses the system from cancerous and scrofulous affections.

### BATHING DROPS, No. 1.

Take of alcohol, or fourth proof spirits, one gallon; one pound of tamarack gum, made fine; and one ounce of cayenne; mix, and infuse them in sand heat three days. From one half to a tea spoonful may be taken internally, for pains of the breast or stomach, coughs, &c. When used externally, one sixth part of spirits of turpentine may be added, which makes it more penetrating—to be applied on the region where there is any pain. The parts should be well mixed when applied.

### BATHING DROPS, No. 2.

Take of alcohol, one quart, and add equal quantities of the oils of wormwood, tansy, white or red cedar, and hemlock, as much as the spirits will dissolve; then add one pint of sharp vinegar, and a table spoonful of cayenne. This is to be applied externally, in cases of pains or swellings.

## RESTORING BITTERS, No. 1.

Take of unicorn, the leaves and roots; golden seal, the roots; man root, the roots; babery, the bark of the roots; and white poplar, the bark; equal quantities—pulverize and mix. Steep half an ounce of this mixture, in a pint and a half of gin or spirits, two or three hours; then add half a pint of pure water. Half a small glass to be taken three or four times a day.—They strengthen and correct the digestive powers, and increase the appetite. A tea spoonful of cayenne added to each potion, converts it into hot bitters, and makes it more stimulating. A small quantity of sweet sicyly, angelica, coltsfoot, seeds of caraway, pennyroyal, or spearmint, forms them into aromattick bitters, which renders them more agreeable to the taste, and may be added to either of the composition of bitters.

## RESTORING BITTERS, No. 2.

Take of vine maple, the roots; gold thread, the roots; small snake weed, the leaves; hemlock, the inner bark; white wood, the bark; and ginseng, the roots; equal parts—pulverize and mix. One ounce of this mixture may be prepared and used as the preceding.

## RESTORING BITTERS, No. 3.

Take of black poplar, the bark; blue scull cap, the leaves; snake weed, the leaves; white snake root, the roots; columbo, the roots; and coltsfoot, the roots; equal quantities—pulverize and mix—to be prepared and taken as the preceding.

## JAUNDICE BITTERS.

Take of alkanoke, the bark; barberry, the inward bark; prickly ash, the bark; black cherry, the bark;



and ginsen, the bark of the roots; equal parts—pulverize and mix. This is to be prepared and taken as the preceding.

The above preparations of bitters are celebrated for their peculiar virtues in fortifying and strengthening the stomach: they procure an appetite, and help digestion. They are useful in all seasons of the year, but more particularly in the spring, by bracing the debilitated system, arising principally from the relaxation of the nerves and fibres, produced by warm weather. It should be recollected, that where spirits do not agree, they may be steeped in water, or wine; also, that they should not be given in cases of inflammation or fever, until the cause is removed.

### RHEUMATICK BITTERS.

Take of princes' pine, the tops and roots; cocash, the roots; and black cohush, the roots; equal quantities—pulverize and mix. An ounce to be infused in one quart of spirits, and half a glass, or a glass, of this preparation, may be taken three or four times a day.

### CATHARTICK PILLS.

Take of the extract of mandrake, thoroughwort, white ash, and white walnut, equal parts; add powders of mandrake, wandering milk weed, and cayenne, enough to form them into a proper consistence to make pills; blend them well together, and roll them in powders of mandrake, or flour, to a common size pill.—From four to eight are a sufficient dose. The extract is obtained in the following manner:—take any quantity of barks or roots, put them into a kettle, with water enough to cover them, and boil them until the water is about half evaporated; then strain off the decoction, and boil or simmer it gradually down to the consistence of tar or turpentine.

## CATHARTICK POWDER.

Take of mandrake, the roots; wandering milk weed, the roots; and the tops of the roots of blue flag; equal parts—pulverize and mix. Divide two tea spoonfuls of this medicine into six or eight potions, and give a potion every ten or fifteen minutes, until they are all taken.

## CATAPLASMS, OR POULTICES.

The intention of poultices are to sooth the parts that are irritated, to allay pain and inflammation, and to reduce swellings. They never should be applied more than blood warm. Cold swellings require dry stimulating poultices, and inflammations require them to be cold and moist. They never should be on more than six or eight hours, and when applied to hot tumours or swellings, they should be changed as often as they become dry, warm, or painful.

## COLD CATAPLASMS.

Take fine Indian meal, and cold water enough to form a moist poultice.

## CLAY CATAPLASMS.

Take blue or potter's clay, and cold water enough to form a poultice; spread it about an inch thick, and large enough to cover the affected part. This and the preceding are to be applied where there are cases of inflammation.

## EMOLIENT CATAPLASMS.

Take either the fine or coarse *Composition Powder*; add a sufficient quantity of hot water, and simmer them over a slow fire a few minutes: at the latter end of boiling, add fine powders of high wickup, to make it

of a mucilaginous quality. This may be applied to burns, freezes, and tumours, either before or after breaking.

### DRY STIMULATING CATAPLASMS.

Take babery and white lily, one part each; mustard seed and ginger, one part; all made fine—and water enough to form a poultice. After simmering it a few minutes over a slow fire, add a large table spoonful or two of flour, and apply it to cold swelling tumours, or ulcers; it should be kept wet with a strong decoction of the first part.

### FINE COMPOSITION POWDER, No 1.

Take of babery, the bark of the roots; butterfly, the roots; crane's bill, the roots; swamp snake root, the roots; swamp plantain, the roots; small lettuce, the roots; and sassafras, the bark of the roots; equal quantities—to which add one sixteenth part of cayenne—pulverize into a fine powder, and mix. To a tea spoonful of this mixture, add one gill of boiling water, and a tea spoonful of sweetening. This potion may be taken several times a day, in any case. It eases pain, quickens the circulation of the fluids, and strengthens and fortifies the system in general. It is often used as a preparatory for an emetick; when used for that purpose, it should be taken three or four times, at intervals of about twenty minutes, previously to taking the emetick: the emetick may be taken about ten minutes after taking the third or fourth potion of the preparatory; this process should be repeated until it operates sufficiently.

### FINE COMPOSITION POWDER, No. 2.

Take of sweet fern, the bark of the roots; large lettuce, the roots; white lily, the roots; hemlock, the

bark; small angelica, the roots; unicorn, the roots; and low buckhorn, the roots; equal quantities—add one sixteenth part of cayenne—pulverize to a fine powder, and mix: to be prepared and taken in the same manner as the preceding.

### COARSE COMPOSITION POWDER.

Take of habery, the bark of the roots; high brier, the roots; winter brake, the roots; moosewood, the bark; white lily, the roots; marsh rosemary, the roots; wild lettuce, the leaves and roots; equal parts—pulverize into a coarse powder, and mix. To two table spoonfuls, add three half pints of boiling water, and let it steep a few minutes on a slow fire; to a gill of this preparation, add an eighth part of a tea spoonful of cayenne, and a tea spoonful of sugar, and take it about blood warm. This scours the mucus or slime in the stomach more effectually than the two preceding, consequently it does more execution, as a preparatory to an emetick.

### CHOLICK POWDER.

Take of butterfly, the roots; white cohush, the roots or berries; unicorn, the roots; and cayenne; equal parts—pulverize and mix. To a tea spoonful, add one gill of boiling water, and take it every ten minutes, until it gives relief. It is to be employed in cases of bilious or wind cholicks.

### COUGH POWDER.

Take of butterfly, the roots; elecampane, the roots; swamp snake root, the roots; white snake root, the roots; wild turnip, the roots; skunk cabbage, the roots; equal quantities—pulverize and mix. A tea spoonful to be taken several times a day, in a gill of hot water, sweetened. This composition may be prepared in a

symp, as follows: put half a pound of this mixture, and three quarts of pure cold water, into a vessel pasted tight; bake it in an oven until the water is half evaporated; strain off the clear liquor, and add four ounces of sugar, and a pint of brandy or spirits; then put it into a bottle corked tight for use. A small glass to be taken several times a day. These preparations are used for affections of the lungs.

### DIAPHORETICK OR SWEETENING TEA.

Take of blue scull cap, the leaves; small snake weed, the leaves; arch angel, (the aromatick kind,) the leaves; cuckold, the leaves and roots; white vervine, the tops and roots; and marjoram, the leaves and flowers—mix. An ounce to be infused in a quart of pure water—from a gill to a half pint may be taken every twenty or thirty minutes; to be employed in cases of colds or fevers. It opens the obstructions of the fluids, eases pains, and promotes a copious perspiration, if taken freely.

### DIURETICK POWDER.

Take of dwarf elder, the roots; high queen of the meadow, the roots; rushes, the tops; wild carrot, the seed; small lettuce, the leaves and roots; pellitory of the wall, the tops and roots; and swamp snake root, the tops and roots—bruise and mix. One ounce to be infused in a quart of soft water, and a gill or more taken at once, in cases of strangury or gravel, and repeated as often as the patient can bear, till it gives relief.

### EMETICK POWDER.

Take the leaves, pods, and seeds of lobelia, and make them into a fine powder; add a small quantity of cayenne and the oil of wintergreen, and keep them

in a tight vessel for use. From one half to a tea spoonful may be taken at once, in half a gill of warm water sweetened; repeat the dose till it operates. It should be recollected that boiling water destroys, in a great measure, the emetick quality. It may be employed in all cases and stages of disease, at any age, and in any situation, with safety.

### EMETICK SOLUTION.

Take of lobelia, the green herb when in blow, one pound, bruised; and proof spirits, one quart; put them into a bottle corked tight for use: Or, steep them in an earthen vessel twelve hours; then strain off the juice, and put it into a tight bottle for use. From one to four tea spoonfuls may be taken at once. It is not so sure to operate as an emetick in this state as in the preceding. This preparation is employed in cases of asthma, lockjaw, spasms, hysterical complaints, &c. It sometimes excites a strange sensation, for a few minutes, directly after it is taken—it should not, however, excite any alarm, as experience has abundantly proved that no harm ever arises from it, when properly administered.

### EXPECTORANT POWDER.

Take of lobelia, the seeds, two parts; Seneca snake root and wake robin, equal quantities, one part; and mandrake, the roots, one part—pulverize fine and mix. Take what would lie on the point of a penknife twice, in half a table spoonful of cold water; repeat every ten minutes, until it causes a nausea or spitting.

### ERYSEPALIS POWDER.

Take of cuckold, the leaves, seeds, and roots; elecampae, the roots; and green ozier, the bark; equal parts—pulverize into a coarse powder, and mix. One

ounce to be steeped in one quart of boiling water, and a gill taken several times a day.

### EYE WATER.

Take of green ōzier, the bark scraped fine, one ounce; add three gills of soft water; infuse or steep them a few minutes, and wet the eyes affected, with this decoction, several times a day, applied either warm or cold. It will remove both inflammation and humours of the eyes.

### ITCH OINTMENT.

Take of yellow dock, the roots; elecampane, the roots; and white eliver, the roots, fresh; equal quantities—bruise and put them into an earthen vessel; add as much cream or fresh butter as will cover the whole, and expose them for three days to sand heat; then strain off the decoction into a vessel for use. To be well rubbed on the parts effected every night, till the disease ceases to be troublesome.

### Lavements, or Clysters.

Lavements or clysters are a liquid medicine, injected into the rectum by means of a pipe or syringe; they should always be employed in cases of dysentery, costiveness, piles, cholicks, debility of the intestines, &c. and should be prepared of such specificks as tend to subdue or remove the complaint. They are also used to nourish the body, when there is great difficulty in swallowing, or when the stomach is too weak to receive food.

### MUCILAGE LAVEMENT.

Take a tea spoon three times full of the powders of high wickup, or four of the powders of slippery elm, and dissolve it in half a pint of strong tea made of the

coarse composition powder. To be used frequently in cases of dysentery, or inflammation of the intestines.

### ASTRINGENT LAVEMENT.

Make a strong decoction of the fine or coarse composition powder. If the nervous system is weak, add a tea spoonful of the powders of lady slipper. To be used in cases of debility, piles, pain in the bowels, &c.

### LAXATIVE LAVEMENT.

Take a tea spoonful of the powders of blood root; one of the emetick powders; one of mandrake; half a tea spoonful of cayenne; and half a pint of boiling water; then add one ounce of fresh butter or sweet oil. To be used in cases of cholick or costiveness.

### NUTRITIVE LAVEMENT.

Take soup, beef tea, or meat jellies: they should be thrown up by a longer tube than common. These are to be used in cases of debility, and as often as circumstances require.

### NERVE OINTMENT.

Take of bittersweet, the bark of the roots; pellitory of the wall; and mullein flowers; one pound each, all fresh—bruise them and add one gallon of bear's oil, or any other soft oil; simmer the whole in an earthen or iron vessel six hours, over a slow fire; then strain it off; add one pint of spirits of turpentine, and keep it close corked for use. To be applied to sprains, bruises, contracted tendons, &c.

### RUPTURE PLASTER.

Take of fresh buckhorn bruised, one part; fresh crane's bill bruised, two parts; and white pine turpentine, enough to form a plaster; blend them well to-



gether—spread the composition on a thin piece of leather large enough to cover the affected part, and renew it once or twice a week—to be worn under a truss, and continued some time after the breach is healed.

### SALVE.

Take one pound of beeswax: one pound of salt butter; and two pounds of white pine turpentine—melt them together; then strain it off for use. Fir balsam may be added. To be spread on lint, and applied to fresh wounds or old ulcers—it possesses both a drawing and a healing quality.

### CATARRH SNUFF.

Take the roots of white eliver, and pulverize and sift them through a fine sieve—to be used several times a day.

### HEADACH SNUFF.

Take the bark of babery roots, or wandering milkweed; pulverize and sift it through a fine sieve. To be used for obstructions or pains of the head.

### POLYPUS SNUFF.

The powders of blood root, used several times a day, proves a sure remedy.

The above snuffs may be scented, either with the oil of wintergreen, sassafras, or golden rod, to render them more pleasant. They possess a quality superiour to common snuffs, affording relief without clogging the passages from the head, or affecting the speech or memory.

### STRENGTHENING PLASTER, No. 1.

Take of the extract of red beech bark, one part; and rosin and turpentine, equal parts; melt the rosin

and turpentine together, first; then add the extract—stir them until they are well blended. To be spread on thin leather and applied to the weak parts.

### STRENGTHENING PLASTER, No. 2.

Take the roots of crane's bill, cumfrey and spikenard, fresh; bruise them fine, and add turpentine enough to form a plaster. To be applied as the above.

### TOOTH DROPS.

Oil of marjoram. This hot oil seldom fails to give immediate relief to the pain proceeding from a hollow tooth, at the commencement of the attack. Dip a piece of lint, the size of the cavity, in the oil, and place it in the hollow of the affected tooth.

### TOOTH POWDER.

Take the barks of babery, yellow oak, and black alder, equal quantities—pulverize and mix—to which may be added one part ginger. To be applied in the powder or decoction, with a brush or the end of the finger. It cleanses the teeth and gums from scurvy or scorbutick matter, gives the enamel a smooth polish, and a white appearance, strengthens the gums and loose teeth, and, if regularly used, prevents them from decaying.

### VEGETABLE CAUSTICK.

Take of babery, the tops and roots; black or yellow ash, the bark; and green ozier, the shrubs and roots, all fresh; burn them; leach the ashes through a small quantity of strong lime; boil the lye down to the consistence of turpentine, and put it into bottles corked tight for use. This caustick has a superiour quality and strength, without causing any swelling or inflammation, which are generally produced by other causticks.

## DECOCTIONS.

The difference between *Decoctions* and *Infusions* consists only in the mode of extracting the qualities of various substances, by the use of water more or less heated. Decoctions are made with boiling water, over a heat producing evaporation. In this way substances are decomposed while their medical properties are extracted, and their volatile or aromattick qualities are dissipated. By this process the peculiar virtues of many plants may be wasted, and the preparation rendered less efficacious, than if made by an infusion.

Infusions or teas are made by pouring water, either hot or cold, upon the substance after being bruised, and steeping it a proper time in a covered vessel, before it be poured or strained off for use. When any articles possessing volatile qualities are to be used in syrups or decoctions, they should be added when the boiling of the other articles is nearly finished.

Syrups differ from decoctions only, in the addition of sweetening and spirits; by which they become more palatable, and will keep longer without fermentation.

It should be recollected that the efficacy of medicine depends much on its freshness and purity; and that any alteration made by fermentation, or freezing, renders them not only useless, but very hurtful. The water used in preparing medicine should be soft and pure. Snow water is purest, and much to be preferred. Next to this, is distilled, or rain water; and lastly, spring water, when no better can be obtained.

Syrups are generally prepared in earthen vessels covered tight with a paste or crust, and baked in an oven. The quantity of spirits added may usually be about one fourth, or one third, of the whole quantity, when prepared; and the sweetening should be sufficient to render it palatable.

## TEMPERANCE.

By Temperance, in this place, is meant moderation in the use of food, drink, and exercise. It is the first requisite for preventing disease, establishing health, and obtaining a happy old age. The stomach readily discovers when it has received its sufficiency; and warns us, by its distention and consequent uneasiness, or nausea, when any thing improper has been received. Those, therefore, who desire health, must follow the dictates of common sense, practice a little necessary self denial, nor yield the reins of government to a dainty or insatiable appetite.

Moderate exercise is also essential to health. If our exercise be of the most useful kind, it will furnish us with our daily food, and place us beyond the reach of want, besides imparting vigour to the body, and energy to the mind. It excites a general salutary action throughout the system, promotes the regular secretions, and gives an appetite and relish for that nutriment which repairs and supports the corporeal machine.

The all-wise Creator has made ample provision for the support and comfort of man. He has provided food as the proper remedy for hunger, water for thirst, rest for weariness, and medicine for sickness and pain. Using these gifts according to the intention of the giver, they will prove blessings. But how different is the present race of men from those of ancient times! How degenerate the human constitution! if we may credit the accounts of history. How few attain to old age, spend their days in health, and die a natural death! Has the course of nature changed? Are the elements less pure? Is the earth less bountiful—the seasons less benign? No. But men have become less temperate. They are self indulgent, luxurious, and dissipated; and this accounts for their degeneracy.—

Let those who desire the health, the energy, and old age of our forefathers, practice their self denial, adopt their more simple regimen, and be guided by their plain common sense.

## STEAMING,

AND

### The General Course of Medicine.

STEAMING is extremely useful and necessary in many diseases. It removes obstructions in general, dissolves congealed fluids, promotes the regular secretions, and excites a general action through the system. It relieves pains, reduces febrile and arterial excitement, expels acrimony, putrescence and miasma through the conducting apertures of the surface. It may be safely employed in almost any disease, age, or situation.

When the patient has a high fever and severe pain in the head, commence the operation by first washing the whole external surface with the alkali wash. This operation may be repeated once or twice a day while sweating. Give the alkali draught, first in small quantities and often; or the expectorant powders.— After the excitement is a little abated, give either of the composition powders. After repeating this dose two or three times, once in about twenty minutes, give an emetick. Repeat the doses till it operates effectually. To promote a copious perspiration, give the alkali draught frequently; also, a tea of cayenne. In the mean time the patient should stand or sit over a steam, produced by a hot stone, partly immersed in a vessel of water. He should be covered with a quilt or coverlet, to confine the vapour. Hemlock boughs, or some bitter herb in the water, renders the steam more powerful and pleasant. A little sharp vinegar poured on the hot stone, is beneficial. If the patient be unable to sit up, place a hot stone at each side and near the

feet, wrapped first in a wet linen cloth, and a dry cloth over it. Renew the steam as often as needful to keep up a perspiration. If the patient be very cold and debilitated, the hot stimulating medicine should be given more freely, to support the strength, and increase the animal heat. Should the patient feel very weak and faint while under the operation, it usually proceeds from one of the following causes:—1. Nausea at the stomach, occasioned by the natural operation of medicine and steam. In which case, give a large draught of alkali made a little stronger than usual, to excite vomiting. 2. The pores may have become too much opened, in consequence of the relaxed state of the nerves and fibres; by which means the heat, the exciting cause of motion, escapes too freely. To obviate this, apply a small quantity of cold water to the face or stomach, which will brace the nerves, and cause the pores to contract. 3. It sometimes is owing to the want of fresh air; which the patient should, in all cases, be allowed.

The length of the operation should be prudently regulated according to the nature and circumstances of the disease. It may be repeated daily, or every other day, a reasonable length of time; or it may be followed up continually till the disease be removed. I have, in some cases, continued the operations night and day, for the space of three weeks, even when the patients, at the commencement, were very low. Whenever a long operation is necessary, the perspiration should be moderate: the patient may frequently take soups, beef tea, or chicken broth; and at the ordinary time for meals, more substantial food. In all cases, they should take food whenever the appetite craves it. At the close of the operation, let the patient be washed all over with spirits, vinegar, alkali wash, or cold water; and put on a dry, warm dress. In cases of much debility, flannel should be worn next to the skin. Exposure to cold and damp places, must be carefully avoided.

## DIET.

In treating of the prevention and cure of diseases, something may with propriety be suggested on the subject of diet. Many diseases doubtless might be removed, and many more prevented, without the use of medicine, by a proper attention to diet, would persons invariably regard the dictates of prudence. In considering this subject, I shall endeavour to suggest something applicable to the various periods of life, hoping that a word of friendly counsel may not in every instance, at least, prove unavailing.

### DIET OF YOUTH.

In the period of childhood and youth, the diet should in a great measure consist of what are termed diluents, or aliment in a fluid state. Vegetable food, with frequent broths or soups, is the best kind of nourishment. Milk, in its various forms, should constitute a great proportion of the ordinary food. Highly seasoned food of every kind is out of place at this period. The appetite ordinarily requires no artificial excitements; nor can the system fail of being injured by luxurious and stimulating food. The appetite will not crave such food, till it has already become vitiated by an ill-judged species of indulgence. Plain wholesome food is best, and for drink, pure water is preferable in general to any other beverage.

### DIET OF MANHOOD.

The quantity of food requisite for the time of growth may afterwards be in a measure diminished. Food of a more stimulating nature may, however, become requisite, in consequence of the arduous services usually imposed on the man of mature years. A due proportion of animal food doubtless becomes necessary, especially

for labouring people. But the sedentary, the studious, and the *indolent* need be cautioned against indulgence in animal food and stimulating liquors. Intemperance in food or drink is usually followed by a train of evils too numerous and baleful for description. The health is impaired, the mind enfeebled, and habits contracted which bring ruin in their train. A diet moderately stimulating may suit with such constitutions as are delicate and irritable. Fermented liquors, moderately used, may prove salutary for such: but these should be cautiously avoided by the more sanguine and vigorous, such as are more liable to inflammatory diseases. A vegetable diet, and water for drink, will contribute much to their health and comfort. Persons of a phlegmatick habit should avoid such diet as tends to produce corpulency. Stimulating food and drink are thought to be less injurious to persons of this description than almost any others. A diet of young meat, with fruits and fresh vegetables has been recommended, as well adapted to persons of a dry habit; also, the use of wine diluted with water. Temperance, both with respect to food and drink, cannot be too scrupulously observed by persons of every age.

### DIET OF OLD AGE.

In old age, or after fifty five, as the second childhood approaches, the habits of youth respecting diet, should in some degree be resumed. Thus, broth or soups and other liquids should constitute a principal part of the nutriment; such, generally, as shall be found easy to digest, with a moderate portion of seasoning. As the appetite fails, it may be excited in some measure, by a diet somewhat stimulating. Well fermented liquors especially wine is recommended as suitable for this period. The system requires to be cherished and invigorated, except in habits which are likely to be injured by such regimen.



## DIET OF DISEASED PERSONS.

In selecting the species of food best adapted to diseased persons, the following will perhaps be most likely to answer the purpose. Fresh meat, with little or no seasoning, vegetable and meat broths, barley soup, gruel, chickens, or other fowls, oysters, beef tea, milk, rice, jellies, and plain bread puddings. After an emetick, the diet should be of a liquid kind. After the removal of disease, the diet should be more substantial, stimulating, and nourishing.

When food of any kind is prepared in water and to be boiled, it should be prepared or mixed cold, and boiled afterwards: thus, when gruel, thickened milk, &c. are intended, put the thickening into cold water, and stir it well before putting it over the fire to boil. In this way it will be swelled more, and cooked more equally throughout, than if prepared and mixed in the act of boiling; and it will set lighter on the stomach.

“There is one admonition highly necessary—it is this; that persons taking medicines should pay the most implicit regard to the directions given therewith, and in particular to conform in eating, drinking, &c. for unless the patient will render his own assistance towards the operation of the remedy, its efficacy must certainly be weakened, and often retarded, if not totally destroyed. Science may and does teach one how to *prepare* and *apply* the productions of Nature, for her *aid* against *diseases*; but surely it is not in the power of all the medical men to devise a *specifick* for *inconsiderate carelessness*.”

## Phlebotomy, or Blood Letting.

As bleeding has proved far worse than a useless application to the afflicted, it is totally expunged from this system of practice. The fatal and disastrous consequences arising from it daily, ought to convince those who use such unnatural means, that they are not

only squandering the most precious fluid, but life itself.

The following extracts from the Medical Guide, by that able and impartial writer, and friend to the human family, Richard Rees, M. D. of London, will be read with unfeigned satisfaction, by all who are friendly to a right understanding of this important subject.

“The operation of bleeding being so frequently performed by farriers and barbers, it is generally regarded by the publick as trivial with respect to its execution. However, whether we consider its influence on the system, or the niceness of the mode necessary for effecting it, it is nearly equal in importance to any operation in surgery; and hence many expert surgeons have almost an invincible dislike to it, while the person ignorant of the great nicety, steadiness, and exactness, necessary, as well as the effect on the constitution, performs it with the greatest freedom, but not with uniform success; as is proved by the many melancholy cases that are admitted into our hospitals, in consequence of the ignorance of the operator, either by wounding a tendon, or puncturing an artery.\*

“The symptoms of plethory, and particularly the fulness of pulse, on which popular medical writers have laid so much stress, as indicating the necessity of bleeding, are very fallacious; for inflammation of the lungs, brains, or bowels, is often attended with a small and feeble pulse, which, after the loss of blood, will become full and strong: hence, again, in apoplexy, the pulse is rendered feeble in consequence of the compression of the brain, which, frequently after the

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“\* A blacksmith in Herefordshire, who had obtained great celebrity as a bleeder, was requested by his wife to take a little blood from her arm, on account of some slight indisposition. The lancet having penetrated the brachial artery, and his usual means of stopping the flow of blood failing, he had recourse to pressing over the orifice cobwebs and lint, with such force that a considerable portion entered the wound. The blood still continuing to ooze out, and the arm being considerably swollen, he sent her to the Hereford Infirmary; but the inflammation having extended to the chest, and mortification commenced, amputation was rendered impracticable, and the poor woman died the following day !”

evacuation of blood, will so far rise as even to indicate plenitude and strength; and it often happens in drop-sical complaints, where the loss of blood would prove fatal to the patient, the pulse will beat with unusual strength. The pulse of an old person will feel hard and firm, from the rigidity of the coats of the vessels."

### "PERIODICAL BLOOD LETTING.

"The loss of blood at certain periods of the year, is an error very common among the lower orders of people, and, I conceive, extremely inimical to the constitution. A celebrated author observes, that 'he who wantonly or capriciously squanders this vital fluid, obstructs, and, as it were, cuts off the sources of his support and regeneration.' The most essential and constituent parts of the human frame are formed from the blood;\* and though it be true that the blood evacuated by periodical bleeding is soon reproduced by the activity of the vital powers, yet this restoration is only brought about with considerable efforts, and at the expense of the whole machine. Those persons, who, from a notion of preventing diseases, suffer themselves to be bled regularly, once, twice, or oftener, in a year, whether they are indisposed or not, ought to be informed that they are using means which, if persisted in, are likely prematurely to bring upon them those very diseases which they profess so much to dread, and appear solicitous to avert. Where the habit has been established, it may be safely and easily overcome by substituting in the place of bleeding, at those periods, a gentle purgative; and in order to prevent its future necessity, to abstain as much as possible from animal food and spiritous liquors. A vegetable diet affords the same support as meat, and has the very important advantage of not producing plethora."

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\* "The blood is the life of man;" that is, this fluid contains one of the principles of vitality, oxygen, and distributes nourishment to every part of the body."

**Constituent Parts**  
OF  
**THE HUMAN MACHINE.**

The human machine is composed of solids and fluids, which are subdivided into various parts and forms.

The solids are divided into bones, cartilages or gristles, ligaments, muscles, tendons, nerves, vessels, glands, and membranes: to these may be added the hair and nails.

The fluids are divided into blood, perspirable matter or sweat, pancreatick and gastrick juices, nervous fluid, saliva secreted by the glands, bile or gall mucus, earwax, mucilaginous matter of the joints, chyles, lymph, fat, and marrow.

Bones are the most solid and hard parts of the machine, forming the basis of shape and strength, being externally lined with membranes, composed of nerves and blood vessels. Their insides are concave and spongy, having inward membranes, filled with marrow, the office of which is to molify and keep them tough and flexible. They have nerves and blood vessels distributed through them.

Cartilages or gristles are insensible, smooth, and elastick substances, covering the ends of the bones that have motion, to keep them firm in their proper places, and prevent them from irritation.

Ligaments are strong and flexible cords, to keep bones and tendons in their respective places.

Muscles are flesh divided into distinct portions, having power to contract or expand, and thereby produce motion.

Tendons are composed of numerous muscular fibres, which are more closely compacted and dense than the fleshy fibres, and serve as braces.

Nerves are soft white cords, originating from the brain and spinal marrow, spreading and passing through all parts of the system, and terminating minutely in the extremities. They are supposed to contain a subtile fluid, which gives immediate sensation.

Glands are round kernels, composed of blood vessels, nerves, and excretory ducts; their offices are to separate a fluid to moisten or secrete saliva.

Membranes are thin coverings of interwoven fibres, forming a covering similar to a bladder, which has an exquisite sensation.

Vessels are conducting tubes, composed of membranes. They constitute the blood and secretory vessels, and excretory and lymphatick ducts. These are divided into three systems, which are called the vascular system, the nervous system, and the cellular system. The absorbent vessels are the lymphaticks and lacteals; the former arises from the surface of all parts of the body, conducting a watery fluid to different parts of the system. They likewise form the conducting passage for the superabundant heat and perspiration, to the surface. The lacteals arises from the intestines' absorbing a milky substance, extracted from the aliment in the intestines, and conveying it to the receptaculum chyle, thoracick duct, and left subclavian vein.

Secretory vessels are small tubes or strainers in the organs, separating viscouſ or extraneous matter from the fluids.

Excretory vessels, or tubes called ducts: their office is to convey superfluous or excrementitious matter from the system.

### Seat of the Organs, and their Office.

“For the purpose of imparting this information, I shall offer a cursory view of the principles of life, and the laws of those organs which animate, continue, and regulate the animal machine; of those which are en-

gaged in the nourishment or support of the body ; and those whose office is to convey superfluous or excrementitious matter from it.

“The leading principle with which I set out, and which I believe will be conceded by every philosopher, is, that heat is the great exciting cause of animal life. This is proved by the analogy of vegetation ; for, when diminished to a certain degree, the vegetable creation droops, languishes, and dies. It is by heat the seed is reared into the stem, blossoms, and produces fruit. Nor in animal life is its power less extensive. By heat incubation proceeds, the impregnated ovum is animated, formed into structure, and the animal frame completed in all its functions. The importance of this principle is identified throughout all creation, being evident. The question that naturally arises is, whence is the source from which, in the animal machine, it is derived and perpetuated.

“The brain is the seat of sensation and volition, and, by a variety of experiments, is clearly concerned in the production of animal heat. If the communication of a part with the brain be cut off by dividing the principal nerves, the heat is considerably diminished, and, by tying the principal artery, so as to prevent the flow of blood through it, the same effect will follow, which show that the evolution of heat is dependent on both the nerves and arterial blood. Analogy also confirms this, and demonstrates that heat is the effect of decomposition, and consequently is the result of more than one power. This we see exemplified in fire, where oxygen is necessary to combustion. In explaining, then, the origin of animal heat, it may be observed that oxygen, the principle of combustion, is supplied from the atmosphere by the lungs during respiration ; and that this oxygen, combining with the red particles of the blood, imparts to it its brightness and florid colour. That the blood thus oxygenated, or having received the principle of heat, is propelled by the heart through

the arterial system to every part of the body. It is in its passage through these vessels that it partakes with its oxygen, when it is returned again to the heart by another series of vessels termed veins, to be transmitted through the lungs, for the purpose of being re-oxygenated. Hence the blood in the veins and arteries exhibit different appearances, that of the latter being bright and florid, while the former is of a dark colour, in consequence of the absence of oxygen."

### Thorax or Breast.

"This is a large cavity, somewhat in the shape of a cone, reaching from the lower part of the neck to the abdomen, from which it is divided by the diaphragm or midriff. It contains the pleura, the lungs, the thymus gland, (in children) the œsophagus, the ductus thoracicus, the arch of the aorta, branches of the venæ cavæ, the vena azygos, the pericardium, the heart, the par vagum, and the great intercostal nerves.

"*The Pleura* is the membrane that lines the thorax or chest, intercostal muscles, and lungs; it covers the ribs internally, and forms the mediastinum and pericardium.

"*The Lungs* are situated in the chest, and are divided into two large portions, called lobes, the one on the right and the other on the left side, which are separated from each other by a transverse membrane, called mediastinum, dividing the chest into two equal cavities. The lungs, besides their external membranes and cellular texture, of which they are composed, are a congeries of air vessels from the wind pipe.

"*The Heart* is a hollow, muscular viscus, enclosed by the membrane called pericardium, resting upon the diaphragm. It propels the blood by its contracting power, termed systole. The circulation of the blood is performed thus: the blood is received from the arteries by the veins, and is returned by the superiour and inferior cava, to the right auricle of the heart, which,

becoming distended, contracts and empties its blood into the right ventricle. The right ventricle then contracts and propels the blood through the pulmonary artery into the lungs, there to undergo a peculiar change, and to be conveyed by the four pulmonary veins into the left auricle. The left auricle being distended, evacuates its blood into the left ventricle. The left ventricle propels the blood through the aorta, to be circulated by the arteries, and again to be returned by the veins to the heart."

### Abdomen.

"The abdomen contains the omentum, the stomach, the large and small intestines, the liver and gall bladder, the mesentary, the lacteal vessels, the thoracick duct, the spleen, the pancreas, the kidneys and suprarenal capsules, part of the aorta descendens, and vena cava ascendens.

"*The Stomach* is situated immediately under the liver, which covers a great part of it above, and latterly; it is placed transversely in the left hypochondres region, from right to left, but somewhat obliquely, so that its left or upper orifice, called cardia, which is continued to the œsophagus, lies more towards the vertebræ; and the right or lower, called pylorus, which opens into the intestine duodenum, more anterior. It is composed of three membranes, which secrete a slimy matter, to protect its internal surface. Digestion is performed in the stomach immediately after receiving the food. The food thus mixed with the gastrick juice forms a slimy mass, termed chyme, and as it passes from the stomach into the intestines, its next receptacle, there is separated from it a fluid of a milky appearance termed chyle, and nature has studiously provided that this chyle, or nourishing part of the food, should be conveyed to the circulation, for the support of the body. The intestines are accordingly furnished with absorbent



vessels, termed lacteals, the mouths of which are spread every where over the internal surface, for the purpose of taking up the nutrient part of the digested aliment."

"The length of the intestines of man is no less than nine times the length of his body, that a great and sufficient surface may be exposed for the action of the absorbent vessels; and this is further increased by numerous folds of the internal coat, which detain also the fluid in its passage for the same wise purpose; thus the intestines, from their situation, their length, their different diameters, thicknesses, and folds, may be compared not unaptly to the root of a vegetable, which spreads its fibres to a great extent, and in different directions, to draw nourishment from every part of the surrounding soil. This comparison shows the importance of taking proper food, and of its being properly digested or assimilated, for the health and strength of a vegetable depends on the quality of the soil from whence it draws its support. The great purport of taking food to an adult being to support the body in the mutation which it is constantly undergoing, a supply of aliment is found to be necessary about three times in the space of twenty-four hours. As the chyle furnished by this supply is deposited by the nutrient vessels, the old particles are removed; thus, we may be said, while in life, to be in the midst of death. The set of vessels which take up the old matter, termed absorbents, convey their contents to the mass of blood, from which it is separated by certain organs, and conveyed out of the body. The organs appropriated for this purpose are the liver, the kidneys, and glands of the intestines. Of these, the liver is the principal. By it is secreted the bile, which may be considered as merely containing the whole feculencies of the blood. It has been asserted that the bile tends to promote the digestion of our food; but, had the Creator intended such an office for this secretion, it would have been emptied into the organ in which digestion is performed,

viz. the stomach, and not into the intestines. But so far from its promoting digestion, it is found that the presence of bile in the stomach never fails to disturb that organ, so as to excite nausea, and often violent vomiting. The bile, by being emptied into the upper part of the intestines, may be intended to keep up their peristaltick motion. The office of the liver is therefore a most important one in the animal economy. Thus, whatever stimulates this organ, and occasions its more vigorous and complete action in the separation of the bile, proves highly useful in the cure of a variety of diseases, by purifying the blood, and keeping up the peristaltick motion of the intestines. It is the largest viscus in the abdomen, placed in the right hypochondres region, and partly in the spigastrick region. It is divided into three lobes, is suspended by five ligaments, and is composed of arteries, veins, nerves, absorbents, excretory ducts, and cellular membranes, and is covered by the peritonæum.

“Next to the liver, as separating useless parts from the blood, may be noticed the kidneys. By this outlet is carried off superfluous water, and the aqueous part of our food, which is not appropriated to nourishment, the quantity of which amounts daily to some pounds. Besides the feculent matter contained in the canal of the intestines from the superfluous parts of the food, there seems to be secreted also from the internal surface of this part, a feculent matter, which constitutes a part of the *feces* discharged from the intestines.

“The skin may also be an outlet for superfluous matter of the watery kind; but this discharge appears to be principally, if not solely, for the purpose of regulating the temperature of the body during the different changes that take place in the atmosphere, and under disease. The vicissitudes of the atmosphere, more than impurity, or any chymical combination, are the great causes of disease to the animal frame.”

# DISEASES;

THEIR

*Causes, Symptoms, Treatment, &c.*

ARRANGED IN ALPHABETICAL ORDER.

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## ABORTION.

As every woman in a pregnant state is more or less liable to abortion, the greatest care should be taken to guard against it. It not only debilitates the constitution generally; but renders those who have once suffered by it more liable to the same misfortune afterwards. It is most likely to take place in the second or third month. Sometimes it occurs later. If it happen after the seventh month, the child may be kept alive by proper care.

**CAUSES.**—Violent exercise and fatigue, by lifting or carrying heavy burdens, &c.; falls, bruises, jars, as in jumping; sudden frights or violent emotions; excessive evacuations, vomiting, coughing, convulsions, fits, relaxations and weakness of the nervous system.

**SYMPTOMS.**—The signs of approaching abortion are similar to those of natural labour; such as pains in the back, loins, and lower part of the bowels; nausea or sickness of the stomach; severe chills; pains in the inside of the thighs; the breast becomes soft; evacuations of blood or water from the womb.

**PREVENTIVES.**—Frequent moderate exercise in the open air will be found useful. Persons of relaxed habits should take solid food, rise early, and avoid damp places. The stomach should be kept in order by the frequent use of the restoring bitters and composition powder. The bowels also should be kept free

by mild aperients or laxatives. The general course of medicine may be resorted to, in any stage of pregnancy. The cold bath is also very proper, particularly in relaxations of the muscular fibres, &c.

## AGUE.

This disease is peculiar to such parts of the country as abound with marshes, or impure and stagnant waters. It is supposed to be occasioned by inhaling the effluvia arising from such places, and drinking impure water. This disease generally produces derangement in every part of the body. When there is a clear intermission between the paroxysms or fits, it is termed *intermitting fever*. The fits usually have a regular periodical recurrence, in some instances recurring every day; in others, every second or third day. The disease is most prevalent in spring and summer.

**SYMPTOMS.**—It begins with a morbid irritation, a loss of appetite and strength; a dullness of spirits and nausea. The countenance becomes wan; the urine high coloured; the habit costive; pain and weakness in the feet and legs; frequent yawning, stretching, &c. occur; and cold streaks running up and down the back. The cold fit begins with a remarkable shivering, which agitates the whole body, and continues about an hour. This is gradually succeeded by a degree of heat rising to an intense and extreme degree; with pain in the head, delirium, quickness of pulse, and thirst. After the heat has abated, a copious perspiration ensues, which diminishes the vitality and strength of the body.

**TREATMENT.**—The general course of medicine, in the commencement of the attack, proves an immediate and sovereign remedy. If the disease be suffered to prevail long, the habit in consequence becomes more debilitated, the disease gains strength, the organs of secretion become more morbid and less able to perform

their office. It becomes necessary under these circumstances, to produce and maintain a general action, to make free use of the antibilious powder, or cold bath, or both means combined. The patient should take a nutritious and generous diet, and moderate exercise. By such treatment, I have known several patients relieved in six hours, even after the disease had become strongly seated.

## APOPLEXY.

An apoplectick fit is a sudden deprivation, in some degree, of sense and of voluntary motion, occasioned by a compression of the brain, in consequence of an over distention of the blood vessels of the head. This disease usually attacks such persons as have passed the middle stage of life. Its victims usually are persons of full and corpulent habits, with a short neck; such as lead an inactive life, indulge themselves in luxury, and make free use of fermented liquors.

**SYMPTOMS.**—Apoplexy is sometimes preceded by headach, giddiness, drowsiness, numbness in the extremities, and dimness of sight. More usually without much previous indisposition, the person falls down suddenly; the face appears florid and bloated; the blood vessels of the head and neck appear distended; breathing difficult, accompanied by a snorting noise; profound sleep; weak pulse at the wrist, while in the head, the arteries beat with increased force.

**TREATMENT.**—The first and main object should be to diminish the quantity of blood in the head, and to produce an equal balance of blood throughout the system. The head should be elevated, and the feet and hands placed in warm water. If it can be readily done, scarifying round the head and neck, and between the shoulders, would tend to diminish the unnatural pressure. The body may also be washed with the alkali and soke wash. followed by a moderate steam. The

headach snuff may prove beneficial, by promoting the secretions of the nostrils, and producing sneezing. A laxative lavement, may also be proper.

## ASTHMA.

This disease is one of the most distressing, and when it has long prevailed, one of the most difficult to cure. Authors have reckoned several species of this disease; but I choose to consider it as one, viz. a debilitated and diseased state of the lungs. Like all other diseases, it has several stages, some of which are more curable than others.

When there is a discharge of phlegm from the lungs, it is called *humoural asthma*; when there is no discharge, it is called *dry asthma*. It appears to be under the influence of the atmosphere, certain temperatures of which excite and irritate the complaint. The respiratory organs are thrown into a state of contraction, which prevents the expansion of the lungs. Thus the circulation of the blood through the lungs, being impeded by the obstructions, it consequently passes improperly oxygenated. The patient is often attacked on a sudden with difficult breathing, or wheezing; the vessels of the neck and temples become distended, the countenance livid, the pulse high, which is succeeded by a drowsy stupor and languor of the whole body.

CAUSES.—The remote or inducing cause sometimes may be violent exercise or running, which excites the lungs to so high an action as to debilitate their powers. The disease sometimes recurs in consequence of cooling the lungs too suddenly, by obstructions of the respiratory organs occasioned by chills or colds which congeal the fluids; also, by humours seating on the lungs.

TREATMENT.—The first and principal thing to be attempted is to abate the excitement of the lungs, and diminish the pressure of blood. When the paroxysm

occurs, give a tea spoonful\* of the emetick solution, and repeat the dose every ten minutes till the excitement be lowered. The expectorant powders have nearly the same effect. After the paroxysm abates, the patient may take occasionally a tea spoonful of the powders of the butterfly root, or the powders of skunk cabbage, or the composition in a tea cupful of hot water. Also, the general course of medicine may be pursued in any stage of the complaint, and is highly necessary under the evaporation of heat. During this process, the scoke root wash performs a very important part, by exciting the action of the muscles and the moving fibres. This mode of treatment has given relief in a case where the patient was not expected to live an hour. The diet should be light and easy of digestion: vegetables should constitute the principal part. Pure water is the best beverage.

### BARRENNESS.

The inability of propagation is sometimes incident to both sexes, but more commonly to the female. It proceeds from a variety of causes, the more frequent of which are immoderate evacuations; suppression of the menses; disease of the ova and womb; debility of the system, occasioned by a secret vice; or injuries occasioned by frequent miscarriages. All that is to be done by art, is to improve the health, promote moderate secretions, remove local obstructions, and strengthen the nervous system. To aid in this, the general course of medicine will be useful, with cold bathing and exercise in the open air. I have known several weakly, barren women, become, at length, healthy mothers, by this mode of treatment.

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\* The dose may be increased to a table spoonful without danger. It often gives a strange, deathlike feeling, which, however, need not give alarm.

## BLEEDING AT THE NOSE.

A spontaneous discharge of blood from the nose, may arise from a variety of causes: sometimes from an unequal balance of the blood, from its being in a very thin state, or from obstructions of the system. It is usually preceded by headach and coldness of the extremities. It usually afflicts young people of delicate constitutions, chiefly in warm weather.

REMEDY.—A snuff of the red birth root may be occasionally used. Cold water, sprinkled on the back of the patient, so as to occasion shivering, often affords relief. Catnip, bruised, and moistened with spirits or vinegar, and applied across the centre of the nose, gives relief. Should these fail, a general operation of medicine may be tried.

### BLOOD DISCHARGED FROM THE BLADDER.

This commonly proceeds from external injuries, such as blows or strains; in which case the mucilages should be taken. The buckhorn and high wickup, made into a tea, are the most proper. The balsam of fir has also proved particularly serviceable. Half a tea spoonful of this, mixed with a suitable quantity of refined sugar, made into a powder, may be taken three times a day. If the disorder proceed from the stone in the bladder, or gravel in the kidneys or ureters, then the diuretick powder will be proper. If ulceration be the cause, (which may be known by a mixture of matter with the bloody discharge,) a decoction of the small life everlasting and swamp snake root, either combined or used separately, has usually a good effect. If the system be extensively diseased or debilitated, health must be improved by the general course of medicine.

### BILES.

Biles are a sure indication of a diseased body, arising from a virulent state of the blood. Their sup-



puration should be promoted by drawing and sweating applications. The leaves of moosewood, or oxbalm, applied fresh, produce a very good effect—also, cabbage leaves wetted. A plaster made of rosin and pitch should be applied after the swelling is reduced.

PREVENTIVES.—A tea of burdock root or sarsaparilla, taken occasionally, proves beneficial. Cupping directly on the part affected, in an early stage, prevents suppuration. When they appear deep beneath the skin, producing high inflammation in the cellular substance, cold poultices may be applied to allay the inflammation. After this, an issue may be made on the most prominent part, by the vegetable caustick, in the following manner: Make a paste of rye or wheat middlings; with this form a ring round the place, about an inch and a half thick, leaving a hole in the centre of a size proper for the issue, into which apply the caustick in quantity sufficient to kill the flesh down to the affected part. This will give vent, and prevent the increase of the tumour. After which apply the sweating leaves or emollient poultices. After it has come to a suppuration, the wound should be kept clear by syringing it with castile wash, and the powders of blood root sprinkled in occasionally. It may afterwards be dressed with the common salve, or the leaves or poultice.

### BURNS AND SCALDS.

The immersion of the part in cold water immediately after the accident, affords relief. It should be kept several hours in that situation. The application of the plaster recommended in the preceding case, or the antiscrofulous plaster, or the emollient poultice—in many instances I have known to afford relief. Though the injury, at first, appear very trifling, it should not be neglected—trifling accidents are often productive of most serious consequences. A liniment of linseed oil and lime water, answers a very good purpose. This

is made by mixing equal quantities of the linseed oil and the lime water, and is to be applied by means of lint or soft linen. Should there be much pain or inflammation, the patient may require the general course of medicine.

N. B. The above treatment is proper for chilblains or freezing.

## BRUISES AND SPRAINS.

When the part has sustained much injury, a general perspiration should be produced and continued for a considerable time. During the perspiration, cloths may be applied to the injured part, kept constantly wet with cold water. A tea of arse-smart may be used freely, both internally and externally. Afterwards a strengthening plaster may be applied. Superficial bruises and sprains may be relieved by the bathing drops, No. 2, and the nerve ointment.

## CANCER.

This is one of the most formidable diseases that ever attack the human body. When it has once extended its deadly influence to the vital parts, it is more to be dreaded than death itself. Like other diseases, it is no respecter of persons, regarding neither age, sex, nor condition. It has ever baffled the boasted skill of the Faculty, their general remedy being the *knife*; the use of which usually proves as fatal as the disease.

It often commences in the form of a mole of different colours, surrounded with branches or prongs, resembling a crab's claw, from which it derives its name. It sometimes begins in the form of a node, either superficial or at some depth under the surface, which gradually increases till it becomes so much distended as to break into an open tumour, discharging fetid matter, which excoriates and devours the parts where it spreads. They are often attended with twinging and darting

pains, the tumour becomes spongy, by its acrimony corroding some parts, while others projecting, form a very uneven surface, exhibiting the appearance of a rose. When arrived at this stage, the case is truly alarming, and scarcely admits of a cure.

CAUSES.—The remote or inducing causes are various. The proximate, is obstructed secretion which often arises from corroding humours, external injuries, the loss of action between the depositing and absorbent vessels. Those which are seated in the stomach, or other internal parts, are occasioned by poisonous drugs taken internally, which, by their corrosive qualities, produce a burning humour.

REMEDY.—Many pretended remedies have been devised for this disease, some of which tend rather to aggravate and increase the morbid irritation; others have been found inefficacious and useless. The following is probably the most effectual remedy at present known—one which I have long been in the habit of using—which in above forty cases has failed only in one; this was forced on my care without any hope. The affected part measured about nine inches across the surface. It was on the breast, strongly attached to the ribs, and immoveable.

First, enclose the tumour with a paste of wheat or rye middlings; after which apply the vegetable caustick half an inch thick or more, on the surface of the tumour. Let this be kept on till the strength of the caustick is gone, or till it ceases to act; which is commonly about two or three hours. Repeat this operation every day, or every other day, till the caustick has penetrated and subdued the affected part. After which apply a moist poultice of Indian meal, renewed several times a day, till the core is loose, which must be taken off. Then wash the wound with the suds made with castile soap, two or three times a day, and apply the common salve. The fine powders of blood root should be used occasionally to prevent a scurf from coating

over the surface of the wound. It often happens that while under the operation of the caustick, certain blood vessels are cut off by the caustick, which require immediate attention to prevent the loss of blood. These vessels may be easily contracted by pledgets of lint filled with flour, or the inside of a puff ball, or of sole leather laid over the aperture and gently pressed by the finger, until the vessel is contracted. Arterial blood may be distinguished from venal, by its being more bright and florid, and being sent out with greater force, and as it were, by jerks. The patient should not be left alone any length of time, on account of the danger already suggested. During the process of extracting and healing the tumour, the cancer tea should be freely taken; and even a considerable time after the wound is healed. The patient should be kept steady and tranquil, and without much exercise; the body regular by the use of the wandering milkweed, buckhorn, or white ash tea.

Diet claims a very important attention. If the constitution be not much reduced, vegetables should form the principal part of the diet. When meat is taken, it should be fresh and as rarely done as will agree with the stomach. But if the patient be much debilitated, a more generous diet will be indispensable. All fermented liquors should be avoided.

### CANKER.

This is an acrid humour excoriating the most tender parts where it is concentrated, which is commonly about the mouth. It proceeds from a diseased state of the body, and is conducted to the surface by the lymphatick vessels.

REMEDY.—A frequent application of the decoction of wild lettuce, white lily, gold thread, or crane's bill, affords immediate relief.

## CATARRH.

This disease is a morbid affection of the membrane lining the nostrils, fauces, and sometimes the windpipe. It is usually occasioned by a series of colds, or by being long exposed to the cold air. It commences with a stoppage of the nose, a dull and heavy pain in the forehead, and a thin fluid discharged at the nose. It commonly produces a hacking cough. When the disease has gained strength, attended with high inflammation, it is called *influenza*.

TREATMENT.—At the commencement of the disease, the general course of medicine gives speedy relief. But when the disease has been suffered to continue a considerable time, it often becomes the forerunner of other diseases of a more serious character, such as consumptions and cancers. A frequent use of the catarrh snuff generally relieves the head. The cough powders should be taken several times a day; also, laxatives to keep the bowels free. The diet should be light, and easy of digestion. Pure water is the best beverage. Riding on horseback is the best exercise for this disease. It excites a free discharge of mucus from the head and lungs.

## CHOLERA MORBUS.

This disease is occasioned by an excessive secretion of bile, producing a violent vomiting, purging, and excruciating pains in the bowels. It is usually attended with acute gripings and pains in the stomach, cramp in the legs, delirium, cold clammy sweats, fainting, irregular pulse, coldness of the extremities, troublesome hickups and thirst. It most commonly occurs in warm weather, and frequently proves fatal in forty-eight hours.

CAUSES.—The remote or inducing causes are the eating of early fruit, cucumbers, melons, and such, generally as become rancid or sour; also, poisons, ex-

cessive drinking, bathing too frequently and too long, exposure to cold, &c.

TREATMENT.—Take the antibilious powder, No. 2. as directed, page 44. If the birthroot powders are not readily obtained, use the pearlash and vinegar. After the cause is removed, the patient may take half a glass of the restoring bitters or composition powder, several times a day, for two or three days. The diet should be light, yet nutritious. I was once called in where four in one family were attacked with the cholera morbus within the space of thirty hours, two of whom I saw shortly after they were taken, and gave them immediate relief. The other two I did not see till about twelve hours after they were taken, at which time their case was deemed hopeless. They were cramped, delirious and helpless, extremities cold, and a weak pulse. By my mode of treatment, they were relieved in a few hours.

### CHOLICK.

So termed from *colon*, one of the intestines which is usually the seat of this disease. It is usually occasioned by a constriction or convolution of some internal parts, and often proves fatal in three or four days. It is attended with acute pains of the abdomen, a burning round the navel, distention of the bowels, loss of appetite, nausea, or vomiting of bilious and viscid matter, costiveness, thirst, obstructed urine, hiccups, fainting, delirium, convulsions, a rupture of the intestines, or mortification.

CAUSES.—The exciting causes are acrid or indigestible food taken into the stomach, obstructions of the biliary secretions, acrid bile, hardened fæces, the involving or running of one intestine into another, obstructions of the upper or lower orifice of the stomach.

TREATMENT.—If the seat of the disease appear to be high, and round the region of the stomach, the cholick

powders, composition, or an emetick, commonly gives immediate relief. Bathing should also be applied externally, near the seat of the complaint. If this, after several repetitions, should not afford relief, and the pain be in the bowels, it either proceeds from a constriction of part of the intestines, hardened fæces, or from an involving of the intestines. If from constriction, &c. the laxatives should be administered, either the wandering milkweed, castor oil, or buck thorn. The laxative lavement should also be applied till there be a passage of the bowels. If it arise from an involving of the intestines, an injection of tobacco smoke will afford immediate relief. Take a large strong bladder, moisten it in warm water, then fill a pipe with tobacco, introduce the stem into the neck of the bladder; after adding fire to the tobacco, place a flannel or woollen cloth over, and blow the smoke into the bladder. When filled, put a clyster pipe in the room of the former. When used, care must be taken that the smoke do not pass back and escape. The pressure of the smoke forces apart the involved or twisted intestines, which gives relief.

I presume I have prescribed for every kind of cholick—I do not recollect any instance in which my prescription has not afforded relief within five minutes, except one case of hardened fæces, which was occasioned by taking large quantities of salts, by which the bowels were rendered torpid. Those persons who are subject to cholick pains, should occasionally take an emetick, and use the restoring bitters, or composition powder. The antibilious powder, No. 2, is a useful specific to prevent a recurrence of the disease. The diet should be carefully regulated according to the disposition of those who are subject to this complaint.

### CONSUMPTION.

This disease has engaged much of my attention from an early period of my life; having experienced, at

different times, most if not all the variety of symptoms that usually occur in this complaint. This has afforded me every advantage requisite for a fair investigation of the exciting causes of those symptoms, so necessary to be understood in order to effect a cure.

**DESCRIPTION.**—It is a wasting away of the whole body, generally attended with a cough, a hectic fever, and a raising or spitting up of fetid matter from the lungs.

**SYMPTOMS.**—It often commences with chills pervading the external surface, succeeded by heat; loss of appetite; shrill voice; pain in the side, and back of the shoulders; the patient lying with most ease on the side affected; a pain and pressure of the breast, particularly after motion; a long continued dry cough; salt taste in the mouth; a great thirst, and often vomiting after eating. These are the general symptoms of the first stage of consumption. Afterwards the patient begins to raise a greenish, white, and yellow matter, mixed with a bloody matter. Excessive looseness, and an unusual discharge of urine takes place. The patient is frequently attacked with hot flashes, called hectic fever, succeeded by colliquative sweats. A burning heat is felt in the palms of the hands and bottoms of the feet. The fingers become very small, the nails bent inward; the hair becomes dry and falls off; the pit of the stomach appears drawn in. Towards the conclusion, the feet and legs swell, the eyes sink deep into their sockets, and appear glassy; the voice is feeble and hollow; the strength exhausted; a scarlet flush on the countenance; difficulty of swallowing; the rising of the lungs in respiration; and cold extremities. These are the immediate signs of approaching death, which, notwithstanding so many alarming premonitions, usually comes unexpectedly.

**CAUSES.**—The inducing causes are heavy chills and colds, caught in damp houses or beds, or by wetting the feet; being long exposed to heats and colds; the



indulgence of violent passions, such as grief, anger, &c.; sedentary or studious habits; excess in libidinous indulgences; intemperate use of ardent spirits; the introduction of poisonous drugs into the system, such as arsenick, mercury, nitre, opium, antimony, copper, and lead; excessive labour; chlorosis or green sickness; also, other diseases, such as asthma, dropsy, catarrh, erysipelas, measles, lues venerea, scrofula, &c. Whatever debilitates, or produces a morbid affection of the organs, may be an exciting cause.

**TREATMENT.**—In every case and every stage of the consumption, there is a great debility of the nervous system, a loss of action in the moving muscles and fibres, and in the vessels of the skin, and the blood becomes more or less vitiated. The first object, therefore, should be to remove every obstruction, to promote the secretions, strengthen the nervous system and produce and maintain a general action. For this object, the general course of medicine is well adapted; and it must frequently be followed up for a long time, especially in cases of long standing. In the mean time, it must be varied according to circumstances. The cough powders, arse-smart tea, and cayenne, may be used freely; also, the washes, especially the scoke, where there is much debility, or abundance of humours. In this disease, *diet* requires the utmost attention. It should be nutritious and strengthening: such as beef steaks, rarely done; chickens; veal or beef soup, with the addition of vegetables, barley, or oatmeal; jellies prepared from animal substances; new milk may be taken for supper. Avoid acid, dry food, and all unripe fruits. When the disease appears to have been eradicated, the patient may use moderate exercise in the open air, such as walking, or riding on horseback. Wine and the restoring bitters may be used moderately. Avoid fatigue—avoid wet and damp places, and rooms where many people are assembled. To inhale the air in such places, (vitiating by the loss of its usual propor-

tion of oxygen,) is very injurious. The patient should retire to rest early, and, by all means, rise early. The body should be kept warm by suitable clothing, but this should not be worn so tight as to compress or give uneasiness to any part, or impede the circulation of the blood.

• **RECAPITULATION.**—From the foregoing, it appears that this disease proceeds from various causes, and has different stages. The first, frequently takes place, and if attended to seasonably, admits of a remedy.—Neglect often proves fatal. The progress of the disease, though slow as that of the seasons, is equally certain; and the patient often remains insensible of danger till his case is past remedy. The enervated system requires to be stimulated; the absorbent and secretory vessels must be roused to action, and their action supported and continued by stimulating medicine and generous diet, till the system, restored to its natural vigour, no longer requires the aid of medicine. The patient requires a salubrious air, moderate exercise in dry, clear weather, and clothing comfortable and easy.

## CORNS.

A corn is a hardened portion of the skin, occasioned by much pressure and irritation.

**TREATMENT.**—The callous part should be frequently immersed in white lie, and pared off. After which apply a plaster of the extract of princes' pine, fresh blood root pounded, or Seneca oil.

## COSTIVENESS.

**CAUSES.**—This is often occasioned by taking poisonous drugs, causing excessive evacuations of the bile, and constrictions of the intestines; a deficient secretion of the bile; acidity of the stomach or bowels; a sedentary life; humours, or a cold and debilitated stomach.

**TREATMENT.**—The antibilious powder, No. 2, may be taken every morning for a week. The laxatives, wandering milkweed, buck thorn, or blood root, may be taken once or twice a day; also the restoring bitters. The laxative lavement may be used once or twice a day, as occasion may require. If the disease be accompanied with much headach, an emetick will be serviceable. Should the intestines be overloaded with slime, a purge of the cathartick pills will prove an effectual remedy. When costiveness is accompanied with piles, a tea of crane's bill should be taken freely, and a strong decoction of the same used as a lavement.

## COUGH.

Cough is a convulsive action of the lungs and trachea or windpipe, excited by an accumulation of serum on the cellular substance of the lungs. It is also often excited by various means without any affection or serum of the lungs.

**CAUSES.**—The serum, which is usually the exciting cause, is occasioned by colds and chills, congealing, as it were, the fluids, and obstructing the insensible perspiration. It is taken up by the lymphatics, and conveyed by the circulation to the lungs; thence to be discharged through the windpipe. If suffered to remain long in the system, it becomes acrid and excoriating, and produces ulcers about the lungs, which are very injurious. This is termed pulmonary affection, and terminates in consumption.

**TREATMENT.**—For a recent cough, if attended with difficulty of breathing, or much pain, an emetick affords much relief. After which, cough powders may be given two or three times in a day. If attended with fever, the emetick solution, or expectorant powders may be taken and repeated every six or eight minutes, till it causes nausea or vomiting. When persons have for a long time been troubled with a cough, (as often

happens in winter,) with wheezing, or shortness of breath, raising a viscid phlegm, they should make frequent use of the expectorant and cough powders, about twice a day. Should there be much fever, the general course of medicine will afford relief, and should be followed till the cause is removed.

The popular cough medicine, advertised and sold by druggists, I consider an imposition on the publick. Having had an extensive opportunity to learn the effects of such medicine, I am convinced that, out of twenty who use it, scarcely one receives any benefit. Such articles gain popularity, not by their utility, but by *puffing* advertisements; and ignorant people are the chief sufferers by this kind of imposition. As-coughs proceed from various causes, such as obstructed perspiration, catarrh, erysipelas, pleurisy, dropsy, scrofula, &c, to check the expectoration by those drying cough drops, often proves injurious. A recent cough may be considered a trifling disease, and by timely care may be removed with little trouble and expense. Ulceration, the spitting of blood, and consumption, are consequences of neglect. Persons who are subject to cough, should wear flannel next to the skin, avoid damp places, keep the feet dry, and the body warm.

### CRAMPS, OR SPASMS.

Cramps or spasms proceed from various causes—such as, poisons taken into the stomach; indigestion, flatulence, suppression of the menses; constriction of the muscles and nerves; wounded tendons, &c.

TREATMENT.—When a spasm is occasioned by taking poison, it must be removed by an emetick. If it proceed from indigestion or flatulence, a decoction of the roots or seeds of Angelica will be useful; or a tea spoonful of the powders of the root of lady slipper, in a gill of hot water; or one sixth part of a tea spoonful of the powders of golden seal, and the same quantity of

cayenne, in a gill of hot water; or a tea made of the flowers of mullein. When it attacks the muscles of the legs, relief may often be obtained by exciting the opposite muscles to action.

## CROUP.

This disease consists of an inflammation of the mucous membrane of the windpipe, occasioning the secretion of a very tenacious coagulable lymph, which lines the windpipe, and obstructs respiration. This disease is most incident to children, and usually prevails in the winter and spring, occasioned by a cold, moist atmosphere.

**SYMPTOMS.**—It commences with a dull pain about the upper part of the windpipe. The respiration becomes difficult, attended with wheezing and a shrill cough. The face is sometimes livid, and by turns flushed; the swallowing but little affected; great thirst and restlessness. The wheezing increases, and the respiration grows more difficult as the coagulated lymph increases, which sometimes clogs the passage so as to occasion immediate death.

**REMEDY.**—Take one handful of fresh chamomile, one handful of saffron blows, either fresh or dry, and three ounces of fresh butter, simmer them together over a moderate fire, till the chamomile and saffron flowers become crisped. Give a tea spoonful of this oil every twenty minutes, till it affords relief. [This dose is for a child one or two years old.]

## CUTS.

The part which is cut should, if practicable, be immediately immersed in cold water, and should remain under water for half an hour. The edges of the wound should be brought and kept close together by a few stitches, or by a sticking plaster, made of turpentine and rosin, and keep on lint or soft linen cloths, kept

constantly wet with cold water, or dressed with the salve twice a day, and kept clean by washing with castile suds every time it is dressed. For the mode of stopping the flow of blood, see cancer, page 80. If there be much pain excited by the pressure of blood to the wound, the part should be elevated above the other parts of the body, to prevent too great a pressure towards the wound.

## DIABETES.

This disease consists of an excessive secretion of urine, producing frequent and immoderate discharges of that fluid, sometimes exceeding in quantity and weight the whole of the food and drink taken into the stomach.

CAUSES.—Judging from its effects, I am induced to believe that this disease arises from obstructed perspiration, and debility in the perspiratory vessels.

I have given relief to persons troubled with this disease by a few operations of the general course of medicine.

## DIARRHŒA, OR LOOSENESS. (*Flux.*)

This disease consists in copious evacuations, by stool, of liquid matter. Sometimes the aliment is evacuated without being much changed by the digestive powers. The complaint arises from a morbid irritation of the stomach and intestines, occasioned by putrescence or acidity of the aliment. It often takes place from the mere *effort of nature* to free herself from the morbid matter; and it often happens that her efforts are effectual, without the aid of medicine. When such aid becomes necessary, emeticks may be proper to cleanse the stomach: after which the restoring bitters may be taken three or four times a day. Should the intestines continue relaxed, the astringent lavements should be frequently used, till the bowels have recq-

vered their natural tone. The food should be light and easy to digest. Unripe fruit should be avoided.

## DROPSY.

This disease consists in an effusion of water in different parts of the body, produced by general or local debility. Authors have given different names to this disease, according to the situation of the parts which it occupies. When the disease is general, it is termed *anasarea*; when in the cavity of the belly, *ascites*; when in the chest, *hydrothorax*, &c.

The symptoms of the *anasarea*, are, a paleness of the skin, which usually becomes glassy and shining—it usually begins in the legs, and gradually extends upwards: the face becomes bloated, the skin distended, so that it retains for sometime an impression or dent made by the finger. The swelling diminishes when the patient lies in a horizontal position. The face appears bloated, the eye-lids swell, the urine often high coloured and scanty. As the disease increases the respiration becomes more difficult, and the cellular substance more distended and indurated.

When the effusion takes place in the cavity of the chest, there will be a trembling, palpitation, and anxiety about the heart, attended with a dry cough, and an increased difficulty of breathing, when lying down.

CAUSES.—Debility of the absorbents, a distention of the lymphaticks, which occasions a leakage; the loss or diminution of animal heat, which is often occasioned by excessive evacuations of blood.

TREATMENT.—Although this complaint is distinguished by various names, in consequence of its affecting different parts of the system, still the disease is but one, and requires one general mode of treatment. The main object will be to reduce the effusion of water, and by strengthening the debilitated parts, to prevent its future accumulation.

First—scarify the feet and legs with a lancet, making fifty or a hundred, or more marks, no deeper than the scratch of a brier when it draws blood. In the mean time the feet should be immersed in the scoke root wash, except at the time of making the incisions. With a piece of flannel, wet with the same wash, rub the scarified parts during half an hour or more. Repeat this operation as often as the case may require; after which wrap the parts in wilted cabbage leaves, or other drawing and sweating leaves, such as moosewood or oxweed leaves. Then endeavour to raise the animal heat, to excite the action of the absorbents, to promote perspiration and the secretion of urine. For this purpose, give one sixth part of a tea spoonful of cayenne in a gill and a half of hot water; also, a third part of a tea spoonful of pearl ash in half a pint of hot water; and half a pint of the tea made of the diuretick powders. Repeat these doses alternately, often enough to produce a moderate perspiration, and maintain it till sometime after the complaint is removed. Draughts of scoke root should be kept constantly at the feet; also a hot stone. The alkaline or scoke wash should be used once or twice a day. The food should be dry and solid. The patient should take no other drink besides the abovementioned teas, which should be prepared with soft water. After the disease is removed the patient should use a strengthening diet. This process has afforded relief in several cases apparently desperate; and I have never known it to fail of effecting a cure.

### DYSENTERY.

This usually commences with a lassitude, chillness, cold extremities, loss of appetite, restlessness, a flushed countenance, nausea, vomiting, thirst, and a quick pulse; which are succeeded by frequent griping pains of the bowels, and evacuations of slime or mucus from



the intestines, often mixed with blood. The disease prevails most in summer and autumn. It may be distinguished from a diarrhœa by the frequent propensity to go to stool, with very small evacuations, attended with severe griping pains in the bowels. In this disease, the stomach having lost its action, is unable to convey the aliment into the intestines. In the mean time, the peristaltic motion of the intestines is kept up by the bile flowing into them; and having little or nothing to act upon, the motion causes a friction on the internal membrane lining the intestines, rubbing off the slimy coating; by which means they become irritated and raw. This occasions the evacuation of blood and mucus; and the bile coming in contact with the raw parts, produces that severe pain and excessive heat which is felt about the colon and anus. When the fæces become extremely offensive, and pass away spontaneously, the strength being very low, the pulse weak, the thirst and pain ceasing, succeeded by hiccups and cold sweats, it is an indication of approaching death.

CAUSES.—Putrid air, poor water, exposure to cold, damp evening air, after a hot day, crude aliment, immoderate quantities of raw fruit taken into the stomach. When the disease has become very prevalent it is considered contagious.

TREATMENT.—The first step towards a cure is to cleanse the stomach by an emetick, succeeded by a decoction of crane's bill, winter brake, and one of the compositions or restoring bitters. Bathe the bowels, if they are pained, with the bathing drops, No. 1. The mucilage and astringent lavements should be administered in this case without the addition of cayenne, or the emetick. Should the disease resist these means, the general course of medicine should be followed till it gives relief. When this disease has become strongly seated, it often baffles every effort of medical skill. Therefore it demands attention in its earliest stage, when a cure may be readily effected.

The course of medicine above prescribed should be continued in a moderate degree for some time after the disease has abated, in order to prevent a relapse, which often takes place by some neglect or imprudence, and proves fatal. By the treatment here recommended, many have been relieved after their condition seemed hopeless. One only, under my care, has died of this complaint; and that one, besides the dysentery, was afflicted with a cough, a fever and jaundice, and was reduced by the privileged order to a helpless situation, before I visited him.

### FAINTING.

**SYMPTOMS.**—A fainting fit begins with trembling or an uneasy sensation about the heart; the eye sight fails, the respiration grows short and weak, sometimes to appearance wholly suspended, the extremities are cold, and a deathlike paleness appears on the face.

**CAUSES.**—Excessive evacuations of blood; sudden frights, or passions, external injuries, or violent pain.

**TREATMENT.**—The patient should be placed in a horizontal position, with the head a little elevated, where there is a free circulation of air. The extremities should be rubbed with flannel, and cold water sprinkled on the face and stomach. After recovering from the fit, the patient may take a few peppermint drops, restoring bitters, or a cup of the composition tea.

### FELONS.

Felons usually seat near some joint of the thumb or finger, on the membrane which invests the bone, and is attended with great pain, swelling, and inflammation, which often extends up the arm.

**TREATMENT.**—Take a small tube, and fill one end with the vegetable caustick, and place it directly on the affected part, where it is most likely to break out. Keep it on, till the pain occasioned by the felon abates.

Then apply a moist poultice till the core comes out. After which dress it with the salve in the usual way.

## FEVER.

Fever, or heat, when it becomes a disease, consists in an effusion or preternatural portion of heat, either general or local.

From the multiplicity of names applied to certain diseases, we should suspect that some physicians have supposed that to increase the number of technical terms was the highest service they could render, for perfecting the science of medicine. In examining their writings on fever, we find above forty species of fever enumerated, or rather forty different names or phrases used to denote the different varieties of time, manner, and circumstance in which fever makes its appearance. Thus, we have the acute fever, the nervous fever, the bilious fever, the spotted fever, the scarlet fever, the yellow fever, the remittent, the intermitting, the typhus, the hectick, the putrid, and a host of other fevers, too numerous to find a place here. Ever since man has become subject to disease, fever has doubtless more or less prevailed, as it occurs in almost every disease. But as there is probably but one kind of heat in the human body, we have reason to suppose there is in reality but one kind of fever, however diversified as to the time, place, order and manner of its appearance. Heat in the human body cannot be properly termed a disease, except when it exceeds the usual temperature of animal heat. When it is local, it may be properly termed *inflammation*, when general, it may be termed *fever*. The intended limits of this work will not admit a further explanation of the terms applied to this disease.

**CAUSES.**—There are two ways in which fever may be produced: First, by external colds, which chill the fluids, in consequence of which the pores which conduct the superfluous heat and perspiratory matter to

the surface of the skin, become obstructed. In consequence of this obstruction, the heat which is constantly accumulating by the action of the nervous system, and in a healthy state, passing off through the pores, becomes superabundant and intense. This excites a high arterial action, and a heavy pressure throughout the system, particularly of the blood vessels in the head, it being the immediate cause of the heavy excitements in that part. The pulse is often raised to a hundred and twenty or thirty, which, in a state of health, is usually from sixty to eighty. The gastrick juice and slime become parched; first assuming a whitish, then a darkish colour, whence it has sometimes been mistaken for canker.

The other means by which fever is occasioned, is by inhaling a miasma or contagious vapour, which occasions the reduction of the vital powers; the nerves become relaxed; the organs weak; the secretions morbid; the extremities become cold; a sickness or nausea ensues; and the countenance exhibits a pale and distressed appearance. The irritation of the morbid matter excites an increased action of the system, to regain its lost energies; the liver, which is the refiner of the blood, does not perform its office; consequently, the bile is carried in the mass of blood, to the extremities, and gives the skin a yellow tinge. From this appearance, the yellow fever has derived its name. When there is a loss of action, or a debility of the absorbents or extremities of the veins, so that they do not take up the blood which is sent off by the extremities of the arteries, it remains in spots which turn dark by the loss of oxygen. From this appearance, the disease is called the spotted fever.

**TREATMENT.**—To relieve the excessive heat, the first objects are to dissolve the congealed fluids, to open the pores at the surface, and promote perspiration. With this view, first wash the surface with the alkali wash. If there be much fever, give the alkali draught.

cold. In about ten minutes, give one sixth part of a tea spoonful of cayenne, in a gill and a half of hot water. After repeating two or three times the doses and wash, if the fever should not begin to abate, give half a table spoonful of the emetick solution, or one third of a tea spoonful of the expectorant powders, in one fourth of a gill of warm or cold water. Or, commence the general course of medicine, either of which will produce the desired effect. As soon as the pores of the skin are open, the superabundant heat will pass off and leave the system in a calm state. The diaphoretick or sweating tea may be taken. The perspiration should be continued until the putrescence has all passed off, and the matter perspired becomes limpid and clear. Emeticks may be given every day, till the stomach is well cleansed. The bowels should be kept open by mild laxatives or lavements. The strength of the patient, in the mean time, requires to be supported by a nourishing diet.

I deem it worthy of notice, that though my practice has been extensive, I have never lost a patient, whose only disease was a fever; and, for this disease, I have seldom had occasion to visit a patient more than once. The excessive heat usually abates within fifteen minutes from the commencement of giving medicine. It may be proper here to observe, that the above stated treatment is suited to fevers generally, of whatever name or description. One thing, however, is of the utmost consequence, viz: that the prescribed course be commenced seasonably, in the first stage of the disease; not after the strength of the patient has been exhausted by the progress of the disease, or by improper treatment.

### FLATULENCE.

This complaint consists in the accumulation of wind in the stomach, occasioning a distention and uneasiness in that organ.

**CAUSES.**—An immoderate use of fermented liquors; overloading the stomach with food; taking unripe fruit, which debilitates the digestive powers, and produces a cold acid humour in the stomach.

**TREATMENT.**—Take the draught recommended for the cholera morbus, in the morning, soon after rising, for several mornings; at meals, drink a tea of ginger or sweet fern. Half a glass of the restoring bitters may be taken two or three times a day.

## FITS.

Fits consist in a violent spasmodick contraction of the nervous system, affecting the mind and visual sense. From the circumstance of persons falling suddenly under its influence, this disease is sometimes called *falling sickness*. It has, as might be expected, acquired a host of names, in consequence of the various symptoms with which it appears. The symptoms seldom appear in two patients alike.

**CAUSES.**—Wounded tendons; tumours in the brain, or membranes; concretions of the skull; enurism of arteries of the brain, from being too much distended; periodical obstructions; irritation of worms; or violent passions. The patient is sometimes attacked suddenly; and sometimes the fit is preceded by headach, lassitude, or dimness of the eyes.

**TREATMENT.**—If taken in its first stage, one or two courses of medicine will, in general prevent its return. Where the disease is of long standing, give the following preparation: Take a large handful of southern wood; two ounces of Seneca snake root; four ounces of the scales of iron or steel, called blacksmith's cinders. Pound the ingredients separately—the cinders should be pounded to a fine dust—mix the articles, add two quarts of spring water, cold, and boil it over a quick fire, eight or ten minutes—strain off the clear liquid, add one third part of spirits, and put it into tight bot-

tles for use. Take five table spoonfuls a day; one before breakfast, one in the forenoon, one in the afternoon, and two at night.

### GRAVEL AND STONE.

By the *gravel* we understand small sandlike concretions or stones, generated in the kidneys and voided with the urine, often occasioning considerable pain. The particles of gravel, after passing into the bladder, there unite and form larger bodies or concretions, called *stone*. They sometimes become a stone in the kidneys. When they have a smooth surface, they seldom cause much pain, unless they get into the neck of the bladder, and obstruct the passage of urine, or become very large. Those of a rough surface often do much injury by producing an irritation of the bladder, occasioning a slimy discharge, sometimes tinged with blood.

CAUSES.—Impure and hard water, and obstructed secretions—persons who live a sedentary life are most subject to this disease.

SYMPTOMS.—A fixed pain about the kidneys and ureters; suppression of the urine; sometimes discharging a slimy and bloody water, attended with pain; often an inflammation in the urethra.

TREATMENT.—The diuretick tea may be used freely; it will prevent the disease, or relieve it in its earliest stages. A tea of leatherbush bark is highly recommended for this complaint; also, a tea or the juice of rushes and pellitory of the wall. While using the prescriptions, the patient should avoid taking other drinks or diluent food.

### HEADACH.

This is a very common complaint, and proceeds from a variety of causes, such as, suppression of customary evacuations; foul stomach; obstructed perspi-

ration; too much or too little sleep; intense study; imtemperate eating or drinking; indigestion; distention of blood vessels in the head; or lack of moisture in the membrane lining the skull.

TREATMENT.—This should vary according to the cause. If it proceed from a cold in the head, or from obstructed perspiration, the headach snuff, or the bathing drops will usually afford relief; if from a foul stomach, an emetick will be necessary; if from intestinal obstructions, a dose of castor oil, or the cathartick pills should be taken. When there is excessive heat or inflammation in the head, relief may often be obtained by the application of cold water. Sometimes cupping round the temples may be useful. The feet should be bathed in warm water, and draughts applied. Should these means fail, the patient should resort to the general course of medicine, until the cause be removed.

A BURNING SENSATION OF THE STOMACH,  
VULGARLY CALLED  
THE HEART BURN.

This is a sharp, burning pain, about the pit of the stomach; proceeding from acidity of the stomach, with some mixture of bile. It frequently rises up into the throat by eructations, giving a bad taste to the mouth. It frequently occurs in pregnancy.

CAUSES.—It is usually caused by indigestion, or weakness in the stomach. It is often occasioned by taking too hearty food, or fermented liquors.

CURE.—The alkali draught, taken frequently; the antibilious powder, No. 2; the restoring bitters, taken several times a day; or an emetick.

HICKUP. (*Hiccough.*)

This is a convulsive motion of the midriff, usually occasioned by taking hot, stimulating liquids into a



cold, phlegmatick stomach; sometimes by the reverse of this; sometimes by poison.

CURE.—When occasioned by taking hot, stimulating liquids, a draught of cold water or milk will generally relieve the complaint very soon. If occasioned by eating or drinking any thing cold, a warm, stimulating application will be most proper. Take two or three drops of the oil of peppermint, on a small lump of sugar; or a tea of ginger composition, or cayenne. Either of these will usually give immediate relief. If it be occasioned by taking poison, the stomach must be emptied by an emetick as soon as possible. First, take half a table spoonful of the emetick solution; in a few minutes after, take the alkali draught, and repeat it every five minutes, till it produces vomiting.

### HOOPING COUGH.

This disease arises from a contagious effluvia affecting the membrane which lines the windpipe. It never attacks the same person more than once.

SYMPTOMS.—It commences like a common cough, but increases till it becomes convulsive, attended by a shrill hooping noise, which is the characteristick mark of the disease. The coughing is often attended by vomiting, bleeding at the nose and lungs. It is seldom accompanied by much fever, nor considered dangerous.

TREATMENT.—Although this disease usually continues a considerable length of time, and consequently often left to take its course, till nature effects a cure; still a considerable benefit may be derived, by taking an emetick, cough powders, expectorant powders, and the alkali draught: all of which may be used moderately.

### HYPOCHONDRIASIS. (*Hypochondriack Affection.*)

The seat of this disease is in the stomach and bowels; these parts becoming disordered first, the others

suffer from their connexion. The brain and nervous system appear particularly affected. The disease is characterized by dyspepsia; languor and want of energy; sadness and fear from uncertain causes; the imagination replete with unhappy forebodings respecting future events; and from the slightest change of feelings apprehending great danger, perhaps death itself.

**SYMPTOMS.**—These are too numerous for description: scarcely two persons being affected alike. It usually attends a sedentary life, and arises from various causes. The most usual are sorrow, fear, or excess of any of the passions; too long continued watching; irregular diet; luxurious and debilitating indulgences; immoderate use of coffee, tea, and ardent spirits.

**TREATMENT.**—In order to effect a cure, we should admit as realities, all the imaginary evils of which the patient complains: endeavouring to raise his courage, and lead him to engage in some useful and pleasing pursuit. “Hence we learn the superiour advantages of those situations in life which more immediately call for intellectual exertions and bodily exercises. Industry seldom fails to place us above want, and activity serves us instead of physick.” After two or three operations in the general course of medicine, and the cold bath for several mornings, the patient should take frequent exercise on horseback, or in a carriage. Also, take daily two or three doses of the restoring bitters. Let the diet be fresh and strengthening; and the patient must abstain from those habits which tend to bring on the complaint.

### HYSTERICKS. (*Hysterick Passions.*)

This disease is most common to females of delicate minds, and irritable nerves. It affects the plethorick and robust as well as the debilitated; and most commonly at the time of menstruation.

**SYMPTOMS.**—It often begins with a heaviness or dejection of mind, with pain in the left side of the abdo-

men, with a sense of distention advancing upwards into the stomach, and finally into the throat, producing a sensation as if a ball were rising up and threatening suffocation. The patient often experiences a drowsiness or insensibility; sometimes agitated with various emotions, beating the breast with the hand, striking the hands together, sighing, laughing, or weeping, &c.—The patient experiences a temporary delirium or insanity.

**CAUSES.**—Obstruction or suppression of customary evacuations; a disordered state of the stomach, or strong excitement of the mind.

**TREATMENT.**—A tea of boneset, green wheat, or motherwort, usually affords relief. When the nerves are much agitated, a dose or two of lady slipper has a good effect. Costiveness should be obviated by catharticks.

### INDIGESTION. (*Dyspepsia.*)

This may be considered rather as a symptomatick than a primitive disease. It proceeds from debility and relaxation of the stomach and intestines. People who are addicted to dram drinking, who make frequent use of catharticks, or live an indolent life, are most liable to this disease.

**DESCRIPTION.**—Want of appetite, distention of the stomach and bowels, attended with pain and flatulency, nausea and vomiting, heart burn, concretions of acid or rancid taste, sick headach, costiveness. At length, the body becomes emaciated and debilitated, for the want of its proper nourishment.

**CAUSES.**—Too frequent use of spiritous liquors; taking poisonous drugs, such as opium, mercury, antimony, lead, nitre, arsenick, vitriol, copperas, &c.; poor diet; oppressing the stomach with too great a quantity of food; anxiety of mind, intense application to study, &c.; a sedentary inactive life; unripe and

crude aliment; too great variety of food, to which the stomach is not accustomed. This disease is often attributed to a redundancy or a deficiency of bile in the stomach; and persons thus diseased resort to drastick purges or poisonous emeticks, which have as great a tendency to increase the disease, as any other means. The bile is never concerned in the digestion of food. It is conveyed from the liver by a duct into the intestines, stimulating them to a proper discharge of the fæces. It is therefore that a certain quantity of bile should be regularly secreted to aid the intestinal evacuations, which should take place as often as once in twenty-four hours. When drastick purges are given, they excite a too violent and profuse secretion of bile, occasioning an exhaustion which it requires a considerable time to replenish. Consequently, the body becomes more debilitated, and the bowels more costive. The same consequence follows from taking poisonous vomits, such as emetick tartar, vitriol, or antimony. These act on the stomach in such a way as usually to produce a spasmodick action of the abdominal muscles, causing a redundancy of bile to flow into the stomach, thence to be thrown out in the operation of the emetick.

A frequent repetition of this practice can scarcely fail to ruin the most healthy constitution, and to bring on the train of evils usually accompanying indigestion. In order to health, the human body requires its proper quantity of salutary, well digested food, as much as vegetables require a fruitful soil. The vegetable deriving nutriment through the absorbent parts called roots, flourishes according to the richness of the soil where it grows. In animals, intestines perform the same office as roots do in vegetables. The food, after being masticated, is received into the stomach, to undergo the process of digestion; thence to be conveyed through the intestines. The chyle being taken up by the absorbents, termed *lacteals*, is conveyed into the

mass of blood, thereby to be distributed to every part of the body, for its nourishment and support.

TREATMENT.—This should vary according to the cause of the disease. If it proceed from the use of too weak food, a more substantial diet should be substituted, with a frequent use of the restoring bitters. The diet should be gradually reduced to a plain, common regimen, consisting of a due proportion of animal and vegetable food; and for beverage, using pure water. If the disorder proceed from debility, it may be proper to stimulate the appetite a little by the restoring bitters, wine, and food seasoned with cayenne pepper sauce. Ginger tea, or pure water, should be taken at meals. The bowels should be kept free by aperients; the stomach should be kept clean and warm by occasional emeticks, and hot medicines. The flesh of young animals, being easiest to digest, is most suitable for food; and proper exercise will be found very serviceable as a preservative of health, as well as the means of obtaining sustenance. Such people as are obliged to earn their bread by their daily labour, usually enjoy better health than the indolent and self-indulgent, though surrounded by all the luxuries which wealth can purchase.

### JAUNDICE. (*Bilious Complaint.*)

This disease arises from an obstruction of the biliary duct, owing to a sluggish or torpid state of the liver. The bile not passing, as it ought, through the duct into the intestines, it is taken up by the absorbents, and carried with the mass of blood to the surface. This gives the skin a yellow appearance. It is usually attended with loss of appetite, drowsiness, and costiveness. It first makes its appearance in the white of the eyes, in the nails of the fingers, and in the urine.

TREATMENT.—The first thing to be attempted is to produce a general action through the system, by means of the general course of medicine. This process may

be followed till the disease is removed. The jaundice bitters, and anti-bilious powders, well followed, will also relieve the disease. The anti-bilious powder, No. 2. taken in the morning, has a good effect in dissolving concretions in the biliary duct.

### KING'S EVIL. (*Scrofula*.)

“The Latins term this disease *scrofula*, from *scrofa*, a hog, because it has been observed in the swine. It is named the *king's evil*, in consequence of Edward the confessor, and other succeeding kings, both of England and France, pretending to cure it by touch. The last that practised this delusion was Queen Anne. In the London Gazette, of the year 1707, is inserted a proclamation inviting her scrofulous subjects to the regal touch.”

This disease is nearly allied to the cancer, but not quite so obstinate. The tumour usually seats on the glands of the neck, directly under the right ear. It sometimes seats in the ligaments of a joint, and then it is termed *white swelling*. When the lungs become the seat of the disease, it is called *pulmonary* consumption. Sometimes it effects every part of the system. It is generally occasioned by a debility of the absorbent and secretory or depositing vessels.

**TREATMENT.**—If the tumour be near breaking, apply a poultice of roasted onions, leeks, or rye meal and molasses; if not, burn a piece or two of touchwood, sometimes called punk. Apply a moist poultice of Indian meal till it discharges; then dress it two or three times a day, with the anti-scrofulous plaster, until it be healed. Proceed in the same manner with every succeeding tumour. A tea of the anti-scrofulous powder should be taken freely every day during the above applications, and continued sometime after the complaint has subsided. A strengthening and pure diet and beverage should be taken, and the cold bath frequently used.

N. B. The foregoing method of treatment will relieve cancers and wens.

## MEASLES.

This disease is highly infectious; and the constitution that has once been under its influence, is not liable to a second attack.

**SYMPTOMS.**—It usually begins with dullness or lowness of spirits, and shiverings, succeeded by heat and headach; a sense of heat about the eyes, being unable, sometimes, to bear the light; a nausea at the stomach; a dry skin and quick pulse. About the fourth or fifth day, red pimples begin to break out on the face, and then on the different parts of the body. These increase and run together, forming large blotches. In the mean time a fever and cough begin and prevail, and the respiration sometimes becomes very difficult. Two or three days afterwards the eruptions begin to change and disappear, and in a short time they entirely go off in a kind of branny scales from the scarf skin.

**TREATMENT.**—The stomach should first be cleansed by an emetick; after which a moisture should be produced on the surface, and kept up by stimulants; for which use the diaphoretick tea, cayenne, cough powders, or composition. Use the whole or a part. The patient must carefully avoid taking cold. This treatment will seldom or never fail of producing happy effects: its utility has been evinced by the success uniformly attending it.

## CHLOROSIS. (*Green Sickness.*)

This is a disease which affects young females who labour under a retention or suppression of the menses. It is attended with general debility and lassitude. The face changes its vivid freshness to a pale green sallow colour. A difficulty of breathing occurs, and nausea and vomiting, with various symptoms of indigestion:

sometimes an unnatural appetite for eating chalk, lime, coals, and other things of an injurious nature.

**TREATMENT.**—This complaint requires immediate relief—otherwise, fatal consequences will follow; such as, dropsy, delirium, or consumption. After an operation of the general course of medicine, let the patient take a tea spoonful of the powders of the root of red cohush, in a gill of hot water, once in thirty minutes; or half a tea spoonful of white birth root powders, in a gill of warm water, every hour. Also, a tea of Angelica seeds or roots, green wheat, cedar boughs, hemlock boughs, pennyroyal, mugwort or winter clover. Before retiring to bed at night, the patient should stand or sit over a steam bath of hemlock boughs, or some bitter herbs; and have draughts applied to the feet. The general health should be improved by a strengthening diet and exercise in the open air.

### FLOODING. (*Hæmorrhage.*)

When immoderate and unusual evacuations take place from the womb or other parts, it is termed flooding.

**CAUSES.**—It often arises from injuries, violent exercise, debilitation of the system, the indulgence of violent passions, or from abortion.

**TREATMENT.**—Since in this complaint there is a general debility, cold surface, and unequal circulation, let the patient first take a tea of the flowers of yarrow, or any other part of that herb, or of the roots of blue flag. After being washed in the alkali wash, let a moderate steam be applied round the body, to open the surface and produce an equal circulation of the blood. After taking a few draughts of the above tea, take the composition, and restoring bitters, which will be efficacious.



## MUMPS.

This disease it seems is communicated by the atmosphere, and often becomes epidemick. It is not considered dangerous, except by taking cold, and a consequent change of locality.

**SYMPTOMS.**—It usually begins with cold chills and shivering, succeeded by fever and headach, nausea, vomiting, &c.; afterwards, an external swelling takes place in the jaws, sometimes only one at a time. This increases till about the fourth day; from that period it gradually decreases, till it entirely disappears.

**TREATMENT.**—An emetick may be employed in the commencement; afterwards, stimulants and diaphoreticks. The alkali draught and composition, answer a very good purpose. The bowels should be kept regular by laxatives. When the disease changes its locality, the general course of medicine must be resorted to.

## PALPITATION OF THE HEART.

This arises from an unequal balance of blood, and debility of the nerves. The beating is often so violent as to be seen on the outside of the clothes.

**CAUSES.**—It may arise from various causes; such as excessive evacuations of blood; distention or enlargement of the blood vessels, termed enurism; wrenches or strains of the breast; overdoing, by excessive exercise; taking poison, &c.

**TREATMENT.**—The strictest attention must be paid to the exercise, which should be very moderate. Violent exercise tends to increase the morbid irritation, and debilitate the injured parts. A tea of slippery elm, buck horn, sweet fern, and alkanoke, either separately or combined, may be taken daily. The composition powder and restoring bitters may be taken occasionally. A large strengthening plaster should be applied over the region of the heart. The patient should use a vegetable diet, and avoid all fermented liquors.

## PALSY.

This disease consists in a diminution or cessation of muscular action. Sometimes the whole body is affected; but more frequently one side only, and sometimes only a limb. Corpulent people are most liable to this complaint.

CAUSES.—Debility of the nervous or vascular system; compression of the brain; overloading the stomach; immoderate use of spirits; laborious exercise; loss of vitality; taking poison, &c.

TREATMENT.—This disease is such as to admit of no delay, if a cure is expected. If the general course of medicine were in all cases immediately applied and followed up for a few days, few would sustain much permanent injury from the paralytick shock.

PILES. (*Hæmorrhoids.*)

Of these there are two kinds, called the open and blind piles. The disease consists in small tumours situated about the anus. When these tumours discharge blood, they are termed *open*; when there is no discharge, they are called *blind* piles.

CAUSES.—It may proceed from costiveness; from humours; active purges, such as aloes; or debility of the rectum.

TREATMENT.—The bowels should be kept regular by the powders of wandering milkweed, or buck thorn berries. The erysipelas tea should be taken freely for a considerable time. An ointment made of fireweed and fresh butter, simmered, may be applied to the tumours; washes or lavements made of green ozier, wild lettuce, crane's bill, and white lily, applied, give relief.

## PLEURISY.

This consists in an inflammation of the pleura, a membrane which lines the chest or thorax. It usually

commences with the symptoms of a fever, such as cold shiverings, sickness, pain in the head, and thence to the side; drowsiness, difficult respiration, restlessness, a dry cough, &c. which are succeeded by a fever.

CAUSES.—Sudden heats and colds; external injuries; long exposure to cold air; immoderate drinking; obstructed perspiration, &c.

TREATMENT.—The general course of medicine gives immediate relief in almost any stage of the disease. By this course, several have been relieved, even after they were supposed to be dying—after having had their bodies almost drained of blood, besides being otherwise unmercifully handled.

### PREGNANCY. (*Child-bearing.*)

I do not introduce this as a disease, though attended with much indisposition, and a variety of complaints which require great attention and medical aid. “It is, in general, the source of many disagreeable sensations, and often the cause of diseases which might be attended with the worst consequences, if not properly treated.”

The prevailing symptoms are pains in the head and stomach, nausea and vomiting, fainting, loathing and longing, &c. which are owing to heterogeneous particles of viscid humours, or a phlegmatick habit. To obviate those symptoms, the party should go through the general course of medicine, and, if necessary, repeat the course at any stage. The composition powders and restoring bitters may be taken daily, to correct and strengthen the stomach and appetite. In the latter stage of pregnancy, about six weeks before labour, the party should take a tea of bloodvein, winter clover, and one fourth of a tea spoonful of white birth root, once or twice a day, in a gill of warm water sweetened. The whole should be discontinued a few days before labour. During pregnancy, the party should use a nutritious diet, and moderate exercise, avoiding fatigue

and contaminated air, and thus acquire as much strength as possible in reserve for the approaching hour of trial.

A celebrated writer observes, "Pregnant women are often afflicted with the heart burn, sickness and vomiting, especially in the morning; likewise both the head-ach and toothach, are very troublesome symptoms of pregnancy. Every other disorder to which a woman, during the state of pregnancy, is liable, is chiefly, if not entirely, owing to a deficiency of heat and blood; which may easily be gathered from the consideration of the expense she is at for the nutrition of the *foetus*, and the formation of its appurtenances. If two ounces of blood were drawn every day from a person ever so healthy, for forty weeks together, let it be left to common sense to determine whether such a one can stand in need of supernumerary venesections during that time. It is on this account that their faces appear so thin, and various disorders attack them, which originate from a want of blood. If a woman with child is bled, says Hippocrates, miscarriage is endangered; the larger the *foetus*, the more certain and expeditious will be the abortion. Experience confirms the truth of this observation. I knew many ladies who used phlebotomy during their pregnancy, and miscarried; but on the omission of it, went out their full time, and were delivered of healthy children. That all do not miscarry who are bled, is true; and indeed nothing is more to be wondered at than the inexhaustible resources of nature, by which she can recover herself from such ill-timed evacuations. To use phlebotomy because the periodical visits disappear, is absurd and puerile; for it cannot be a manly argument, that we ought to lavish away that fluid which nature demonstrates her want of, by her care to preserve it. Bleeding is always hazardous and improper during pregnancy, and frequently brings on convulsions and death. To this rash and inexcusable imprudence it is owing, that such numbers

of women, who even go their full time, die in childbed.”

To confirm the above sentiments, (if it were necessary to confirm the obvious dictates of common sense,) I could adduce several facts which have fallen within my observation—facts which prove, to my entire satisfaction, the impropriety of bleeding in such cases as are alluded to in the above quotation.

## CHILD BIRTH.

From a consideration of the many, and sometimes fatal sufferings of that perilous occasion, and a belief that those sufferings may, by some precautions, be in some degree mitigated, I am induced to suggest a few things which *may* prove beneficial, and perhaps rescue some from undergoing the *cæsarian operation*.\*

The ordinary time of parturition is well known to be about nine solar months after conception. The symptoms of approaching labour are a descent of the womb and abdomen; pains in the loins or small of the back and groins; frequent inclination to discharge urine, or a tenesmus, succeeded by a trembling of the limbs, shivering, and sometimes a flushed countenance.

A tea of winter clover and cayenne should be taken alternately, during labour, so as to produce a moist surface. The patient should walk about, or keep in an erect position, as long as may be convenient, and lend her efforts to increase the power of her pains. Too frequent examination or interference should be avoided; nor should there be more attendance than is necessary. Fresh air should be enjoyed, and all suitable means used for cherishing and preserving the woman's strength. The head of the child naturally descends to the orifice of the womb, and is generally pressed forward by every throe. When the crown of

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\* “A birth where the child is cut out of the womb.” From motives of delicacy, I cannot be so particular on this subject as some would perhaps consider desirable.

the head can be felt, the labour is one third advanced. Assistance may now be given, though nature alone is able to perform the exclusion, which is often affected by one throe. Where nature is weak, she is consequently slow in her operations. In such cases aid is necessary, and should be rendered with deliberation; haste and violence are often productive of serious, if not fatal consequences. When the child is born it should be laid on the side, so as to give a free pulsation to the circulation through the string. After the pulsation has ceased, the navel string should be tied with two ligatures to prevent hæmorrhage; one about three inches from the child, the other an inch or two further. Then cut the navel string between the ligatures.

The secundines or afterbirth, if not already taken, should be extracted by the most gentle means. If it is attached to the womb, or strongly enclosed by the contraction of the womb, place the patient over a steam of hemlock boughs, or bitter herbs; and give a strong tea of cayenne alone, or mixed with hemlock, winter clover, or some other medicines; which will soon be effectual. After which, a free use of cayenne, composition, and bitters, should be administered, to keep a natural perspiration, till the general health be established.

### Rheumatism.

This disease occurs most frequently in autumn and spring. It often occurs in the other seasons also, when there are frequent and sudden changes in the temperature of the atmosphere. When this disease attacks the joints, attended with swelling and much pain and fever, it is called *acute rheumatism*. When there is not much pain, swelling, or inflammation, it is termed *chronick rheumatism*.

## ACUTE RHEUMATISM.

**SYMPTOMS.**—This species commences with swelling of the joints, attended with severe pain and inflammation. It often attacks some joint in every limb, so that the patient is unable to move in any direction.

**CAUSES.**—It is generally occasioned by exposure to sudden changes of heat and cold, or continuing long in wet clothes, which obstructs the insensible perspiration in those parts.

**TREATMENT.**—Cupping round the joints affords much relief; after which, moderate perspiration may be produced and continued by the alkali wash and draught, with other diaphoreticks, such as cayenne, diaphoretick tea, powders of skunk cabbage, princes' pine, black cohush, &c.

## CHRONICK RHEUMATISM.

This species generally afflicts the aged, and usually seizes on the tendons in the back, shoulders, and hips. It is attended with much stiffness, and a dull heavy pain which shifts from one part to another.

**CAUSES.**—This disease usually arises from strains occasioned by lifting, carrying heavy burdens, &c.; or from long exposure to cold and wet.

**TREATMENT.**—The rheumatick bitters and bathing drops generally afford relief. They may be used three or four times a day. Should they prove ineffectual, the general course of medicine must be tried and repeated till relief be obtained.

## RICKETS.

This disease is peculiar to such young children as have, unfortunately, not had good nursing. An enlargement of the head and abdomen are the first symptoms of this disease; succeeded by a wasting or decaying of the other parts, except the large joints.

**TREATMENT.**—The first step towards effecting a cure is to repair the digestive powers, so that the food may nourish the body, and excite muscular action. For this purpose it will be necessary to cleanse the stomach with an emetick, and to wash the surface with the alkali and scone wash. Two or three tea spoonfuls of lime water may be given twice a day; also, the composition and restoring bitters. The cold bath should be used every second or third morning, till the cure is effected.

## RUPTURE.

This disease consists in a protrusion or bursting out of some part of the belly, forming a soft tumour.

**CAUSES.**—It most commonly proceeds from some heavy compression or severe strains of the abdomen; tight swathing of the body; carrying heavy burthens; sneezing, &c.

**TREATMENT.**—The patient should be kept as still as possible, in a horizontal position. After returning the prolapsed parts into the cavity, apply the rupture plaster over the injured part. It should be compressed by a truss or by bandages to prevent its returning. The plaster should be removed once in three or four days, and the part washed with brandy or high wines, till the breach is healed. A tea made of rupture wort, crane's bill, high wickup, and buckhorn should be taken for a considerable time, either the whole of them combined, or a part used separately. The patient should avoid taking any thing into the stomach which will occasion flatulence or wind. The diet should be nourishing and strengthening, such as jellies, &c. Costiveness should, if possible, be prevented.

## ERYSIPELAS. (*St. Anthony's Fire.*)

This disease is an inflammatory affection, principally of the skin when it makes its appearance externally, and



of the mucus membrane when it is seated internally. A person who has once been affected with this disease will be more subject to its future attacks. It sometimes returns periodically.

**SYMPTOMS.**—It usually begins with shivering, succeeded by heat and a drowsy sensation, sometimes delirium; the eyelids swell, and the skin appears red and rough. About the second day, small blisters rise on the skin, filled with water. The disorder usually comes to its height about the fifth day. Two or three days afterwards, it begins to go off in large branny scales. It sometimes attacks only one side of the body at a time.

**CAUSES.**—It is brought on by all the causes that are apt to excite inflammation, such as injuries of all kinds, the external application of stimulants, exposure to cold, and obstructed perspiration.

**TREATMENT.**—After going through two or three thorough operations of the general course of medicine, the patient should take freely a tea made of the erysipelas powder, for a considerable length of time, to prevent a recurrence of the disease.

## SALT RHEUM.

This disease is a species of erysipelas. It prevails in the cold season, and disappears, in a great measure, in the warm.

**SYMPTOMS.**—It appears in large blotches, discharging a fluid, which spreads and excoriates the adjacent parts. Sometimes it breaks out all over the body in spots, but most commonly about the hands. It is attended with an itching and a burning sensation.

**TREATMENT.**—Spread a plaster large enough to cover the affected part, made of rosin and white pine turpentine, of the consistence of shoemaker's wax. On the plaster sprinkle some powders made of equal quantities of burnt alum and rosin, made fine and mixed

well together. After the plaster has been on two days, spread the same plaster over with a new coat of pitch and powders, and keep it on one day. After renewing it once a day, for two or three days, let the plaster stay on as long as it will; which will prove an effectual cure. This application will remove most cutaneous eruptions.

### SCALDHEAD.

This disease is also a species of erysipelas, and is easily communicated from one person to another, by means of a hat or comb, previously worn by one so diseased. Its virulency causes the hair to become dry and thin—the appearance of the skin is blue and scaly.

**TREATMENT.**—At an early stage of the disease, it may be cured by such ointments as the following: Take four ounces of sassafras, the bark of the roots; four ounces of blackberry brier, the bark of the roots; four ounces of elecampane, the roots; all collected fresh and washed; add one pound of fresh butter or hog's lard. Simmer them over a slow fire, four hours; strain it off into an earthen vessel for use. Previous to applying the ointment, the hair on the diseased part should be wholly cut off. The ointment may be rubbed over every morning and evening. If the disease be of long standing, the head must first be shaved, and rubbed over with a little soft oil or fresh butter, to soften the scales; which, by washing with castile soap suds, will come off. After this, apply the plaster and powders recommended for the salt rheum, during several days before using the other ointment. In the mean time, the patient should make free use of the erysipelas tea.

### STRANGURY.

This disease consists in a difficulty or inability of discharging urine. It attends the gravel or stone, and often happens in consequence of blistering.

TREATMENT.—Let the patient drink freely of the diuretick tea; and let a hot stone, wrapped in a cloth wet with vinegar and water, and a dry cloth wrapped round the whole, be laid near the bowels. The alkali wash and draught may be used in addition to the above prescriptions.

### PROFUSE SWEATING.

Excessive perspiration is often the effort of nature to relieve herself of morbid affections. It also happens in consequence of debility and relaxations of the system, and often excessive in pulmonary consumption, hectic fever, and ague and fever. The nerves being relaxed, and the pores open, profuse perspiration ensues, and with it a great share of animal heat escapes. This occasions the diminution of strength which follows profuse sweating. This difficulty may be obviated by resorting to the cold bath, or by washing the body with cold water or spirits. This may be done with perfect safety, even when the perspiration is most profuse. A potion of hot bitters, or other hot medicine, may be given a little before or after the cold application. Moderate astringents may be used, both internally and externally; of which, the alkanoke, sweet fern, crane's bill, and swamp snake root are the most proper.

### VENEREAL DISEASE. (*Lues venerea. Syphilis.*)

This disease is distinguished by different names, according to the appearance it exhibits in its different stages. When the disease is local, the morbid matter acting in its simplest mode, it is called *gonorrhœa*, or *clap*. In its more diffused and confirmed state, it is called *lues venerea*, *syphilis*, &c.

The venereal disease is always occasioned by a poison, the nature of which is not understood, except by its effects. The smallest partiele of this poison is sufficient to bring on the most violent disorder over the

whole body. It is communicated by actual contact, and may infect any part of the surface of the body, especially such parts as are most tender, or have been wounded or ulcerated.

A clap is merely a running or discharge of mucus matter, occasioned by coition with an infected person. It usually begins from four to six days after receiving the infection, with a discharge, at first of a white or yellowish colour, usually attended with a painful scalding sensation in discharging urine. The inflammation frequently increases for some days after its first appearance, with pain in the groins, &c. After the pain and inflammation have abated, the discharge, assuming a whiter appearance, will gradually diminish, and when the parts have had time to recover their strength, it will finally disappear.

When the venereal poison becomes mixed with the general mass of fluids, appearing in different parts of the body, it is considered the real venereal disease. Nature then seems to make no effort to effect a cure. The disease progresses till checked by the power of medicine. If left to take its course, the poison will diffuse corruption through the whole system. The disorder makes a more rapid progress in some constitutions than in others. In persons affected with scorbutick, scrofulous, or other chronick diseases, pulmonary consumption, &c. it often proves destructive. The symptoms of the confirmed disease are pains in the bones, those especially of the head, arms, and shins; which pains are always most violent when in bed. Swellings and ulcers frequently attack the genitals—also, the inside of the lower part of the throat; whence they advance by the palate to the cartilage of the nose. Dry, scabby eruptions sometimes appear on the skin, or hard pistules covered with a yellowish scab of a branny appearance, attended with itching. Similar sores may, indeed, arise from scrofulous humours, but such are less liable to inflame and to contain matter,

than the venereal kind. When venereal sores are seated on the bone, such as the large bones of the legs, the fore arms, or skull, they produce a caries or rottenness, attended with severe pains, especially in the night time.

**TREATMENT.**—This disease may be cured in the first stage by a few simple means; but if neglected, it becomes a serious malady, and often proves fatal.

The discharge, called gonorrhœa, should be promoted by the expectorant powders, which should be taken three times a day, so as to produce a salivation, but not to vomit. The diuretick tea should be taken freely, or a tea of swamp snake root, ginseng, sarsaparilla, and dwarf elder, to allay the inflammation; and injections should be thrown up the urethra, made of swamp snake root and crane's bill, not very strong. After the gleet has subsided, a linseed tea may be taken, or ten or fifteen drops of fir balsam, dropped on sugar, taken twice or three times a day, for several days.

When the system generally has become affected with the virus, the patient should go through several operations in the general course of medicine—in the meantime, using the soko root wash freely, and, in the intermediate spaces, use the teas and expectorant powders. In case of venereal sores where there is much fungous flesh, (if where it is practicable,) a plaster or coat of the vegetable caustick should be applied, to produce a fresh wound, which will be much easier to heal. After which, apply poultices of boiled or roasted soko root, or the common salve, keeping them well cleansed with castile soap and water, and the blood root powders.

I deem it not improper to mention, in this place, that I have, by this mode of treatment, effected cures in several inveterate cases, on which many of the professional doctors had exhausted their skill. I will state a case or two: A young man came to me with a venereal disease of several years' standing. He had a large

sore which broke out on his neck, directly over the jugular vein, about three inches in diameter. He said he had just come from the medical president of the county, who had informed him that he durst not do any thing more, for fear of bursting the jugular vein; the consequence of which would be immediate death. He had been under his care about four months, and grew worse. I undertook for him, and in about fifteen days his cure was effected.

Another man came, having four large sores which broke out at once, on one of his legs, a few days previous; which immediately turned black, and discharged a strong fetid matter. From their putrid appearance, one would suppose they had been of a year's standing, or more. He informed me the infection had been in his system for several years. He had applied to several doctors, whose method was to stop the progress of the disease, by reducing his system. I applied the vegetable caustick to each sore, and proceeded according to the above directions. This was five years ago, since which time he has had no recurrence of the disease.

### WHITES. (*Fluor Albus.*)

This disease consists in the efflux or secretion of a white humour or mucus from the vagina of women, arising from debility.

CAUSES.—It may be occasioned by a sedentary or inactive life, weak or watery diet, excessive use of tea or coffee, or by frequent miscarriages. It is attended with considerable pain and weakness about the loins. It brings on a train of other diseases, such as dropsy, consumption, &c. unless seasonably removed. The efflux ceases during the time of menstruation. There are but few of the sex who do not experience more or less of this disease.

TREATMENT.—Take a tea spoonful of the powders of red birth root, mix them with a gill of new milk, steep it on warm embers a few minutes; but it must not boil

Let the patient take three or four tea spoonfuls every half hour, till it is all used. Let the same dose be prepared and taken every day, till the cure is effected.—The general course of medicine and cold bathing may be useful. Moderate exercise and a nutritious diet will be highly necessary.

### WHITE SWELLINGS.

This disease is usually seated in the knee, ankle, elbow, or about the neck.

CAUSES.—It may arise from rheumatick affections, a scrofulous habit, hard water, external injuries, bathing in water when the body is over heated, &c. It begins with acute pain, and is followed by swelling.

TREATMENT.—The first requisite is to prevent the formation of matter, ease the pain, and reduce the swelling. A plaster made of turpentine and rosin, sprinkled over with Cayenne will be a suitable application. A few issues also will prove beneficial. All hot applications must be avoided.

### WORMS.

The species of worms most prevalent in the human body are four, namely—(1) The *teres*, or round and long worms, which occupy the stomach and intestines; (2) The *ascarides*, or small, round and short worms, which commonly occupy the lower intestines: (3) The *white cambrick* worms, which chiefly occupy the stomach; and (4) The *tape* worm which takes possession of the whole intestinal canal.

SYMPTOMS.—The more usual symptoms are, indigestion, a hard, full, distended belly; pains about the navel—swelling of the partition of the nose; the eyes dull and heavy; grinding of the teeth; starting during sleep—itching about the nose; an insatiable appetite; itching about the rectum; with some degree of fever.

CAUSES.—“As worms are generally found only in persons of weak digestive organs, indigestion may be

noticed, if not the principal cause, at least as favouring their generation. There is nothing, however, in the economy of animals more involved in mystery, than the generation of these parasitical animals. Were they found to live in situations out of the bodies of living animals, one might readily suppose that their eggs were taken into the body with the food or drink, and there gradually evolved into animals. This however is not the case; they are evidently incapable of existing any length of time in any situation except within a living animal body, which appears to be the proper place for their growth and residence. We might therefore be led to another supposition, viz: That they are really formed from the matter contained in the intestines, which previously had no regular organization; but this idea is evidently different from all analogy in the formation of animals. The origin therefore, of such animals, is a subject of much obscurity. That they are not produced by *ovula* of animals, taken in with the food, is not only obvious from their being found in the liver and brain, but from the frequency of another kind of animal, so commonly generated in the kidneys, brain and liver, named *hydatids*."

**TREATMENT.**—The indications of cure are, first clear the stomach and intestines of redundant slime; and afterwards to strengthen the stomach and bowels, so as to destroy the disposition to their generation.

The stomach may be cleansed first by an emetick; then give the wormseed oil or powder, morning and evening, for three or four days: then a cathartick of mandrake or butternut. After which give a decoction of Indian hemp roots, black alder bark or berries, or wandering milkweed. While taking the above medicine, lime water also, half a gill at a time, may be taken several times a day.



## POISONS.

There are three classes of Poisons, viz:—Vegetable, Mineral, and Animal.

### VEGETABLE POISONS.

There are, in this country, several indigenous vegetables, which, if taken to much extent, prove fatal. To this class belong the cicuta, or poison hemlock, muskrat root, poppy, and stramonium or henbane, which are the most deleterious with which I am acquainted. The less dangerous are ivy, laurel, white eliver, and poison sumach or dogwood. The symptoms which they produce are great thirst, delirium, vomiting and spasms. Their properties being immediately extracted by the digestive powers, their effect is immediate, and often proves fatal in a few minutes or hours; speedy evacuation is therefore highly necessary. The emetick solution has proved, in many instances, a very active and sovereign specifick in removing the poison, after all hopes were lost. Should the sensibility of the stomach be so much diminished as to render an emetick inert, and vomiting become impracticable, the patient should be made to take, frequently, small quantities of vinegar, and the alkali draught, and kept in motion to prevent sleep.

### MINERAL POISONS.

#### EXTRACT FROM THE MEDICAL GUIDE.

“Arsenick is the most powerful [poison,] and therefore, for the purpose of destroying life, is generally employed. The solution of mercury, copper, lead, and antimony, in different acids, are likewise, in no great quantity, actual poisons.”

As these poisonous articles possess the most virulent properties, and have a great effect to injure the solids, they should be counteracted, or speedily evacuated.—The symptoms are similar to the preceding, but the effects are much worse, as these poisons possess an excoriating quality, which debilitates the nerves, and renders the bones carious, brittle, and painful; causes the teeth to become loose and fall out; produces that burning sensation and affection, termed “*Cancer in the stomach;*” causes the limbs to wither; diminishes the vital heat and energy of the whole system; creates some of the most deplorable and fatal diseases, such as consumption and lockjaw; and often produces immediate death.

TREATMENT.—The first step taken should be to unload the stomach by an emetick; after which the general course of medicine may be employed and continued, to assist nature to throw off her potent enemy. Avoid giving or taking acids.

### ANIMAL POISONS.

There are several species of insects and serpents in this country, which possess a fixed poison. The most fatal effects arise from the bite of the rattle-snake and copperhead—the manner in which the former communicates the virus is by throwing himself straight forward from a coil, the distance of his length, with his fangs projecting from his mouth, which convey a virus that takes immediate effect on the slightest incision.

SYMPTOMS.—The parts begin to swell, turn spotted, and tend upwards, accompanied with much pain.

TREATMENT.—The leaves and roots of the vermilion, bruised and laid to the affected part, and a strong decoction of the same taken inwardly, has proved a sovereign remedy. The consumption brake, used in the same manner, has a similar effect—also, cupping, or a draught of scke root, if applied immediately to

the part affected, have a powerful effect in extracting the poison.

### HYDROPHOBIA. (*Canine Madness.*)

EXTRACTS FROM BUCHAN, PAGE 477.

“The creatures naturally liable to contract this disease are, as far as we yet know, all of the dog kind, viz. foxes, dogs, and wolves. Hence it is called the *rabies canina*, or dog madness.”

“The symptoms of madness in a dog are as follow. At first he looks dull, shows an aversion to food and company: he does not bark as usual, but seems to murmur, is peevish, and apt to bite strangers: his ears and tail droop more than usual, and he appears drowsy: afterwards he begins to loll out his tongue, and froth at the mouth, his eyes seeming heavy and watery: he now, if not confined, takes off, runs panting along with a kind of dejected air, and endeavours to bite every one he meets. Other dogs are said to fly from him. Some think this a certain sign of madness, supposing that they know him by the smell; but it is not to be depended on. If he escapes being killed, he seldom runs above two or three days, till he dies exhausted with heat, hunger, and fatigue.

“This disease is most frequent after long, dry, hot seasons; and such dogs as live upon putrid stinking carrion, without having enough of fresh water, are most liable to it.

“When any person has been bit by a dog, the strictest inquiry ought to be made whether the animal was really mad. Many disagreeable consequences arise from neglecting to ascertain this point. Some people have lived in continual anxiety for many years, because they had been bit by a dog which they believed to be mad; but, as he had been killed on the spot, it was impossible to ascertain the fact. This should induce us, instead of killing a dog the moment he has bit any person, to do all in our power to keep him

alive, at least till we can be certain whether he be mad or not."

"Many circumstances may contribute to make people imagine a dog mad. He loses his master, runs about in quest of him, is set upon by other dogs, and perhaps by men. The creature, thus frightened, beat, and abused, looks wild, and lolls out his tongue as he runs along. Immediately a crowd is after him; while he, finding himself closely pursued, and taking every one he meets for an enemy, naturally attempts to bite him in self-defence. He soon gets knocked on the head, and it passes currently that he was mad, as it is then impossible to prove the contrary."

"This poison is generally communicated by a wound, which nevertheless heals as soon as a common wound; but afterwards it begins to feel painful, and as the pain spreads towards the neighbouring parts, the person becomes heavy and listless. His sleep is unquiet with frightful dreams; he sighs, looks dull, and loves solitude. These are the forerunners, or rather the first symptoms of that dreadful disease occasioned by the bite of a mad dog."

**TREATMENT.**—The blue scull cap has, in many instances, proved a sovereign specifick for this deplorable disease. It should be taken every day, for seven or eight weeks, with the addition of small doses of sulphur. One ounce of the dried herb, steeped in a quart of pure water, is the proper quantity to be used daily. The general course of medicine may be resorted to in any stage—likewise, the cataplasms recommended in the preceding.

## APPENDIX.

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The following CERTIFICATES are inserted as specimens of the utility and efficacy of the foregoing system of practice. A few only have been selected from the many hundreds which might be produced, as it is presumed that the specifics recommended in this work, if judiciously applied, will give the most satisfactory proof.

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### Certificates.

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On the 27th of June, 1823, I had a leg broke, in consequence of a loaded waggon running over it. I employed two doctors of the regular order, under whose care I grew worse. It became more and more out of shape, and very much swelled and inflamed—large blisters arose over most parts of the surface, which turned of a dark colour—the skin was purple, and to appearance, the leg was fast approaching to mortification. My whole system became deranged and indisposed by the pains which I constantly endured. After continuing in this deplorable situation about five days, Dr. David Rogers accidentally called on me, to whom I submitted my case. His prescriptions immediately arrested the progress of the disorder, and gave a healthy appearance; he reduced the swelling and inflammation, brought the skin to its natural appearance, and set the leg. In four days after he commenced I was in a comfortable situation, and have reason to believe that the preservation of my leg, and probably my life, is owing to his superior skill. One of the doctors reported that I should lose my life if I should not have my leg taken off.

WILLIAM CHATHAM.

FAYETTE, JUNE 1, 1824.

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I was afflicted with the scrofula or king's evil, so as to be unable to labour for about a year and a half. I employed four regular doctors, from whose prescriptions I received no benefit; after which I applied to Dr. David Rogers, who removed the disease in about two weeks. The disease had spread through the whole system, and broke out in different parts of the body. It is about three years since the cure was effected, during which time there has been no recurrence of the disease.

CURTIS HURD.

GORHAM, JULY 9, 1824.

I was attacked with the acute or inflammatory rheumatism, so as to be unable to move any part of my system, except my head; the joints of my wrists, knees, and ankles were very much swelled and inflamed. The pain was so excessive that I could not sleep except a few minutes after being worn out by the agonies that I underwent. After suffering a week in this deplorable situation, Dr. Rogers visited me once, after the third call, who gave me immediate relief from my pains. Within three days I was able to walk about, and in two weeks commenced labour. It is more than two years since, during which I have had no recurrence of the disease.

JOHN VAN WORMER.

MIDDLESEX, JULY 3, 1824.

I do hereby certify, that about eight years since, I was seized with a cancer in my breast, which increased with considerable rapidity, and was attended with considerable pain—it broke out and discharged matter by the use of a medicine which was known to cure cancers; it healed; within 3 months afterwards it broke out again, and the same application was made, but to no effect, after which I applied to Doctor David Rogers, who, I believe, completed a perfect cure in eight weeks after he began. The cancer measured four inches by three across, and extended to the ribs. It is nearly five years since, in which time I have not felt the least returning symptom. I now enjoy good health through the beneficence of Divine Providence.

SARAH HOARD.

MIDDLESEX, JULY 3, 1824.

I, John Taylor, of the town of Phelps, county of Ontario, and state of New-York, do hereby certify, that on the twenty-third of November, one thousand eight hundred and twenty-one, I was attacked with a cholick.—The disorder increased, and after enduring eight hours pain, I called on one of the most eminent physicians in Geneva, in the regular order. I continued his prescriptions twenty hours without relief. I then called on Doctor David Rogers, who removed the cause within three minutes after he began to prescribe. During the complaint, I suffered as much pain, seemingly, as a man could, and live. The pain was so intolerable, that I had not my senses half the time. Within an hour and a half after he began, I was restored to an appetite, and without the least pain.

JOHN TAYLOR.

PHELPS, FEB. 7, 1824.

In the year 1816, 5th Month, my daughter Bathsheba was seized with a violent cold, which produced a cough, a high fever, and a pain in the side. I called on several physicians—their medicine had no effect to raise, but to reduce. She became universally debilitated, emaciated, and so weak, that she could not walk, and was confined to her bed, without hope of recovery. In this situation I called on Doctor Rogers; and soon after he began to prescribe, she began to raise and recover. Within two months after he began to prescribe, she was restored to perfect health.

SAM'L. LUNDY.

JUNES, 3D MONTH; 1822.











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