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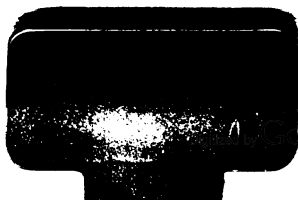
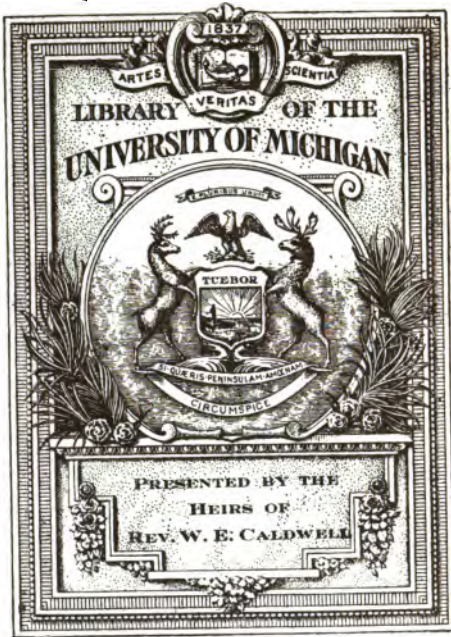
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CALDWELL



PRIMITIVE PHYSIC:

OR,



AN EASY AND NATURAL METHOD

OF

CURING MOST DISEASES.

1723-1871

By JOHN WESLEY, M. A.

Homo sum ; humani nihil a me alienum puto.

THE TWENTY-FOURTH EDITION.

REVISED AND ENLARGED.

By WILLIAM M. CORNELL, A. M., M. D.

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PREFACE.

WHEN man came first out of the hands of the great Creator, clothed in body as well as in soul, with immortality and incorruption, there was no place for physic; or the art of healing. As he knew no sin, so he knew no pain, no sickness, weakness, or bodily disorder. The habitation wherein the angelic mind, the Divinæ particula Auræ abode, though originally formed out of the dust of the earth, was liable to no decay. It had no seeds of corruption or dissolution within itself. And there was nothing without to injure it: Heaven and earth and all the hosts of them were mild, benign and friendly to human nature. The entire creation was at peace with man, so long as man was at peace with his Creator. So that well might "the morning stars sing together, and all the sons of God shout for joy."

2. But since man rebelled against the Sovereign of heaven and earth, how entirely is the scene changed! The incorruptible frame hath put on corruption, the immortal has put on mortality. The seeds of weakness and pain, of sickness and death, are now lodged in our inmost substance; whence a thousand disorders continually spring, even without the aid of external violence. And how is the number of these increased by every

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thing round about us ! The heavens, the earth, and all things contained therein, conspire to punish the rebels against their Creator. The sun and moon shed unwholesome influences from above ; the earth exhales poisonous damps from beneath ; the beasts of the field, the birds of the air, the fishes of the sea, are in a state of hostility : the air itself that surrounds us on every side, is replete with the shafts of death : yea, the food we eat, daily saps the foundation of the life which cannot be sustained without it. So has the Lord of all secured the execution of his decree,—“ Dust thou art, and unto dust thou shalt return.”

3. But can there nothing be found to lessen those inconveniences, which cannot be wholly removed ? To soften the evils of life, and prevent in part the sickness and pain to which we are continually exposed ? Without question there may. One grand preventative of pain and sickness of various kinds, seems intimated by the great Author of nature in the very sentence that intails death upon us : “ In the sweat of thy face shalt thou eat bread, till thou return to the ground.” The power of exercise, both to preserve and restore health, is greater than can well be conceived ; especially in those who add temperance thereto ; who if they do not confine themselves altogether to eat either “ bread or the herb of the field,” (which God does not require them to do) yet steadily observe both that kind and measure of food, which experience shews to be most friendly to strength and health.

4. 'Tis probable, physio, as well as religion, was in the first ages chiefly traditional : every father delivering down to his sons, what he had himself in like manner received, concerning the manner of healing both outward hurts, and the diseases incident to each climate, and the medicines which were of the greatest efficacy for the cure of each disorder. 'Tis certain, this is the method wherein the art of healing is preserved among the Americans to this day. Their diseases are exceeding few ; nor do they often occur, by reason of their continual exercise, and (till of late) universal temperance. But if any are sick, or bit by a serpent, or torn by a wild beast, the fathers immediatly tell their children what remedy to apply. And 'tis rare that the patient suffers long ; those medicines being quick, as well as, generally, infallible.

5. Hence it was, perhaps, that the ancients, not only of Greece and Rome, but even of barbarous nations, usually assigned physio a divine original. And indeed it was a natural thought, that HE who had taught it to the very beasts and birds, the Cretan Stag, the Egyptian Ibis, could not be wanting to teach man, .

Sanctius his animal, mentisque capacius altæ :

Yea, sometimes even by those meaner creatures : for it was easy to infer, " If this will heal that creature, whose flesh is nearly of the same texture with mine, then, in a parallel case it will heal me." The trial was made : the cure was wrought : and experience and physio grêw up together.

6. As to the manner of using the medicines here set down, I should advise, As soon as you know your distemper, (which is very easy, unless in a complication of disorders, and then you would do well to apply to a physician that fears God :) *First*, Use the first of the remedies for that disease, which occurs in the ensuing collection ; (unless some other of them be easier to be had, and then it may do just as well.) *Secondly*, After a competent time, if it takes no effect, use the second, the third, and so on. I have purposely set down (in most cases) several remedies for each disorder ; not only because all are not equally easy to be procured, at all times, and in all places : but likewise the medicine that cures one man, will not always cure another of the same distemper. Nor, will it cure the same man at all times. Therefore it was necessary to have a variety. *Thirdly*. Observe all the time the greatest exactness in your regimen or manner of living. Abstain from all mixed, all high seasoned food. Use plain diet, easy of digestion ; and this as sparingly as you can, consistent with ease and strength. Drink only water, if it agrees with your stomach ; if not, good, clear small beer. Use as much exercise daily in the open air, as you can without weariness. Sup at six or seven on the lightest food ; go to bed early, and rise betimes. To persevere with steadiness in this course, is often more than half the cure. Above all, add to the rest, (for it is not labour lost) that old unfashionable medicine, prayer.

And have faith in God who "*killeth and maketh alive, who bringeth down to the grave, and bringeth up.*"

7. For the sake of those who desire, through the blessing of God, to retain the health which they have recovered, I have added a few plain, easy rules, chiefly transcribed from Dr. Cheyne.

I. 1. The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds, should drink some thin and warm liquor going to bed, or a draught of toast and water.

2. Tender people should have those who lie with them, or are much about them, sound, sweet, and healthy.

3. Every one that would preserve health, should be as clean and sweet as possible in their houses, clothes, and furniture.

II. 1. The great rule of eating and drinking, is, To suit the quality and quantity of the food to the strength of our digestion; to take always such a sort and such a measure of food, as sits light and easy on the stomach.

2. All pickled, or smoked, or salted food, and all high-seasoned, are alone unfit for aliment.

3. Nothing conduces more to health, than abstinence and plain food, with due labour.

4. For studious persons, about eight ounces of animal food, and twelve of vegetable, in twenty-four hours, are sufficient.

5. Water, though the wholesomest of all drinks, yet if used largely in time of digestion, is injurious.

6. Strong, and more especially spirituous liquors, are a certain, though slow, poison, unless well diluted, and cautiously used.

7. Experience shews there is very seldom any danger in leaving them off all at once; unless in time of particular diseases, as of debility.

8. Strong liquors do not prevent the mischiefs of a surfeit, nor carry it off so safely as water.

9. Malt liquors (except clear small beer, or small ale, of a due age) are exceeding hurtful to tender persons.

10. Coffee and tea are extremely hurtful to persons who have weak nerves.

III. 1. All persons should eat very light suppers; and that two or three hours before going to bed.

2. To go to bed about nine, and rise at five, should be a general practice.

IV. 1. A due degree of exercise is indispensably necessary to health and long life.

2. Walking is the best exercise for those who are able to bear it; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.

3. We may strengthen any weak part of the body by constant exercise. Thus the lungs may be strengthened by moderate speaking; the digestion and the nerves, by riding; the arms and hams, by strongly rubbing them daily.

4. The studious ought to have stated times for exercise, at least two or three hours a-day : the one half of this before dinner, the other before going to bed.

5. They should frequently shave, and frequently wash their feet in cold water.

6. Those who read or write much, should learn to do it chiefly standing ; otherwise it will impair their health.

7. The fewer clothes any one uses, by day or night, the hardier he will be ; but the habit must be begun in youth.

8. Exercise, first, should be always on an empty stomach ; secondly, should never be continued to weariness ; thirdly, after it, we should take care to cool by degrees : otherwise we shall catch cold.

9. The flesh-brush is a most useful exercise, especially to strengthen any part that is weak.

10. Cold bathing is of great advantage to health : it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood, and prevents the danger of catching cold. Tender people should pour water upon the head before they go in, and walk in swiftly. To jump in with the head foremost, is too great a shock to nature. It is best to use it immediately after rising.

V. 1. Costiveness cannot long consist with health. Therefore care should be taken to remove it at the beginning by a gentle medicine ; and when it is removed, to prevent its return, by soft, cool, open diet ; as of vegetables, acid or sweet.

2. Obstructed perspiration (vulgarly called catching cold) is one great source of diseases. Whenever there appears the least sign of this, let it be removed by gentle sweats, or purges.

VI. 1. The passions have a greater influence on health, than most people are aware of.

2. All violent and sudden passion disposes to, or actually throws people into, acute diseases.

3. The slow and lasting passions; such as grief and hopeless love, bring on chronic diseases, and low fevers.

4. Till the passion, which caused the disease, is calmed, medicine is applied in vain.

5. The love of God, as it is the sovereign remedy of all miseries, so in particular it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds. And by the unspeakable joy, and perfect calm, serenity, and tranquility it gives the mind, it becomes the most powerful of all the means of health and long life.

LONDON JUNE 11, 1747.

TO THE MEMBERS OF THE METHODIST EPISCOPAL CHURCH.

FRIENDS AND BRETHREN.

THE grand interests of your souls will ever lie near our hearts ; but we cannot be unmindful of your bodies. In several parts of this extensive country, the climate, and in others the food, is unwholesome : and frequently, the physicians are few, some of them unskilful, and all of them beyond the reach of your temporal abilities. A few small publications excepted, little has been done by physical books, in order to remove these inconveniencies : and even those have been written in Europe, and do therefore partake of the confined ideas of the writers, who could not possibly be fully acquainted with the peculiarities of the various diseases incident to a people that inhabit a country so remote from theirs.

Simple remedies are in general the most safe for simple disorders, and sometimes do wonders under the blessing of God. In this view we present to you now *the primitive physic* published by our much honoured friend *John Wesley*. But the difference being in many respects great between this country and England, in regard to climate, the constitution of patients, and even the qualities of the same simples,—we saw it necessary for you, to have it revised by physicians practising in this country, who at our request have added cautionary, and explanatory notes where they were necessary, with some additional receipts suitable to the climate.

We remain, dear brethren, as ever,

Your faithful pastors,

THOMAS COKE,

FRANCIS ASBURY.

PREFACE BY THE AMERICAN COMPILER.

IN this little work, Mr. Wesley, that wonderful man, whose life was spent in efforts chiefly to benefit the *souls* of mankind, turned aside from that principal object, to look after their *bodies*. This showed his wisdom, as well as his benevolence. No man can understand the management of the mind, who is ignorant of the reciprocal agency of the mind and body. Had clergymen studied diseased *bodies* more, they would have known better how to have managed diseased *minds*.

Further, in striving to cure the diseases of the body, this eminent minister of the gospel only walked in the footsteps of his great Master, "who went about doing good, healing all manner of diseases among the people;" and of his apostles. Well might we feel proud to follow such illustrious and sacred examples. It has been doubted by some whether severing the clerical from the medical profession, (as it always was united in one, both among the Jews, under "Moses and the Prophets," and under Christ and his Apostles, and after them, for at least the first ten centuries of the Christian era,) has not retarded the progress of the gospel, by harring many of the avenues to the hearts of men, through which, the gospel formerly gained access. Do good to a man's *body*, and you open a passage to his *heart*.

In this way, the gospel first gained access to men. The modern missionaries have thus gained access to the heathen. Thus, Dr. Grant, with his cataract needle, and Dr. Parker, with his scalpel and medicine-case, passed freely into houses and hearts, where no mere clerical man could have entered.

Mr. Wesley acted upon this principle, and hundreds of clergymen, not only before his day, but since, have acted upon the same principle. The good Methodist bishops, whose names are attached to the republication and recommendation of the work to their brethren in this country, acted upon the same principle; and no inconsiderable number of the clergymen, who lived in the early settlement of Massachusetts, and of the rest of this country, walked in the same steps. The Preface, by Mr. Wesley, is one of the best sermons he ever wrote or preached, to promote the well-being of both body and soul. The present compiler has made some addition to Mr. Wesley's recipes, and those of the American Bishops, Coke and Asbury, bringing down the remedies for diseases, more closely with present modes of treatment by the medical Faculty. These additions by the present Editor, are placed *after* the Recipes by Mr. Wesley, and those, by the authority of the above named Bishops, and *enclosed in brackets*.

The work is designed, chiefly, for those who cannot readily procure medical advice, such as may reside at a distance from physicians, or, as may remove to new settlements, or "go down to the sea in ships, and do business on the great waters." For those who can, it is recommended to call in a well educated, experienced, Christian physician, as Mr. Wesley has well advised. But, to the many, who cannot well secure such advice, this book may be highly useful.

It was first contemplated to enlarge its pages, but this plan was abandoned in order to bring the work within the means of all, and into such size as could be easily portable.

WILLIAM M. CORNELL.

BOSTON, MAY, 1858.

JOHN WESLEY'S

PRIMITIVE PHYSIC.

1. Abortion, (to prevent.)

IN this case, the cold bath used two or three times a week, from the beginning to the sixth month of pregnancy, is deemed effectual—In another case, bleeding at the arm in the fourth and seventh months may be useful.

Women of a weak or relaxed habit should use solid food, avoiding great quantities of tea, and other weak and watery liquors. They should go soon to bed, and rise early ; and take frequent exercise, but avoid fatigue.

If of a full habit, they ought to use a spare diet, and chiefly of the vegetable kind, avoiding strong liquors. and every thing that may tend to heat the body, or increase the quantity of blood.

In the first case, take daily half a pint of a decoction of *lignum vitæ* ; boiling an ounce of it in a quart of water for five minutes.

In the latter case, give half a drachm of powdered nitre, in a cup of water-gruel, every five or six hours : in both cases she should sleep on a hard mattress and be kept cool and quiet. The bowels should be kept regular by a pill of white walnut extract.

[Mr. Wesley wisely avoids giving any prescription to produce a *miscarriage*, the more common name for *abortion*, at present. Miscarriage is an accident very apt to happen to pregnant women, and soon after conception, it is very difficult to distinguish an abortion from an ordinary menstruation, as the pains, fainting, and loss of blood are nearly the same in each case. The best way to ascertain whether it is only a painful menstruation, or a miscarriage, is to place the discharge in cold water, and stir it. If it be blood, or the menstrual fluid only, it will all mingle with the water; but, if there be a fleshy substance, or foetus, it will remain whole. Miscarriage usually arises from some accident, such as fright, strong mental emotions, a blow, tight lacing, taking strong drastic purges, the sight of disagreeable objects, lifting, or reaching a great distance, &c. It is not so likely to take place in the latter, as in the early months of pregnancy. But when a woman has miscarried once or twice, either from general, or local debility; or, from any other cause, she is very likely to keep on in the same course. This evil sometimes seems to arise from a very irritable, or feeble state of the womb itself. It is unable to retain the burden imposed upon it; and I have known such women miscarry some ten or a dozen times. The signs of a threatened miscarriage are severe pains in the back and loins, and sudden gushes of blood from the womb. Sometimes, there is considerable loss of blood, and great weakness following; but, usually, a miscarriage is not attended with much danger. When the symptoms are severe, it is always safer to call the family physician; but in most cases, the above named precautions, or the following will be all that will be necessary. The woman should go immediately to bed, and be kept quiet, and cool. Thirty drops of Laud-

num, or an eighth of a grain of morphine, or a poppy tea, or one made of lettuce, should be taken. If the bleeding is profuse, cloths wet in cold water, or a piece of ice should be applied to the genital parts. A tea made of Walnut leaves is as good as the extract named by Mr. Wesley, to prevent the abortion, and is of a tonic and strengthening nature.

If the miscarriage has proceeded so far that it must take place, a table spoonful of a strong infusion of the spurred rye, or of the black cohosh, or Squaw-root, or of the cotton seeds, may be taken every half hour, till the work is accomplished. After the expulsion of the fœtus, the same care should be exercised as after a usual child-birth. This should never be forgotten, as many women have lost their lives from not being sufficiently careful in these circumstances.]

2. For an Ague.

An ague is an intermitting fever, each fit of which is preceded by a cold shivering, and goes off in a sweat.

Go into the cold bath just before the cold fit.

Nothing tends more to prolong an ague, than indulging a lazy, indolent disposition. The patient ought therefore between the fits to take as much exercise as he can bear; and to use a light diet, and for common drink, Port wine and water is the most proper.

When all other means fail, give blue vitriol, from one grain to two grains, in the absence of the fit, and repeat it three or four times in twenty-four hours.

Or, boil yarrow in new milk, till it is tender enough to spread as a plaster. An hour before the cold fit,

apply this to the wrists, and let it be on till the hot fit is over. If another fit comes, use a fresh plaster.—This often cures a quartan :

Or, put a tea-spoonful of salt of tartar into a large glass of spring water, and drink it by little and little. Repeat the same dose the next two days, before the time of the fit :

Or, a large spoonful of powdered camomile flowers :

Or, a tea-spoonful of the spirits of hartshorn in a glass of water.

Or, eat a small lemon, rind and all.

In the hot fit, if violent, take eight or ten drops of laudanum : if costive, with an Anderson's pill.

Dr. Lind says, an ague is certainly cured by taking from ten to twenty drops of laudanum, with two drabms of syrup of poppies, in any warm liquid, half an hour after the heat begins.

It is proper to take a gentle vomit, and sometimes a purge, before you use any of these medicines. If a vomit is taken two hours before the fit is expected, it generally prevents that fit, and sometimes cures an ague : especially in children.—It is also proper to repeat the medicine (whatever it be) about a week after, in order to prevent a relapse. Do not take any purge soon after.—The daily use of the flesh brush, and frequent cold bathing, are of great use to prevent relapses.

Children have been cured by wearing a waistcoat, in which bark was quilted.

Those fevers which so abate their violence at times, that there appears an absence of the fever for a certain period, between two fits, are called intermittents, says Galen. The length of the period determines the name, as quotidian, tertian, double tertian, quartan. The spring intermittents seldom need the grand specific remedy, viz. The Peruvian bark, in this climate, as by administering a vomit of twenty grains of ipecacuanha, or of eight grains of the former and one of tartar emetic mixed for a grown person, the succeeding heat of the season effects the cure, and often without medicine. The fall intermittents seldom put on a regular form at first in adults, but are generally remitting fevers; but even though they approach nearer to a continual fever, the patient seldom needs bleeding, and perhaps never in regular intermittents. In either case, a vomit as before mentioned, the first opportunity in remitting, and two hours before the fit in an intermitting fever, with warm diluting drinks in the time of the fit, and when intermitting regularly, the bark may be applied after the operation of the vomit, and the fit is over. Children generally need only to be purged before the use of the bark, with jalap or rhubarb: the dose of these may be thirty grains for a grown person, and half the quantity for one of nine years old, and in proportion. After the fever regularly intermits, and the stomach has been cleansed and the body kept open, the Peruvian bark may be given (unless some inflammation or obstruction prevent) immediately after the fit, two ounces, and often

one is generally sufficient, thus :—Divide an ounce of powder of the bark into twelve doses ; let the sick man or woman take one every two hours, between the fits, and continue them after the return of the next ; or—Boil an ounce of the bark in a pint and a half of water gently down to a pint, strain off the liquid, and take a wine-glass full every two hours ; or—To an ounce of the bark in powder add four or five spoonfuls of proof spirit and a pint of boiling water, let them infuse two or three days ; to use as the former.—But it is best in substance, when it can be taken.

[The Fever and Ague is now generally called *intermittent* fever, because there appears to be an absence of the fever, at certain times. The length of the intermission determines the name, as it may be for one, two, or three, days, and is called, quotidian, tertian, or quartan. Other periods are named by physicians, but they are seldom met with. Every paroxysm of a regular intermittent fever consists of three stages, the *cold*, the *hot*, and the *sweating*. In the cold stage, the patient yawns, stretches, feels chilly, shivers, his teeth chatter, and he shakes so as to move the bedstead. He is thirsty, though the tongue is pale and moist. He has no appetite, and is nauseous, and often vomits. The whole nervous system seems much affected. He has neuralgic pains. His mind is irritable, confused, or dejected. The pulse is small, and the urine pale, limpid, and copious. As he enters upon the *last* stage, a glow is felt about the temples and head. The breath begins to grow hot, and, finally, all traces of the cold stage disappear. He has now all the

symptoms of a high fever. In the *sweating stage*, perspiration appears, first upon the face and about the head, and gradually spreads over the whole surface of the body. As the perspiration increases, the fever decreases. The paroxysms vary from a very slight, to an intense degree. Few diseases so shatter the nervous system as this, and, it is frequently accompanied with Epilepsy, or epileptiform convulsions. The paroxysms of intermittent fever seldom come on in the night, and it seems as though sleep is a preventive. The shorter the interval between the attacks, the earlier, generally, is the hour in the day when they come on. Miasmata appear capable of producing this disease. We almost every year have a few cases of it in the low land around Boston, and, especially, about the Navy Yard, in Charlestown. As a general rule, in those climates where this disease prevails, those persons, who generally have it, lodge near the ground, and, it is said, none have been known to have it who lodge in a second or third story. If this be so, and it, probably is, it should be known and remembered. Many years ago, when I was attending lectures in Philadelphia, an Irishman was brought before the class with this disease. The Professor said, "Pat, where do you sleep?" The reply was, "in a bed, Sir." "I do'n't mean exactly that," said the Professor; "but do you sleep low down, or high up?" "in the *cellar*, Sir," said Pat.

REMEDIES. In the cold stage, give hot drinks, lemonade, toast water, infusion of balm. Apply friction to the hands and feet, with Cayenne pepper heated in brandy, and mustard inside the thighs and over the stomach. In the hot stage, cooling drinks should be given, such as lemon juice, with potash, or the common soda powders. In the *intervals*, the bowels should be opened by taking half a teaspoonful

two or three times a day of equal parts of powdered jalap and senna, with four or five grains of powdered cloves. Then, sulphate of quinine should be taken to the amount of ten grains a day. A tea made of the golden seal is an excellent remedy.]

3. St. Anthony's Fire.

St. Anthony's fire is a fever attended with a red and painful swelling, full of pimples, which afterwards turn into small blisters, on the face or some other part of the body. The sooner the eruption is seen, the less the danger. Let your diet be only water-gruel, or barley-broth, with roasted apples.

Take a glass of tar-water warm, in bed, every hour, washing the part with the same.

Tar-water is made thus.—Put a gallon of cold water to a quart of Norway tar. Stir them together with a flat stick for five or six minutes. After it has stood covered for three days, pour off the water clear, bottle and cork it. Or, take a decoction of elder leaves, as a sweat; applying to the part a cloth dipt in lime water, mixed with a little camphorated spirits of wine.

Lime-water is made thus.—Infuse a pound of good quick lime, in six quarts of spring water, for twenty-four hours. Decant, and keep it for use.

Or, take two or three gentle purges.—No acute fever bears repeated purges better than this, especially, when it affects the head: meantime, boil a handful of sage, two handfuls of elder leaves (or bark) and an ounce of

alum, in two quarts of forge-water, to a pint. Wash with this every night.

If the pulse be low and the spirits sunk, nourishing broths and a little negus may be given to advantage: Dressing the inflammation with greasy ointments, salves, &c. is very improper.

Bathing the feet and legs in warm water is serviceable, and often relieves the patient much. In Scotland the common people cover the part with a linen cloth covered with meal.

[This disease is now generally called *Erysipelas*. It varies very much in its character. The proper erysipelas is that which spreads and runs together, forming little blisters. It was, probably, called *St. Anthony's Fire*, because of its *burning* sensation. The disease begins with a fever, pain in the head, back, and limbs, and heat and dryness of the skin. The affected part usually begins to swell about the third day, and becomes bright and shining. It appears sometimes on a small spot, as one side of the nose, and spreads to the eye, and the lid becomes very much thickened. Sometimes, the eye-lids cannot be opened, they are so swollen. Usually the disease comes to its height by the eighth or ninth day, and then, blisters dry up, and the scales fall off. Relapses are very common, and, not unfrequently, the disease proves fatal. When it prevails, as an *epidemic*, the disease is much more severe and fatal.

REMEDIES. Alcohol in some form, is as good as any external application. Or, take pounded ice and about one third the quantity of salt, and put it in a bladder, and apply it to the affected part. I have used this for many years

with good success. There is no danger, as some suppose, of driving it in. In many light cases a table spoonful of cream of tartar, or of Epsom salts in a glass of water, and a drink of lemonade are all that will be necessary. When it becomes *typhoid*, or the part seems to die and drop off, the only remedies are quinine and aromatic sulphuric acid, ten grains a day of the former, and ten drops three or four times a day of the latter, in a glass of wine or brandy. Blisters have been recommended by some, but they are always dangerous in this disease. *Sudorifics* are good, and there is none better than ten grains of the Dovers powder two or three times a day.]

4. The Apoplexy.

An apoplexy is a total loss of all sense and voluntary motion, commonly attended with a strong pulse, hard breathing and snorting.

To prevent, use the cold bath, and drink only water.

In a fit, put a handful of salt into a pint of cold water, and if possible, pour it down the throat of the patient. He will quickly come to himself. So will one who seems dead by a fall. But send for a good physician immediately.

If the fit be soon after a meal, vomit and bleed.

A seton in the neck, with low diet, has often prevented a relapse.

There is a wide difference between the sanguineous and serous apoplexy; the latter is often followed by a palsy.—The former is distinguished by the countenance

appearing florid ; the face swelled, or puffed up ; and the blood-vessels, especially, about the neck and temples, are turgid ; the pulse beats strong ; the eyes are prominent and fixed ; and the breathing is difficult, and performed with a snorting. This invades more suddenly than the serous apoplexy. Use large bleedings from the arm, or neck ; bathe the feet in warm water ; cupping on the back of the head, with deep scarification. The garters should be tied very tight to lessen the motion of the blood from the lower extremities.

A scruple of nitre may be given in water, every three, or four hours.

When the patient is so far recovered, as to be able to swallow, let him take a strong purge ; but if this cannot be effected, a glister should be thrown up with plenty of fresh butter, and a large spoonful of common salt in it.

In the serous apoplexy, the pulse is not so strong, the countenance is less florid ; it is not attended with so great a difficulty of breathing. Here, bleeding is not so necessary, but a vomit of three grains of emetic tartar may be given, and afterwards, a purge as before, and a blister applied to the back of the neck.

This apoplexy is generally preceded by an unusual heaviness, giddiness, and drowsiness.

[In an apoplectic fit the person falls down suddenly, and is insensible. The face is flushed, and head filled with blood, and in this state, he often continues several days. Sometimes, the muscles of the face are convulsed. The

face is often purple. In some cases, the disease comes on gradually, attended with loss of memory, vertigo, drowsiness, partial paralysis of the tongue, and often, of one side, or of some of the limbs. Persons seldom live over three attacks, and sometimes die of the first. Persons most liable to this disease are fleshy, thick set, short necked, and good livers, often indulging the appetite to excess. It is not often that they are attacked before the age of forty.

REMEDIES. The patient should be seated, and cold water poured upon his head for some time. This is preferable to bleeding. The feet should be put into warm water made strong with mustard.]

5. Canine Appetite, or Insatiable Desire of Eating.

“If it be without vomiting, is often cured by a small bit of bread dipt in wine, and applied to the nostrils.”
Dr. Shomberg.

[Hunger is usually referred to the stomach, but may also arise from affections of the brain. It may depend on a disordered secretion of the stomach, or imperfect nutrition. It is, sometimes, a species of insanity. It may be relieved by a tight bandage around the abdomen.]

6. The Asthma.

An asthma is a difficulty of breathing, returning at intervals, from a disorder in the lungs. In the common or moist asthma, the patient spits much.

Take a pint of cold water every morning, washing the head therein immediately after, and using the cold bath once a fortnight :

Or, cut an ounce of stick liquarice into slices. Steep this in a quart of water, four and twenty hours, and use it, when you are worse than usual, as common drink. I have known this give much ease.

Or, half a pint of tar-water, twice a day

Or, live a fortnight on boiled carrots only. It seldom fails :

Or, take from ten to twenty drops of elixir of vitriol, in a glass of water, three or four times a day.

Elixir of vitriol is made thus.—Drop gradually four ounces of strong oil of vitriol into a pint of spirits of wine, or brandy : let it stand three days, and add to it ginger sliced, half an ounce, and Jamaica pepper, whole, one ounce. In three days more it is fit for use.

Or, into a quart of boiling water, put a tea-spoonful of balsamic æther, receive the steam into the lungs, through a fumigater, twice a day.

Balsamic æther is made thus.—Put four ounces of spirits of wine, and one ounce of balsam of tolu, into a vial, with one ounce of æther. Keep it well corked. But it will not keep above a week.

For present relief, vomit with twelve grains of ipecacuanha.

[This disease depends on a spasmodic constriction of the bronchial tubes. It is not accompanied with fever, or often with disease of the lungs. Sometimes the attack is sudden and without warning, but generally, it is preceded by languor, heaviness of the head, drowsiness, flatulency, loss of appetite, stricture of the chest, and a copious discharge of limpid urine, so that an experienced patient can tell when it is approaching. Asthma seems to be identical with a gouty or rheumatic constitution, and the paroxysm seems to be an attack of those diseases, affecting the organs of respiration.]

REMEDIES. Strong coffee, an emetic composed of equal parts of blood root, lobelia, and ipicac, powdered, a tea spoonful in hot water.—Apply to the tongue equal parts of powdered borax and white sugar. Thorn apple smoked relieves the spasm, but it should be used with caution. Inhaling chloroform, or smoking tobacco relieves the paroxysm. Twelve grains of sulphate of quinine relieve the spasm, and, sometimes cause it wholly to disappear. Burning paper wet in salt-peter, affords immediate relief; but its long use poisons the healthy who breathe it. Iodine of potassa is an excellent remedy, in five grain doses, every three hours, dissolved in water.]

7. A Dry or Convulsive Asthma.

Juice of radishes relieves much : so does a cup of strong coffee : or, garlic, either raw, or preserved, or in syrup :

Or, drink a pint of new milk morning and evening. This has cured an inveterate asthma.

Or, beat fine saffron small, and take eight or ten grains every night.—Tried.

Take from three to five grains of ipecacuanha every week. Do this, if need be, for a month or six weeks. Five grains usually vomit. In a violent fit, take fifteen grains.

In any asthma, the best drink is apple-water ; that is, boiling water poured on sliced apples.

The food should be light and easy of digestion. Ripe fruits baked, boiled, or roasted, are very proper ; but strong liquors of all kinds, especially beer or ale, are hurtful. If any supper is taken, it should be very light.

All disorders of the breasts are much relieved by keeping the feet warm, and promoting perspiration. Exercise is also of very great importance ; so that the patient should take as much every day, as his strength will bear. Issues are found in general to be of great service.

Dr. Smyth, in his *Formulæ*, recommends mustard-whey as common drink, in the moist asthma ; and a decoction of the madder-root to promote spitting.

The decoction is made thus.—Boil one ounce of madder, and two drachms of mace, in three pints of water, to two pints, then strain it, and take a tea-cupful three or four times a day.

8. To cure Baldness.

Rub the part morning and evening, with onions, till it is red ; and rub it afterwards with honey. Or wash it with a decoction of box-wood :

[Perhaps there is no one point upon which people have been more *gulled* than this. Thousands have grown rich upon the wish of bald persons to restore their hair. But when the hair pulps, or *roots*, as they are called, are destroyed, nothing can be of any manner of use. One might as well attempt to make hair grow on a rock. When the hair merely *comes out*, and the pulps remain, some stimulating substance may be applied, with friction, such as a weak tincture of Spanish flies, or an ointment of Peruvian balsam, such as the following may be serviceable: lard, two ounces, white maze half an ounce, melt, and put in two tea spoonfuls of Peruvian balsam, and twelve drops of oil of lavender. Rinse, and apply often. Beef's marrow is, also, recommended. The above are as good remedies for this misfortune as any of the boasted *nostrums* of the shops.]

9. Bleeding at the Nose, (to prevent.)

Dissolve two scruples of nitre in half a pint of water, and take a tea-cupful every hour, if the patient is plethoric.

To cure it, apply to the neck behind and on each side, a cloth dipt in cold water :

Or, put the legs and arms in cold water :

Or, wash the temples, nose, and neck with vinegar :

Or, snuff up vinegar and water.

Or, foment the legs and arms with it :

Or, steep a linen rag in sharp vinegar, burn it, and blow it up the nose with a quill :

Or, apply tents made of soft lint dipped in cold water, strongly impregnated with a solution of alum, and introduced within the nostrils quite through to their posterior apertures.

Or, dissolve an ounce of alum, powdered, in a pint of vinegar ; apply a cloth, dipt in this, to the temples, steeping the feet in warm water.

In a violent case, go into a pond or river.

[REMEDIES. Equal parts of gum Arabic and powdered alum, snuffed up the nose by a quill, or sugar of lead and powdered opium, used in the same way. Or, hold the hands above the head. Or, compress the wrists.]

10. Bleeding of a Wound.

Make two or three tight ligatures toward the lower part of each joint : slacken them gradually :

Or, apply tops of nettles bruised :

Or, strew on it the ashes of a linen rag, dipt in sharp vinegar and burnt :

Or, take ripe puff-balls. Break them warily, and save the powder. Strew this on the wound and bind it on. This will stop the bleeding of an amputated limb.

Or, take of blue vitriol and alum each an ounce and a half, boil them in a pint of water till the salts are dissolved, then filter the liquid and add a drachm of the oil of vitriol ; a soft rag may be dipped in this, and applied up the nose ; or any bleeding we can come at. Or, use the agaric of the oak.

[A better application is the tincture of mattico, or mattico leaves moistened with water, and bound upon the part. Mattico will astringe almost any bleeding vessel.]

11. Spitting of Blood.

Eat a table spoonful of fine common salt every morning fasting, or a tea-spoonful every three hours, until the bleeding stops.

Take two spoonfuls of juice of nettles every morning, and a large cup of decoction of nettles at night, for a week :

Or, three spoonfuls of sage-juice in a little honey. This presently stops either spitting or vomiting blood :

Or, twenty grains of alum in water every two hours.

[Take common salt, dissolved in water, or, a pill made of half a grain of powdered opium, and a grain of sugar of lead, every hour.]

12. Vomiting Blood.

Take two spoonfuls of nettle juice.

This also dissolves blood coagulated in the stomach.

Or, take as much salt peter, as will lie upon half a crown, dissolved in a glass of cold water, two or three times a day.

[Take four drops of creosote, twenty grains of gum Arabic, and four ounces of water, mix, and take a table spoonful every two hours. Or, take turpentine, half a tea-spoonful every hour, in an ounce of mucilage of elm bark, or sugar and water.]

13. To dissolve coagulated Blood.

Bind on the part for some hours, a paste made of black soap and crumbs of white bread :

Or, grated root of burdock spread on a rag : renew this twice a day.

14. Blisters.

On the feet, occasioned by walking, are cured by drawing a needle full of worsted through them, clip it off at both ends, and leave it till the skin peels off.

[Pour a gill of new rum into your boots.]

15. Biles.

Apply a little Venice turpentine :

Or, an equal quantity of soap and brown sugar well mixt.

Or, a plaster of honey and wheat flour : Or, of figs :

Or, a little saffron in a white bread poultice. 'Tis proper to purge also.

[Cut the boil, when it first appears, into quarters.]

16. Hard Breasts.

Apply turnips roasted till soft, then mashed and mixed with a little oil of roses. Change this twice a-day, keeping the breast very warm with flannel.

17. Sore Breasts and Swelled.

Apply lead water.

Or, boil a handful of camomile and as much mallows in milk and water. Foment with it between two flannels, as hot as can be borne, every twelve hours. It also dissolves any knot or swelling in any part, where there is no inflammation.

18. A Bruise.

Immediately apply treacle spread on brown paper:

Or, apply a plaster of chopt parsley mixt with butter :

Or, electrify the part. This is the quickest cure of all.

[If slight, cover with a cloth wet in vinegar and wormwood boiled together, and applied warm. If bad, apply leeches. The best remedy for a bruise, is a poultice of the root of the black briony, scrape it finely, leave out the external bark, make it with crumbs of bread, enclose it in a muslin bag, if it be for a bruised or black eye, and renew it every eight hours.]

19. To prevent Swelling from a Bruise.

Immediately apply a cloth, five or six times doubled, dipt in cold water, and new dipt when it grows warm :

20. A Burn or Scald.

If it be but skin deep, immediately plunge the part in cold water, keep it in an hour, if not well before. Perhaps four or five hours :

Or, electrify it. If this can be done presently, it totally cures the most desperate burn.

Or, if the part cannot be dipt, apply a cloth four times doubled, dipt in cold water, changing it when it grows warm :

Apply a solution of nitrate of silver (lunar caustic) 40 grains to an ounce of water : or, if a deep burn, touch it with the stick of the caustic.]

21. A deep Burn or Scald.

Apply inner rind of elder well mixt with fresh butter. When this is bound on with a rag, plunge the part into cold water. This will suspend the pain, till the medicine heals.

Or, mix lime-water and sweet oil, to the thickness of cream, apply it with a feather several times a-day.

This is the most effectual application I ever met with. Or, put twenty-five drops of Goullard's extract of lead, to half a pint of rain-water; dip linen rags in it, and apply them to the part affected. This is particularly serviceable if the burn is near the eyes.

22. A Cancer.

A cancer is an hard, round, uneven, painful swelling, of a blackish or leaden colour, the veins round which seem ready to burst. It comes commonly with a swelling as big as a pea, which does not at first give much pain, nor change the color of the skin.

Dissolve four grains of white arsenic in a pint of water, one table spoonful every morning in molasses or milk must be taken.

[*Cancer curing* has now become common, and hundreds are annually hurried to their graves, both by regular and irregular quacks. The use of the knife has been of but little service, as in most cases, the disease soon returns. One of the best applications to a cancer is equal parts of powdered blood-root and sulphate of zinc. This has been known to destroy the cancer, but it must be applied often, and the opération is a painful one. The powder should be made as fine as possible, the cancer cleansed with soap and water, and it should be applied every day. The blood-root is a good medicine to be taken internally, for cancerous, or any other humor. In incipient cancer, or schirrhous of the female breast, I have seen it disappear under the application of pounded ice and salt, applied by means of a bladder. In

the early stage, also, a plaster made of the inspissated juice of the Pope berry, cicuta and henbane, has carried it away. When the disease is painful, a decoction of hoarhound, wormwood, hops and soft soap will often afford relief. An ounce of the yellow dock root, and ounce of salt, put into a pint of brandy, may produce the same effect as the plaster just named. A strong decoction of white oak bark has been highly recommended. A weak solution of chloride of lime, or a yeast poultice will relieve the fetor from a cancer. When a cancer bleeds profusely, the best application is the mattico, or sugar of lead may be applied.]

23. Chilblains, (to prevent.)

Wear socks of Chamois leather, or silk.

Bathe the feet often in cold water, and when this is done, apply a turnip poultice.

24. Children.

To prevent the rickets, tenderness, and weakness, dip them in cold water every morning, at least till they are eight or nine months old.

No roller should ever be put round their bodies, nor any stays used. Instead of them, when they are put into short petticoats, put a waistcoat under their frocks.

Let them go bare-footed and bare-headed till they are three or four years old at least.

'Tis best to wean a child when seven months old, if it be disposed to rickets. It should lie in a cradle at least a year.

No child should touch any spirituous or fermented liquor, before two years old. Their drink should be water. Tea they should never taste till ten or twelve years old. Milk, milk-porridge, and water gruel, are the proper breakfasts for children.

25. Chin-Cough, or Hooping-Cough.

Rub the feet thoroughly with hog's lard, before the fire at going to bed, and keep the child warm therein :

Or, rub the back at lying down with old rum. It seldom fails :

Or, give a spoonful of juice of penny-royal, mixt with brown sugar-candy, twice a-day :

Or, half a pint of milk, warm from the cow, with the quantity of a nutmeg of conserve of roses dissolved in it, every morning.

Or, dissolve a scruple of salt of tartar in a quarter of a pint of clear water : add to it ten grains of finely powdered cochineal, and sweeten it with loaf-sugar.

Give a child within the year, the fourth part of a spoonful of this, four times a day, with a spoonful of barley-water after it. Give a child two years old, half a spoonful : a child above four years old, a spoonful. Boiled apples put into warm milk may be his chief food. This relieves in twenty-four hours, and cures in five or six days.

Or take two grains of tartar emetic, and half a drachm of prepared crab's claws powdered : let them be mixed very well together.

One grain, one grain and a half, or two grains of this composition, may be added to five or six grains of magnesia, and given in a small spoonful of milk and water in the forenoon, between breakfast and dinner, to a child a year old.

At night, if the fever is very high, half the former dose of this powder may be given, with from five to ten grains of nitre.

In desperate cases, change of air will have a good effect.

[Inhale chloroform, a very small quantity from a handkerchief will shorten the whooping cough very much. Alum pounded is the best emetic.]

26. Cholera Morbus: i. e. Flux and Vomiting of Bile.

After the bowels are well emptied by large and frequently repeated draughts of the 1st and 2d prescription under this head, instant relief, in an extreme low fainty state, may be obtained by taking from 25 to 30 drops of liquid laudanum in a glass of mint tea. This is a dose for grown persons; if under 15 years of age, it must be proportioned accordingly.

Boil a chicken an hour in two gallons of water, and drink of this till the vomiting ceases:

Or, decoction of rice, or barley, or toasted oaten-bread.

If the pain is very severe, steep the belly with flannels dipt in spirits and water.

The third day after the cure, take ten or fifteen grains of rhubarb.

[Take walnut leaf tea, strong. Or, make one drop of creosote into a pill with crum of bread, and take one each hour.]

27. Chops in Women's Nipples.

Apply balsam of sugar :

Or, apply butter of wax, which speedily heals them.

[Equal parts of glycerine and tannin by weight is the best remedy for sore nipples, or for any other chaps or excoriations.]

28. Chopt Hands (to prevent.)

Wash them with flour of mustard.

Or, in bran and water boiled together.

29. (To Cure.)

Wash them with soft soap, mixed with red sand.

Or, wash them in sugar and water.

30. Chopt Lips.

Apply a little sal prunellæ.

[Or, the ointment under No. 27.]

31. A Cold.

Drink a pint of cold water lying down in bed.

Or, a spoonful of treacle, in half a pint of water.

Or, a spoonful of oatmeal, and one spoonful of honey, add a piece of butter, the bigness of a nutmeg : pour on gradually near a pint of boiling water : drink this lying down in bed.

[Take ten grains of Dover's powder, on going to bed. Keep in bed.]

32. A Cold in the Head.

Pare very thin the yellow rind of an orange. Roll it up inside out, and thrust a roll into each nostril.

33. The Cholic (in the Fit.)

Drink of camomile tea :

Or, take from thirty to forty grains of yellow peel of oranges, dried and powdered in a glass of water.

Or, take from five to six drops of oil of aniseed on a lump of sugar.

Or, apply outwardly a bag of hot oats :

Or, steep the legs in hot water a quarter of an hour.

Or, take as much Daffy's elixir as will presently purge. This relieves the most violent cholic in an hour or two.

Daffy's elixir is made thus :—Sena two ounces, jalap one ounce, coriander seed half an ounce ; Geneva, or proof spirit, three pints ; let them digest seven days ; strain and add loaf sugar four ounces.

34. The Dry Cholic, (to prevent.)

Drink ginger tea.

35. Cholic in Children.

Children subject to daily and severe cholic pains, should take the breast sparingly, and chiefly, be fed on simple chicken broth. Strong mallows-root tea, taken every now and then, is an excellent medicine in this complaint.

Give a scruple of powdered aniseed in their meat :

Or, small doses of magnesia.

Or, a drachm of anisated tincture of rhubarb, every three hours till it operates.

[In infants, olive oil one teaspoonful, with a table spoonful of sugar and water. Dose, half at a time.]

36. Bilious Cholic.

This is generally attended with vomiting a greenish or frothy matter, with feverish heat, violent thirst, a bitter taste in the mouth, and little and high-coloured urine.

Drink warm lemonade :

Or, give a spoonful of castor oil.

[This is a dangerous disease. It may be known by a griping pain about the navel, and by vomiting and thirst. Two great spoonfuls of spirits of turpentine may be given, with two of castor oil, and half a pint of manna water and molasses, as an injection.]

37. An Habitual Cholic.

Take one table-spoonful of castor oil, mixed with a spoonful of lemon-juice or sharp vinegar sweetened, every hour, until it purges. This is a safe, easy and effectual purge, not only in all those complaints where the bowels are the seat of disease, but also in the intermitting and remitting bilious fevers incident to warm climates.

Wear a thin, soft flannel on the part.

38. An Hysteric Cholic.

Is attended with a violent pain about the pit of the stomach, with great sinking of the spirits, and often with greenish vomitings.

Mrs. Watts, by using the cold bath two and twenty times in a month, was entirely cured of an hysteric cholic, fits, and convulsive motions, continual sweatings and vomiting, wandering pains in her limbs and head, with total loss of appetite.

Take 10, 15, or 20 drops of balsam of Peru on fine sugar: if need be, twice or thrice a day:

Or, in extremity, boil three ounces of burdock-seed in water, which give as a clyster:

Or, twenty drops of laudanum, in any proper clyster; which gives instant ease.

In this disorder there often is such a vomiting, that no medicine for the present can be contained on the stomach long enough to be advantageous. A little warm water may be given at first; then cover the sick with an

extraordinary quantity of bed-clothes ; when she becomes warm, the vomiting ceases ; then a grain of opium may be taken, and if the complaints are not relieved thereby in half an hour, it may be repeated. A day or two after, a warm purge should be taken.

39. A Nervous Cholic.

This some term the dry belly-ache. It often continues several days, with little urine, and obstinate costiveness.

A cholic with purging, some term the watery gripes. Use the cold bath daily for three or four weeks :

40. Cholic from the Fumes of Lead, or White Lead, Verdigrease, &c.

In the fit, drink fresh melted butter, and then vomit with warm water :

To prevent or cure. Breakfast daily on fat broth, and use oil of sweet almonds frequently.

Smelters of metals, plumbers, &c. may be in a good measure preserved from the poisonous fumes that surround them, by breathing through cloth or flannel mufflers twice or thrice doubled, dipt in a solution of sea-salt, or salt of tartar, and then dried. These mufflers might also be of great use in many similar cases.

[A table spoonful of powdered alum, mixed with two of molasses, is a good remedy in Painter's cholic. It neutralises the lead.]

41. Windy Cholic.

Parched peas eaten freely, have had the most happy effects, when all other means have failed.

[This is often produced by eating unripe fruit, or too much of that which is ripe, or too hearty a meal of anything. Hot brandy and water, or pennyroyal tea, or hot ginger and water often relieve. Dry hot flannel cloths may be applied to the stomach and abdomen. In infants, half a teaspoonful of castor oil and paregoric relieve it.]

42. To prevent the ill Effects of Cold.

The moment a person gets into a house, with his hands or feet quite chilled, let him put them into a vessel of water, as cold as can be got, and hold them there till they begin to glow. This they will do in a minute or two. This method likewise effectually prevents chilblains.

43. A Consumption.

One in a deep consumption was advised to drink nothing but water, and eat nothing but water-gruel, without salt or sugar. In three months time he was perfectly well.

Take no food but new butter-milk, churned in a bottle, and white bread.—I have known this successful.

Or, use as common drink, spring-water, and new milk, each a quart; and sugar-candy two ounces.

Or, boil two handfuls of sorrel in a pint of whey. Strain it, and drink a glass thrice a day :

Or, turn a pint of skimmed milk, with half a pint of small beer. Boil in this whey about twenty ivy-leaves, and two or three sprigs of hyssop. Drink half over night, the rest in the morning. Do this, if needful, for two months daily.—This has cured in a desperate case.

Or, take a cow-heal from the tripe-house ready dressed, two quarts of new milk, two ounces of hartshorn-shavings, two ounces of isinglass, a quarter of a pound of sugar-candy, and a race of ginger. Put all these in a pot ; and set them in an oven after the bread is drawn. Let it continue there till the oven is near cold ; and let the patient live on this.—I have known this cure a deep consumption more than once.

Or, every morning, cut up a little turf of fresh earth, and lying down, breathe into the hole for a quarter of an hour.—I have known a deep consumption cured thus.

“ Mr. Masters, of Evesham, was so far gone in a consumption, that he could not stand alone. I advised him to lose six ounces of blood every day for a fortnight, if he lived so long ; and then every other day ; then every third day ; then every fifth day, for the same time. In three months he was well.” — Dr Dover. This prescription will not be safe in any case, but where the pulse continues pretty strong, and there are signs of inflammation.

Or, throw frankincense on burning coals, and receive the smoke daily through a proper tube into the lungs.

Or, take in for a quarter of an hour, morning and evening, the steam of white rosin and bees-wax, boiling on a hot fire-shovel. This has cured one who was in the third stage of a consumption.

Or, the steam of sweet spirit of vitriol dropt into warm water.

Or, take morning and evening, a tea-spoonful of white rosin powdered and mixt with honey.—This cured one in less than a month, who was very near death.

Or, drink thrice a day two spoonfuls of juice of water-cresses.—This has cured a deep consumption.

In the last stage, suck an healthy woman daily.

For diet, use milk and apples, or water-gruel made with fine flour. Drink cider-whey, barley-water sharpened with lemon-juice, or apple-water.

So long as the tickling cough continues, chew well and swallow a mouthful or two, of a biscuit or crust of bread, twice a day. If you cannot swallow it, spit it out. This will always shorten the fit, and would often prevent a consumption.

[Much has been written upon this disease since Mr. Wesley published the above, one hundred and ten years ago. I was the first in modern times to revive inhalation for diseased lungs, having more than ten years since, published a pamphlet upon the Inhalation of Vapors and Powders in this disease. Since when, patients have come from every quarter, seeking benefit from this mode of practice. Nor, have they been disappointed. Also, since then, an host of physicians of all classes have gone into inhalation, and filled the Newspapers

and Journals with their advertisements. I have used the vapor of iodine with advantage. The *Powder* of phodophilin and nitrate of silver ; and, also, chloroform and iodine, with much profit.

More patients have recovered from consumptive symptoms by keeping out in the air, than from all other means : and, whatever else may be done, the patient should always breathe pure air.]

44. Convulsions.

Use the cold bath :

Or, take a tea-spoonful of valerian root powdered, in a cup of water, every evening.

Or, half a drachm of misselto powdered every six hours, drinking after it a draught of strong infusion thereof.

[Take internally twenty-five drops of chloroform, in a wineglass full of sugar and water, or mucilage of slippery elm bark. Or, inhale sulphuric acid, or chloroform. Or, take five grains of camphor, dissolved in spirit, every half hour.

The same as above only in small doses.]

45. Convulsions in Children.

Scrape peony-roots fresh digged. Apply what you have scraped off to the soles of the feet. It helps immediately.

46. Convulsions in the Bowels of Children.

Give a child a quarter of a year old, a spoonful of the juice of pellitory of the wall, two or three times a day. It goes through at once, but purges no more. Use the syrup, if the juice cannot be had.

[If from worms, destroy them, as under No. 258. If from *pin worm*, inject lime water into the bowels. I have cured a child brought more than an hundred miles, by this injection.]

47. Corns (to prevent.)

Frequently wash the feet in cold water.

[Wear shoes neither too small, nor too large, and if at any time, one part of the foot seems tender, change them for others. In this manner, I have lived fifty years, and walked much, without a corn.]

48. Corns (to cure.)

Apply fresh, every morning, the yeast of small beer, spread on a rag :

Or, after paring them close, apply bruised ivy-leaves, daily, and in fifteen days, they will drop out.

Some corns are cured by a pitch plaster.

All are greatly eased by steeping the feet in hot water * wherein oatmeal is boiled. This also helps dry and hot feet.

49. Costiveness.

Rise early every morning :

Or, boil in a pint and a half of broth, half a handful of mallow-leaves chopt : strain this and drink it, before you eat any thing else. Do this frequently, if needful.

Or, breakfast twice a week or oftener, on water-gruel with currants.

Or, take the bigness of a large nutmeg of cream of tartar mixt with honey, as often as you need.

Or, take daily two hours before dinner, a small tea-cupful of stewed prunes :

Or, use for common drink, water, or treacle-beer, impregnated with fixed air :

Or, live upon bread, made of wheat-flour, with all the bran in it.

Or, boil an ounce and a half of tamarinds in three pints of water to a quart. In this strained, when cold, infuse all night two drachms of sena, and one drachm of red rose-leaves. Drink a cup every morning when costive.

[Use kneading the bowels, first, gently, as they are able to bear it. This has cured many.]

50. A Cough.

Make a hole through a lemon and fill it with honey. Roast it, and catch the juice. Take a tea-spoonful of this frequently.

Or, take a table spoonful of molasses each night and morning, and drink in common, molasses and water :

Or, take Spanish liquorice two ounces, salt of tartar half an ounce ; boil the liquorice in three pints of water to a quart. Add the salt to it, when it is blood warm. Drink two spoonfuls of this every two hours. It seldom fails. I have known this cure an inveterate moist asthma.

Or, at lying down, keep a little stick liquorice like horse-radish, between the cheek and the gums.—I believe this never fails.

Or, peel and slice a large turnip, spread coarse sugar between the slices, and let it stand in a dish till all the juice drains down. Take a spoonful of this whenever you cough :

Or, take a spoonful of syrup of horehound, morning and evening.

Or, take from fifteen to twenty drops of elixir of vitriol, in a glass of water, thrice a-day. This is useful when the cough is attended with costiveness, and relaxation of the stomach and lungs.

Or, powder an ounce of spermaceti fine. Work it in a marble mortar with the yolk of a new-laid egg. Mix them in a pint of white wine, and take a small glass every three hours.

Or, drink water whitened with oat-meal, four times a-day.

Or, keep a piece of barley-sugar, or sugar candy constantly in the mouth.

[Take a tea spoonful of the following mixture several times a day, wine of squills, and syrup of balsam tolu, equal

parts, with half the quantity of paregoric. I have known a person subject to cough, use this medicine for twenty years. Or, one ounce of liquorice root, half an ounce of gum Arabic, two drachms of nitre, and six grains of tartar emetic, one part of boiling water. Simmer till dissolved. When cold, add one ounce of paregoric. Dose. a tea spoonful, three times a day.]

51. Violent Coughing from a sharp and thin Rheum.

Work into old conserve of roses, as much as you can of pure frankincense, powdered as fine as possible. Take a bolus of this, twice or thrice a-day. It eases presently, and cures in two or three weeks.

Or, take half a grain of the inspissated milky juice of sowthistle, once or twice a day. It has the anodyne and antispasmodic properties of opium, without its narcotic effects. Or, it may be made into laudanum, in the same manner that opium is, and five or six drops taken on a lump of sugar, thrice a-day. The milky juice of all the sowthistles, dandelions, and lettuces, have nearly the same virtues.

Or, use milk-diet as much as possible.

52. The Cramp (to prevent.)

Tie your garter smooth and tight under your knee at going to bed : I never knew this fail.

Or, take half a pint of tar-water, morning and evening:

Or, be electrified through the part that uses to be affected. This generally prevents it for a month : sometimes for a twelvemonth.

Or, to one ounce and a half of spirits of turpentine, add flour of brimstone and sulphur vivum, of each half an ounce ; smell to it at night, three or four times.

[This often attacks young persons, when growing up. Over exertion or stretching the muscles is generally the cause of it. Persons subject to it, should avoid the danger of falling from high places, and of being drowned.]

53. The Cramp (to cure.)

Chafe the part with Hungary-water :

Or, hold a roll of brimstone in your hand. I have frequently done this with success.

[Rub laudanum upon the affected muscles, and take a tea spoonful, or twenty-five drops of spirits of camphor. If it comes on when warm in bed, get out into the cool air. Or, rub the parts with tincture of Cayenne. If it be in the stomach, apply a bladder nearly filled with water, as hot as it can be borne.]

54. A Cut.

Keep it closed with your thumb a quarter of an hour. Then double a rag five or six times ; dip it in cold water, and bind it on.

55. Deafness.

Be electrified through the ear :

Or, use the cold bath :

Or, put a little salt into the ear :

Or, drop into it a tea-spoonful of salt water :

Or, three or four drops of onion-juice, at lying down, and stop it with a little wool.

[Fill the mouth with tobacco smoke, and closing the nostrils, force it through the passage to the ear. This, sometimes, relieves immediately with a crash. If the deafness arises from enlarged tonsils, apply to them caustic potash, strong brine, tincture of iodine, or sugar of lead, a solution of forty grains to an ounce of water. This is much better than cutting them out. Or, if deafness arises from a perforation of the drum of the ear, a piece of cotton, moistened in glycerine, and skillfully applied, relieves it. It must be renewed once a month. I have thus relieved many cases.]

56. Deafness from Wax.

Syringe the ear with warm water.

[I once performed a cure upon a gentleman who had been deaf several years from this cause, by taking out the wax with a spatula, and thoroughly syringing the ear.]

57. Deafness with a dry Ear.

Mix brandy and sweet oil : dip black wool in this and put it into the ear. When it grows dry, wash it well in brandy : dip it and put it in again.

[Apply glycerine upon a pledget of cotton.]

58. Delivery.

After delivery in child birth, the mother's milk is the only proper purge for the child. Let it begin to suck ten or twelve hours after the birth.

59. A Diabetes.

A diabetes is a frequent and large discharge of pale and sweetish urine, attended with a constant thirst, and a wasting of the whole body.

Drink wine boiled with ginger, as much and as often as your strength will bear. Let your drink be milk and water. All milk-meats are good :

Or, drink three or four times a day, a quarter of a pint of alum posset, putting three drachms of alum to four pints of milk. It seldom fails to cure in eight or ten days.

[Fortunately, this disease is rarely found in our country, as it often proves fatal. It is to the kidneys, what diarrhea is to the bowels, anything taken into the stomach, passes off in the urine, or rather, turns to urine. Live on animal food. A pill of one grain of powdered opium taken two or three times a day, greatly prevents the flow of urine. The strength must be kept up by tonics, such as quinine, iron, and sulphuric acid.]

60. The Dropsy.

A dropsy is a preternatural collection of water in the head, breast, belly, or all over the body. It is attended

with a continual thirst. The part swelled pits, if you press it with your fingers. The urine is pale and little.

Use the cold bath daily, after purging :

Or, rub the swelled parts with salad-oil by a warm hand, at least an hour a day. This has done wonders in some cases :

Or, cover the whole belly with a large new sponge dipt in strong lime-water, and then squeezed out. This bound on, often cures, even without any sensible evacuation of water.

Or, apply green dock-leaves to the joints and soles of the feet, changing them once a day.

Or, mix half an ounce of amber with a quart of wine-vinegar. Heat a brick (only not red hot) and put it into a tub. Pour them upon it, and hold the parts swelled over the smoke, covering the tub close to keep in the smoke. The water will come out incredibly, and the patient be cured.

Or, eat a crust of bread every morning fasting.

Or, mix a pound of the coarsest sugar with a pint of juice of pellitory of the wall, bruised in a marble mortar. Boil it as long as any scum rises. When cool, bottle and cork it. If very bad, take three spoonfuls at night, and two in the morning. It seldom fails.

Or, make tea of roots of dwarf elder. It works by urine. Every twelve or fourteen minutes, that is, after every discharge drink a tea-cup full.—I have known a dropsy cured by this in twelve hours time.

One was cured, by taking a drachm of nitre every morning in a little ale.

Tar-water drank twice a day has cured many ; so has an infusion of juniper berries roasted, and made into a liquor, like coffee :

Or, three spoonfuls of the juice of leeks, or elder leaves:

Or, half a pint of decoction of butcher's broom (intermixing purges twice or thrice a week.) The proper purge is ten grains of jalap, with six of powdered ginger. It may be increased or lessened according to the strength of the patient.

Or, of the decoction of the tops of oak-boughs. This cured an inveterate dropsy in fifteen days :

Or, take sena, cream of tartar and jalap, half an ounce of each. Mix them, and take half a drachm every morning in broth. It usually cures in twenty days. This is nearly the same with Dr. Ward's powder. I suppose he took it from hence. He says it seldom fails, either in the watery or windy dropsy.

Or, steep half an ounce of jalap in a quartern of Geneva for twelve hours. Draw it off. Divide it into three parts, and take it every other morning. Then put a large spoonful of syrup of marsh-mallows into half a pint of stale beer, and when it has boiled a little, cool it, and drink it at lying down in bed. Do this three times, This has cured many.

Or, be electrified : This cures dropsies supposed incurable.

How amazingly little is yet known, even of the human

body! Have not dropsical persons been continually advised to abstain from drink as much as possible? But how can we reconcile this with the following undeniable facts, published in the medical transactions?

Jane Roberts, aged twenty, was at last constrained to take to her bed by a confirmed ascites anasarca. In this desperate case, she drank as much as she would, first of small beer; and when that failed, of thin milk. After a while her skin cracked in many places: and she continued drinking and leaking till she was quite well.

A middle-aged man in the west of England, drank every day five or six quarts of cider: and without any other medicine, was totally cured in a few weeks time of a dropsy long supposed to be incurable.

A farmer aged seventy, in a confirmed ascites, was given over for dead. Being desperate, he drank three quarts of cold water, every four and twenty hours. His whole food meantime was sea-biscuit, sometimes with a little butter. For sixteen days he seemed worse. Then he discharged for near a week a vast quantity of water, and was soon free from his disease, which never returned.

[Apply over the bowels gutta percha cloths wet in infusion of fox-glove, or digitalis. This has a powerful diuretic operation.]

61. Drowned.

Rub the trunk of the body all over with hot salt. It frequently recovers them that seem dead, and blow into the lungs.

[We should endeavour to revive the respiration and the circulation. The chief means of doing this are to inflate the lungs, and apply heat and friction. To accomplish the first, a flexible tube should be inserted into the wind-pipe, which is attached to a pair of bellows made double, so as to imitate inspiration and respiration: or, the work may be done by pressure and relaxation upon the chest. The heat and friction all know how to apply.]

62. The Ear-Ache, without Inflammation.

Rub the ear hard a quarter of an hour.

Or, be electrified :

Or, put in a roasted fig, or onion, as hot as may be.

Or, blow the smoke of tobacco strongly into it.

But if the ear-ache is caused by an inflammation of the uvula, it is cured in two or three hours, by receiving into the mouth the steam of bruised hemp-seed, boiled in water.

[Take of the extracts of opium, of belladonna, and stramonium. *each one part*, of distilled cherry laurel water, *twelve parts*, dissolve and filter. Drop into the ear from four to ten drops, keeping the head inclined, to prevent its running out, and put a little cotton into the ear. This relieves any common ear-ache, or neuralgia of the face and head.]

63. Ear-Ache from Cold.

Boil rue, or rosemary, or garlic and let the steam go into the ear through a funnel.

64. Ear-Ache from Heat.

Apply cloths four times doubled, and dipt in cold water, changing them when warm, for half an hour.

65. Hard-Wax in the Ear.

Is best dissolved by warm water.

66. Eyes bleared.

Drop into them the juice of crab-apples.

67. A Blood-shot Eye.

Apply linen rags dipt in cold water two or three hours :
Or, blow in white sugar-candy, finely powdered :
Or, apply boiled hyssop as a poultice. This has a wonderful efficacy.

68. A Bruise in the Eye.

Apply as a plaster, conserve of roses.

[Apply the eye water under No. 18.]

69. Clouds flying before the Eye.

Take a drachm of powdered betony every morning.
Or, be electrified.

70. Blindness.

Is often cured by cold bathing :

Or, by electrifying : This has cured even a gutta serena of twenty-four years standing.

71. Dull Sight.

Drop in two or three drops of juice of rotten apples often.

72. Films.

Mix juice of ground-ivy, with a little honey, and two or three grains of bay-salt.—Drop it in, morning and evening.

73. Hot or sharp Humours.

Apply a few drops of double-refined sugar, melted in brandy :

Or, boil a handful of bramble-leaves, with a little alum, in a quart of spring-water, to a pint. Drop this frequently into the eye. This likewise cures cankers or any sores.

Or, lay a thin slice of raw beef on the nape of the neck.

74. Eyes or Eye-lids inflamed.

Apply as a poultice, boiled, roasted, or rotten apples warm.

Or, wormwood-tops with the yolk of an egg: This will hardly fail.

Or, beat up the white of an egg with two spoonfuls of white rose-water, into a white froth. Apply this on a fine rag, changing it so that it may not grow dry, till the eye or eye-lid is well :

Or, dissolve an ounce of fine gum Arabic in two or three spoonfuls of spring water ; put a drop into the inner corner of the eye, from the point of a hair-pencil, four or five times a day. At the same time, take as much salt petre ss will lie upon a six-pence, dissolved in a glass of water, three or four times a day. abstaining from all strong liquids as much as possible, till cured.—White bread poultices, applied to the eyes in an inflamed state, frequently occasion total blindness.

After the inflammation is subsided, if weakness still remains, dip a finger in the white copperas eye-water, and rub round the eye, three or four times a-day.—N. B. All acrid eye-waters, and powders, put into the eyes, when they are inflamed, horribly increase both the pain and inflammation.

[Smear the lids with an ointment made of 40 grains of impure oxide of zinc, and half an ounce of the cetaceous ointment of the shops. Or, apply a solution of lunar caustic, four grains to an ounce of water, to the lids, with a camel hair pencil.]

75. A Lachrymal Fistula.

Apply a poultice of fine leaves of rue :

Or, wash the eye morning and evening with a decoction of quince-leaves.

This disorder in the inner corner of the eye, causes the tears to flow involuntarily. When it is confirmed, only a surgeon can cure it.

76. Pearl in the Eye.

Apply a drop of juice of celandine with a feather thrice a-day :

Or, dissolve a little sal ammoniac in rose-water, Keep this three days in a copper vessel. Drop it twice a day into the eye.

Or, reduce separately, to the finest powder possible, an equal weight of loaf-sugar, cream of tartar, and bole ammoniac ; mix them together, and put a little into the eye, (without blowing it in) three or four times a day.

77. Sore Eyes.

Drink eye-bright tea, and wash the eyes with it.

78. An excellent Eye-Water.

Put half an ounce of lapis calaminaris powdered, into half a pint of French white wine, and as much white rose-water: drop a drop or two into the corner of the eye. It cures soreness, weakness, and most diseases of the eye. I have known it cure total blindness.

79. Another.

Boil very lightly one tea-spoonful of white copperas scraped, and three spoonfuls of white salt in three pints of spring-water. When cold, bottle it in large vials without straining. Take up the vial softly, and put a drop or two in the eye morning and evening.

It answers the intention of almost all the preceding medicines : it takes away redness, or any soreness whatever : it cures pearls, rheums, and often blindness itself.

80. Another.

Steep and strain ground-ivy, celandine, and daisies, an equal quantity : add a little rose-water and loaf-sugar. Drop a drop or two at a time in the eye, and it takes away all manner of inflammation, smarting, itching, spots, webs, or any other disorder whatsoever, yea, though the sight were almost gone.

81. An Eye-water, which was used by Sir Stephen Fox, when he was sixty years of age, and could hardly see with the help of spectacles ; but hereby, in some time he recovered his sight, and could read the smallest print without spectacles, till above eighty.

Take six ounces of rectified spirits of wine, dissolve in it one drachm of camphire, then add two small handfuls of dried elder flowers. In twenty-four hours after it is infused, it is ready for use. Take out a little

in a tea-spoon : dip your finger in it, and bathe your forehead, over your eyes, and each temple with it several times, morning and night, and twice more in the day constantly. Meantime dip a soft rag in dead small beer, new milk warm, and daub each eye a dozen times gently, morning and evening.

If it is a watery humour, you may with your finger wet the eye-lids two or three times a-piece : but be sure to shut your eyes, or it makes them smart and burn excessively. If you have the tooth-ache or swelled face, rub it well in on the part, and it will take away the pain. It will cure any bruise also, if used immediately

It will cure any inflammation in the eyes.

82. Weak Eyes.

Wash the head daily with cold water.

Or, take of white vitriol half a drachm, rose-water six ounces to dissolve it, and filter the water ; to touch the eye often.—The temples and around the eye, may be touched with camphorated spirits.

N. B. If the eyes are inflamed, the patient should be blooded or purged ; and if necessary, blisters behind the ears, or a seton to the back of the neck.

83. Fainting on letting Blood.

Is prevented by taking before it some good broth :

Or, by lying on the bed, during the operation.

[Always lay a person who is faint on the back.]

84. The Falling Sickness.

In the Falling Sickness, the patient falls to the ground, either quite stiff, or convulsed all over, utterly senseless, gnashing his teeth, and foaming at the mouth.

Be electrified.

Or, use the cold bath for a month daily :

Or, take a tea spoonful of peiony-root dried and grated fine, morning and evening, for three months :

Or, half a spoonful of valerian root powdered.—It often cures in twice taking :

Or, half a pint of tar-water, morning and evening, for three months :

Or, a glass of juice of pellitory of the wall, every morning :

Or, take five or six drops of laudanum fasting, for six or seven mornings. This has cured many :

Or, use an entire milk-diet for three months : It seldom fails.

Or, leaves of affarabacca powdered.—This is the famous Major's snuff.

One who is subject to the falling sickness, may prevent a fit if he feels it coming, by this simple experiment. Let him always carry with him a piece of metal as broad as he is able to hold between his teeth, when his jaws are stretched to the utmost. When he feels the fit approaching, let him immediately put this between his teeth, so as to keep his jaws at their utmost stretch. In about a minute this will bring him quite to himself, and prevent the fit for that time.

If one put this metal between the teeth of one that is in the fit, and force them open, till his jaws are at the utmost stretch, the fit will immediately go off, and the patient very soon recover.

[This disease is now usually called *Epilepsy*.

The most successful method of treating it is by the administration of *foxglove*; but it should always be given under the watchful eye of a skilful physician. I have known many cases cured by it. The *stramonium*, or thorn apple, often cures it. But, as both these plants are of a poisonous character, they should never be taken without the advice of a physician.]

85. The falling of the Fundament.

Boil a handful of red rose-leaves in a quarter of a pint of red wine: dip a cloth in it, and apply it as hot as can be borne. Do this till all is used.

Oil or grease the ends of the fingers well, and reduce it immediately by a gentle continued pressure on the part. This can always easily be done as soon as the accident happens.

86. A falling down of the Womb.

May be cured in the manner last mentioned:

Or, wear a pessory of cork, and take twice a day a tea-cupful of the decoction of the bark, with ten drops of elixir of vitriol.

87. Extreme Fat.

Use a total vegetable diet. I know one who was entirely cured of this, by living a year thus : She breakfasted and supped on milk and water with bread, and dined on turnips, carrots, or other roots, drinking water.

88. A Fever.

In the beginning of any fever, if the stomach, is uneasy, vomit ; if the bowels, purge ; if the pulse be hard, full or strong, bleed.

Drink a pint and a half of cold water lying down in bed : I never knew it do hurt.

Or, thin water-gruel sweetened with honey, with one or two drachms of nitre in each quart.

The best of all julips in a fever is this : Toast a large thin slice of bread, without burning ; put it hot into a pint of cold water : then set it on the fire till it is pretty hot. In a dry heat it may be given cold, in a moist heat, warm ; the more largely the better.

Or, for a change, use pippin or wood-sorrel tea : or pippin posset-drink : or wood-sorrel posset-drink.

To prevent catching any infectious fever, do not breathe near the face of the sick person, neither swallow your spittle while in the room. Infection seizes the stomach first.

Or, use Dr. Boerhaave's fever-powder, viz. Eight ounces of nitre, a quarter of an ounce of camphire, half a quarter of an ounce of saffron, and eight grains of cochineal. These are to be powdered, mixt together, and kept dry in a bottle. Ten grains taken on going to bed abates feverish heat, and procures rest. Ten grains are to be taken every three or four hours for a continued fever.

[Dissolve half an ounce of Chlorate of Soda in a pint of water, and drink a wine-glassful every half hour, lying in bed. This causes free perspiration, and destroys the fever.]

89. A High Fever.

Attended with a delirium and vigilia, has been cured by plunging into cold water ; which is a safe and sure remedy in the beginning of any fever.

Such a delirium is often cured by applying to the top of the head, a treacle plaster.

90. A Fever with Pains in the Limbs.

Take twenty drops of spirits of hartshorn in a cup of water twice or thrice in twenty-four hours :

Or, drink largely of cinquefoil tea.

91. Rash Fever.

Drink every hour a spoonful of juice of ground-ivy. It often cures in twenty-four hours.—Use the decoction, when you have not the juice.

92. A Slow Fever.

Use the cold bath for two or three weeks daily.

In putrid or nervous fevers, though they do not intermit, yet after proper evacuations, the bark may be advantageously given, thus : Take of the powder of the bark two ounces, orange peel an ounce and a half, Virginia snake-root three drachms, English saffron four scruples, cochineal two scruples ; infuse them in twenty ounces of best distilled spirits ; and the sick may take from a drachm to half an ounce, occasionally, in his lucid intervals.

93. A Worm-Fever.

Boil a handful of rue and wormwood in water ; foment the belly with the decoction, and apply the boiled herbs as a poultice ; repeat the application night and morning. This frequently brings away worms from children, who will take no internal medicine ; and is likewise serviceable, if the fever be of the putrid kind.

94. A Fistula.

Wash muscle shells clean ; burn them to powder ; sift them fine ; mix them with hog's lard ; spread it on clean washed leather, and apply it. This cured one that was thought to be at the point of death.

N. B. This cures the piles.

Or, have a vessel so contrived, that you may sit with

the part in cold water, a quarter of an hour every morning. I have known a gentleman of seventy years cured hereby.

Or, put a large stone of unslacked lime into four quarts of water, let it stand one night ; take four ounces of rochalum, and four ounces of white copperas, calcine them to dryness, then powder them as fine as possible : take three pints of the above water, and put the powder into it, and boil it for half an hour, then let it cool, and bottle it for use. Let the fistula be syringed with this often, a little warm ; and make a tent to fit the place, and dip it in the water, and apply it twice a day. Cover it over with a plaster of diaculum. This water will destroy the callosity of the edges of the fistula, which otherwise would prevent its healing, and if managed as above, will heal it up, at the same time ; but an operation is the only certain means.

95. To destroy Fleas and Bugs.

Cover the floor of the room with leaves of alder, gathered while the dew hangs upon them : adhering to these, they are killed thereby.

Or, powder stavesacre, and sprinkle it on the body, or on the bed.

96. Flegm.

To prevent or cure, take a spoonful of warm water, the first thing in the morning.

97. Flooding (in Lying-in.)

Cover the body with cloths dipt in vinegar and water, changing them as they grow warm. Drink cooling, acid liquors.

This is a complaint which is never to be thought little of. Sometimes a violent flooding comes on before delivery ; and the only way to save both the mother and child, is to deliver the woman immediately : which being done, the flooding will generally cease. Sometimes, a slight flooding comes on some weeks before labour ; and here, if the patient be kept cool, her diet light, and small doses of nitre often repeated, (an ounce divided into thirty parts, and one given every four hours,) she will frequently go her full time and do well : but if it should become excessive, delivery should be effected as soon as may be.

If a flooding should come on after delivery, the patient should be laid with her head low, kept cool, and be in all respects treated as for an excessive flux of the menses. Linen cloths which have been wrung out of vinegar and water, should be applied to the belly, the loins, and the thighs. These must be changed as they grow dry ; and may be discontinued as soon as the flooding abates. Sometimes the following mixture will do great things, viz. syrup of poppies, two ounces ; acid elixir of vitriol one drachm. Mix, and take two table-spoonfuls every hour. But large doses of nitre given often (a scruple every hour,) is generally the most efficacious. But when all other things seem to have no effect, cold water dashed upon the patient's belly will stop the flooding immediately.

[Give a pill made of sugar of lead one grain, and half a grain of powdered opium, every half hour. This rarely fails to stop the hemorrhage.]

98. A Flux.

Receive the smoke of turpentine cast on burning coals. This cures also the bloody flux, and the falling of the fundament.

Or, put a large brown toast into three quarts of water, with a drachm of cochineal powdered, and a drachm of salt of wormwood. Drink it all in as short a time as you conveniently can.

This rarely fails to cure all fluxes, cholera morbus, yea, and inflammations of the bowels.

Or, take a spoonful of plantain-seed bruised, morning and evening, till it stops:

Or, ten grains of ipecacuanha, three mornings successively. It is likewise excellent as a sudorific.

Or, boil four ounces of rasped logwood, or fresh logwood chips, in three quarts of water to two; strain it and drink a quarter of a pint, sweetened with loaf sugar, warm, twice a day. It both binds and heals: Or, take a small tea-cupful of it every hour: this is to be used in the end of the complaint.

Or, boil the fat of a breast of mutton in a quart of water for an hour. Drink the broth as soon as you can conveniently. This will cure the most inveterate flux:

99. A Bloody Flux,

Is attended with a fever, griping, or great pain in the intestines.—As this fever is nature's effort to discharge some offensive matter by stool, therefore, often it will be necessary to assist her by bleeding and purging, or laxative medicines; or else it will be unsafe to stop the flux, but when the former medicines have been used with mutton broth; the drink may be water boiled with one fourth milk, and drank cold. In old dysenteries, fruit and milk may be a proper diet :

Or, take a large apple, and at the top pick out all the core, and fill up the place with a piece of honey-comb, (the honey being strained out,) roast the apple in embers, and eat it, and this will stop the flux immediately :

Or, grated rhubarb, as much as lies on a shilling, with half as much of grated nutmeg, in a glass of white wine, at lying down, every other night :

Or, take four drops of laudanum, and apply to the belly a poultice of wormwood and red roses boiled in milk.

In a dysentery, the worst of all fluxes, feed on rice, saloup, sago, and sometimes beef-tea; but no flesh.

To stop it, take a spoonful of suet melted over a slow fire. Do not let blood.

A person was cured in one day, by feeding on rice-milk, and sitting a quarter of an hour in a shallow tub, having in it warm water three inches deep.

[This is commonly called *Dysentery*. In the commencement of this disease, a pill every hour made of half a grain of powdered opium and a grain of ipecac, is a good remedy.]

100. To prevent (or stop a beginning) Gangrene.

Foment continually with vinegar, in which dross of iron (either sparks or clinkers) has been boiled.

[Apply a yeast poultice, or one made of carrots. If internal, take a table-spoonful of yeast, often.]

101. The Gout in the Stomach.

“Dissolve two drachms of Venice treacle in a glass of mountain wine. After drinking it, go to bed. You will be easier in two hours, and well in sixteen.”

Or, boil a pugil of tansey in a quarter of a pint of mountain. Drink it in bed. I believe this never fails. A Pugil is as much as you can take up between your thumb and two fore-fingers.

To prevent its return, dissolve half an ounce of gum guaiacum in two ounces of sal volatile. Take a teaspoonful of this every morning in a glass of spring water.

This helps any sharp pain in the stomach.—Dr. Boerhaave.

N. B. I knew a gentleman who was cured many times, by a large draught of cold water.

102. The Gout in the Foot or Hand.

Apply a raw, lean beef-stake. Change it once in twelve hours, till cured.

103. The Gout in any Limb.

Regard them not who say, the gout ought not to be cured. They mean, it cannot. I know it cannot by their regular prescriptions. But I have known it cured in many cases, without any ill effects following. I have cured myself several times.

Rub the part with warm treacle, and then bind on a flannel smeared therewith. Repeat this, if need be, once in twelve hours.

This has cured an inveterate gout in thirty-six hours.

Or, drink a pint of strong infusion of elder-buds, dry or green, morning and evening. This has cured inveterate gouts.

Or, at six in the evening, undress, and wrap yourself up in blankets. Then put your legs up to the knees in water, as hot as you can bear it. As it cools, let hot water be poured in, so as to keep you in a strong sweat till ten. Then go into a bed well warmed, and sweat till morning.—I have known this cure an inveterate gout, in a person above sixty, who lived eleven years after. The very matter of the gout is frequently destroyed by a steady use of Mynsicht's elixir of vitriol

Or, take gum guaiacum four ounces, salt petre two ounces, dissolve them fourteen days in two pounds of Jamaica spirits; take two spoonfuls morning and evening. But the grand medicine will be temperance and exercise.

104. The Gravel.

Eat largely of spinach :

Or, drink largely of warm water sweetened with honey:

Or, of pellitory of the wall tea, so sweetened :

Or, infuse an ounce of wild parsley seeds in a pint of white wine for twelve days. Drink a glass of it fasting, three months. To prevent its return, breakfast for three months on agrimony tea. It entirely cured me twenty years ago, nor have I had the least symptom of it since.

[The following is the best remedy I have found for this painful disease :—Take castile soap four ounces, spermaceti eight ounces, turpentine six drachms, oil aniseed three drachms, balsam copaiva half an ounce, tumeric two drachms; make all into a thick paste with honey. Take a piece as large as two peas, three or four times a day. Or, bicarbonate of soda one drachm, infusion quassia four ounces, tincture of columbæ one ounce. Dose, a table-spoonful four times a day.]

105. The Green Sickness.

Is known by a depraved appetite, shortness of breath, pallid countenance, soft swelling of the body, palpitation of the heart and retention of the menses.

Take a cup of decoction of lignum guaiacum, (commonly called lignum vitæ) morning and evening :

Or, grind together into a fine powder three ounces of the finest steel-filings, and two ounces of red sugar-candy. Take from a scruple to a half a drachm every morning.

[Take citrate of iron two drachms, quinine half an ounce, water one ounce ; take from twenty to thirty drops, in syrup and water, half an hour before each meal. Or, take scammony prepared with sulphur one drachm, gum ammoniac two drachms, salts of steel half a drachm, oil of cloves three drops, orange peel syrup enough to make one hundred pills. Take four or five each morning. They are excellent, also, in hypochondria.]

106. To kill Animalcula that cause the Gums to waste away from the Teeth.

Gargle thrice a day with salt and water.

[Wash them with strong soap and water, into which a little spirit of camphor may be put. This destroys all vermin that infest the teeth or gums.]

107. To make the Hair grow.

Wash it every night with a strong decoction of rosemary. Dry it with flannel.

[Make a lotion of the following, and wet the roots of the hair with it often : — half an ounce of vinegar of Spanish flies, two ounces of cologne, and one ounce of rose water.]

108. The Head-Ache.

Rub the head for a quarter of an hour :
Or, be electrified :

Or, apply to each temple the thin yellow rind of a lemon, newly pared off :

Or, pour upon the palm of the hand a little brandy and some zest of lemon, and hold it to the forehead :

Or, a little æther :

Zest is the juice of the peel squeezed out.

Or, if you have catched cold, boil a handful of rosemary in a quart of water. Put this in a mug, and hold your head (covered with a napkin) over the steam, as hot as you can bear. Repeat this till the pain ceases :

Or, snuff up the nose camphorated spirits of lavender :

Or, a little juice of horse-radish.

[Take a table-spoonful often of the following mixture :—
calcined magnesia one drachm, diluted water of ammonia one drachm, oil of cinnamon four drops, and water one gill.]

109. A Chronical Head-Ache.

Keep your feet in warm water, a quarter of an hour before you go to bed, for two or three weeks :

Or, wear tender hemlock leaves under the feet, changing them daily :

Or, order a tea-kettle of cold water to be poured on your head, every morning, in a slender stream :

Or, take a large tea-cupful of carduus tea, without sugar, fasting, for six or seven mornings.

[Take three times a day a pinch of snuff made of two grains of Turpeth mineral, and ten grains of powdered liquorice root.]

110. Head-Ache from Heat.

Apply to the forehead cloths dipt in cold water, for an hour :

111. A nervous Head-Ache.

Dry and powder an ounce of marjoram and half an ounce of assarabacca : mix them and take them as snuff, keeping the ears and throat warm. This is of great use even in a cancer : but it will suffice to take a small pinch every other night, lying down in bed.

[Take five grains of quinine before the headache comes on.]

112. A violent Head-Ache.

Take of white wine vinegar and water, each three spoonfuls ; with half a spoonful of Hungary-water. Apply this twice a day to the eye-lids and temples.

113. A Hemicrania.

This is a head-ache which affects but one side of the head. Use cold bathing.

Or, apply to that part of the head shaved, a blister.

114. Stoppage in the Head.

Snuff up juice of primrose, keeping the head warm.

115. The Heart-Burning.

A sharp gnawing pain in the orifice of the stomach.

~~Take~~ a pint of cold water :

~~Or~~, drink slowly decoction of camomile flowers :

Or, chew five or six pepper-corns a little : then swallow them :

Or, chew fennel or parsley, and swallow your spittle.
Sometimes a vomit is needful.

Or, a piece of Spanish liquorice.

116. The Hiccups (to prevent.)

Infuse a scruple of musk in a quart of mountain wine,
and take a small glass every morning.

117. (To Cure.)

Swallow a mouthful of water, stopping the mouth and ears.

Or, take any thing that makes you sneeze :

Or, two or three preserved damsons :

Or, three drops of oil of cinnamon, on a lump of sugar:

Or, ten drops of chymical oil of amber dropt on sugar,
and then mixed with a little water.

118. Hoarseness.

Rub the soles of the feet before the fire, with garlic
and lard well beaten together, over night. The hoarseness
will be gone the next morning.

Or, take a pint of cold water, lying down :

Or, swallow, slowly, the juice of radishes :

Or, half a pint of mustard-whey, lying down :

Or, a tea-spoonful of conserve of roses, every night :

Or, dry nettle-roots in an oven. Then powder them finely, and mix with an equal quantity of treacle. Take a tea-spoonful of this twice a day :

Or, boil a large handful of wheat-bran in a quart of water ; strain, and sweeten it with honey. Sip of it frequently.

[Take a few drops of spirits of camphor on sugar. Or take a teaspoonful of sweet spirits of nitre in a glass of water.]

119. Hypochondriac and Hysterical Disorders.

Exercise, and a little good wine. Five grains of asafetida, twice a day.

Or, Cold bathing. In the absence of an attack.

120. The Jaundice.

Wear leaves of celandine upon, and under the feet : Or, take a small pill of Castile soap every morning, for eight or ten days :

Or, beat the white of an egg thin : take it morning and evening in a glass of water :

Or, half a pint of strong decoction of nettles : Or, of burdock-leaves.

Or, boil three ounces of burdock-root, in two quarts of water to three pints. Drink a tea-cupful of this every morning.

[Take two grains of podophilline and two grains of leptandrine, three times a day. It is much better to jog the liver than calomel.]

121. Jaundice in Children.

Take half an ounce of fine rheubarb, powdered. Mix with it thoroughly, by beating, two handfuls of good well cleansed currants. Of this give a tea-spoonful every morning.

[Give the above under the 120, in less doses. Or, castor oil only.]

122. The Iliac Passion.

In this violent kind of cholic the excrements are supposed to be thrown up by the mouth in vomiting.

Apply warm flannels soaked in spirits of wine :

Or, hold a live puppy constantly on the belly.—Dr. Sydenham.

Or, immerge up to the breast in a warm bath :

Or, take, ounce by ounce, a pound and a half of quicksilver.

Inflammations in general are more certainly abated by smart purging than by bleeding.

Besides the use of the first, second, and third perscriptions under this head, take castor oil, as directed in the note to Bilious Cholic.

[Give half a grain of morphine in two table-spoonfuls of castor oil.]

123. An Imposthume.

Put the white of two leeks in a wet cloth, and so roast them in ashes, but not too much. Stamp them in a mortar with a little hog's grease. Spread it thick, plaster-wise, and apply, changing it every hour, till all the matter be come out.

124. The Itch.

This distemper is nothing but a kind of small lice.

Wash the parts affected with strong rum :

Or, anoint them with black soap.

Or, steep a shirt half an hour in a quart of water, mixed with half an ounce of powdered brimstone. Dry it slowly, and wear it five or six days. Sometimes it needs repeating.

Or, beat together the juice of two or three lemons, with the same quantity of oil of roses. Anoint the parts affected. It cures in two or three times using.

[Mr. Wesley came nearer to a correct idea of this disease, than perhaps any of the physicians of his day ; and yet he did not describe it exactly. It is not *lice*, though it is an *insect* somewhat resembling a louse. It is cured by boiling one part of quick lime with two parts of sub-limed sulphur, and ten parts of water, until the two parts are perfectly united. Wash the body with warm water, then rub the liquid into the skin for half an hour, and the cure will be completed.]

125. The King's Evil.

It commonly appears first, by the thickness of the lips, or a stubborn humour in the eyes, then come hard swellings, in the neck chiefly; then running sores.

Take as much cream of tartar as lies on a sixpence, every morning and evening :

Or, drink for six weeks half a pint of a strong decoction of devil's bit.

Or, use the diet drink, as in the article Scorbatic Sores. I have known this cure one whose breast was as full of holes as an honey-comb.

Or, set a quart of honey by the fire to melt. When it is cold, strew into it a pound and a half of quick-lime beat very fine, and sifted through a hair-sieve. Stir this about till it boil up of itself into a hard lump. Beat it when cold, very fine, and sift it as before. Take of this as much as lies on a shilling, in a glass of water, every morning fasting, an hour before breakfast, at four in the afternoon, and at going to bed :

Or, make a leaf of dried burdock into a pint of tea. Take half a pint twice a day, for four months. I have known this cure hundreds.

The best purge for the king's-evil is tincture of jalap, which is made thus :—Jalap in powder, three ounces; Geneva, or proof spirits, one pint. Let them infuse seven days. A tea-spoonful or two is sufficient for a child ten years old, in a morning fasting; and repeated once a week, so as to keep the stomach and bowels clean, will frequently cure the king's evil. But all violent purges, or when repeated too often, are pernicious.

[Iodide of potash is a good remedy in this disease, taken in five grain doses, dissolved in sarsaparilla or other syrup, or in cinnamon water. Or, take subcarbonate of soda half an ounce, to a pint of water. Dose, a wine-glassful, three times a day.]

126. Lameness, from a fixed Contraction of the parts.

Anoint the part well with sweet oil, and rub it in with the hand, continuing the friction for half an hour, or an hour, every night and morning, until well.

Or, bind the caul of a newly killed animal close on the part ; to be repeated if necessary.

Beat the yolk of a new-laid egg very thin, and by a spoonful at a time, add and beat up with it three ounces of water. Rub this gently into the parts for a few minutes, three or four times a day.

127. Legs Inflamed.

Apply fuller's earth spread on brown paper. It seldom fails :

Or, bruised turnips.

128. Legs sore and running.

Wash them in brandy, and apply alder leaves, changing them twice a day. This will dry up all the sores, though the legs were like an honey-comb.

Or, poultice them with rotten apples. But take also three or four purges.

[Apply a plaster of prepared chalk one ounce, lard half an ounce, olive oil half an ounce. Keep it on till the running stops.]

129. Leprosy.

In this disease, the skin in many parts is covered with rough, whitish, scales, pustules; and if these are rubbed off, with a kind of scaly scurf.

Use the cold bath :

Or, wash in the sea, often and long :

Or, mix well an ounce of pomatum, a drachm of powdered brimstone, and half an ounce of sal prunellæ; and anoint the part so long as there is need :

Or, add a pint of juice of house-leek, and half a pint of verjuice, to a pint and a half of posset-drink. Drink this in twenty-four hours:—It often cures the quinsy, and white swellings on the joints :

Or, drink half a pint of cellery-whey, morning and evening. This has cured in a most desperate case :

Or, drink for a month, a decoction of burdock-leaves, morning and evening.

130. Lethargy.

A lethargy is a constant inclination to doze, or be asleep, with little or no fever.

Snuff strong vinegar up the nose :

Or, take half a pint of decoction of water-cresses, morning and evening.

131. Lice (to kill.)

Sprinkle Spanish snuff over the head.

Or, wash it with a decoction of amaranth.

132. For one seemingly killed with
Lightning, a Damp, or suffocated.

Plunge him immediately into cold water :

Or, blow strongly with bellows down his throat. This may recover a person seemingly drowned. It is still better, if a strong man blows into his mouth.

133. Lues Venerea.

Take an ounce of quicksilver every morning, and a spoonful of aqua sulphurata in a glass of water, at five in the afternoon. I have known a person cured by this, when supposed to be at the point of death, who had been infected by a foul nurse, before she was a year old.

I insert this for the sake of such innocent sufferers.

[If recent, three pills a day, made each of one grain of calomel, and one third of a grain of opium. Take them four or five days, with ten grains of the Dover powder at night. Then purge off well with powdered senna and jalap, in a tea-spoonful dose, with five grains of powdered cloves in it. If old, or in the blood, take three grains of *stillingin* and three of podophillin, night and morning. Or, five grains of iodide of potassa three times a day, in syrup, or in cinnamon water. If it be the *gonorrhea*, or running, without sores, use the *paste*, as directed under No. 104.]

134. Lunacy.

Give decoction of agrimony four times a day :

Or, rub the head several times a day with vinegar in which ground ivy leaves have been infused :

Or, take daily an ounce of distilled vinegar :

Or, boil the juice of ground-ivy with sweet oil and white wine into an ointment. Shave the head, anoint it therewith, and chafe it in warm water every other day for three weeks. Bruise also the leaves, and bind them on the head, and give three spoonfuls of the juice warm every morning. This generally cures melancholy.

The juice alone, taken twice a day, will cure.

Or, electrify :

135. Raging Madness.

It is a sure rule, that all mad men are cowards, and may be conquered by binding only, without beating. (Dr. Mead.) He also observes, that blistering the head does more harm than good. Keep the head close shaved, and frequently wash it with vinegar.

Apply to the head, cloths dipt in cold water :

Or, set the patient with his head under a great water-fall, as long as his strength will bear : Or, pour water on his head out of a tea-kettle :

Or, let him eat nothing but apples for a month :

Or, nothing but bread and milk.

136. The Bite of a Mad Dog.

Plunge into cold water daily for twenty days, and keep as long under it as possible.—This has cured, even after the hydrophobia was begun.

If this be really a nervous disorder, what wonder if it should be cured by cold bathing?

Or, mix ashes of trefoil with hog's lard, and anoint the part as soon as possible. Repeat it twice or thrice, at six hours' distance. This has cured many : and particularly a dog bit on the nose by a mad dog.

Or, mix a pound of salt, with a quart of water. Squeeze, bathe, and wash the wound with this for an hour. Then bind some salt upon it for twelve hours.

N. B. The author of this receipt was bit six times by mad dogs, and always cured himself by this means.

Or, mix powdered liver-wort, four drachms : black pepper, two drachms : Divide this into four parts, and take one in warm milk for four mornings fasting. Dr. Mead affirms he never knew this fail : But it has sometimes failed.

Or, take two or three spoonfuls of the juice of ribwort, morning and evening, as soon as possible after the bite. Repeat this for two or three changes of the moon : It has not been known to fail.

To prevent the disorder in those who have been bitten ; Cauterize the wound, and dress it twice a day with digestive, and once a day with mercurial ointment. Tyssot. Wash the wound well, and dress it every day with salt. Keep the wound open 40 days.

137. The Measles.

This distemper is always preceded by a violent cough, often fourteen days before the red spots come out.

Immediately consult an honest physician :

Drink only thin water-gruel, or milk and water, the more the better ; or toast and water.

If the cough be very troublesome, take frequently a spoonful of barley-water sweetened with oil of new almonds newly drawn, mixed with syrup of maiden-hair.

After the measles, take three or four purges, and for some weeks take care of catching cold, use light diet, and drink barley-water, instead of malt-drink.

138. Menses Obstructed.

Be electrified :

Or, take half a pint of strong decoction of pennyroyal, every night at going to bed :

Or, boil five large heads of hemp, in a pint of water, to half. Strain it, and drink it at going to bed, two or three nights. It seldom fails :

Or, take from three to four grains of calomel, in a pill, for two or three nights, taking care not to catch cold. It purges :

Let any of these medicines be used at the regular times as near as can be judged.

[Drink a tea made of *water pepper*. This has been very successful. Or, take three or four grains of *macrotine*.

This is a concentrated medicine, prepared from the black Cohosh or Squaw root, as the quinine is from the bark. Or, use dry cupping over the lower part of the back. Or, take the dried sulphate of iron one drachm, with one drachm of powdered aloes, made into four grain pills with tincture of myrrh and aloes, one pill three times a day.

139. Menses Profuse.

Drink nothing but cold water, with a spoonful of fine flour stirred in it. At that time drink a glass of the coldest water you can get, and apply a thick cloth dipt in cold water :

Or, put the feet in cold water :

Or, apply a sponge dipt in red wine and vinegar:

Or, bleed in the arm. Stop the orifice often with the finger, and then let it bleed again :

Or, boil four or five leaves of the red holy-oak in a pint of milk, with a small quantity of sugar. Drink this in the morning; if the person can afford it, she may add a tea-spoonful of balm of Gilead. This does not often fail:

Or, reduce to a fine powder half an ounce of alum, with a quarter of an ounce of dragon's blood. In a violent case, take a quarter of a drachm every half hour. It scarce ever fails to stop the flux, before half an ounce is taken. This also cures the whites.

If the strength will admit, take a little blood from the arm; the body should be kept loose. Let her take a tea-cupful of alum whey every three or four hours, made thus: Put two drachms of powdered alum into a pint of

milk, boil it till the curd is well separated, then strain off the whey and bottle it. The like medicine in floodings, and in the whites, has been found often useful.

[Take the pills made of lead and opium, as named under No. 97.]

140. To resolve coagulated Milk.

Cover the woman with a table-cloth, and hold a pan of hot water, just under her breast ; then stroke it three or four minutes. Do this twice a day, till it is cured.

141. To increase Milk.

Drink a pint of water going to bed :

Or, drink largely of pottage made with lentils.

142 To make Milk agree with the Stomach.

If it lie heavy, put a little salt in it ; if it curdle, sugar.
For bilious persons mix it with water.

143. A Mortification (to stop.)

Apply a poultice of flour, honey, and water, with a little yeast.

A gangrene is when any part of the body, from the violence of the inflammation is not actually dead, but is in a state of dying.—Galen.

The inflammation should be abated by bleeding, if the fever admit, and by cooling, opening medicines; the parts around touched with vinegar, lime-water, or camphorated spirits, and scarified. Apply a poultice of biscuit of fine wheat flour boiled with milk to the gangrened part, and take the bark freely.

N. B. No oily substance should ever touch a bone, sound or unsound, but foul bones should be dressed with spirits, as tincture of myrrh, &c.

[Apply a *yeast* poultice.]

144. Nervous Disorders.

When the nerves perform their office too languidly, a good air is the first requisite. The patient also should rise early, and as soon as the dew is off the ground, walk: let his breakfast be mother of thyme tea, gathered in June, using half as much as we do of common tea. When the nerves are too sensible, let the person breathe a proper air, let him eat veal, chickens, or mutton. Vegetables should be eat sparingly; the most innocent is the French bean; and the best root, the turnip. Avoid all sauces. Sometimes he may breakfast upon a quarter of an ounce of the powder of valerian root infused in hot water, to which he may add cream and sugar. Tea is not proper. When the person finds an uncommon

oppression, let him take a large spoonful of the tincture of valerian root.

This tincture should be made thus : Cut to pieces six ounces of wild valerian root, gathered in June, and fresh dried. Bruise it by a few strokes in a mortar, that the piece may be split, but it should not be beat into powder: put this into a quart of strong white wine ; cork the bottle and let it stand three weeks, shaking it every day ; then press it out and filter the tincture through paper.

N. B. The true wild valerian has no bad smell : if it has, cats have urined upon it, which they will do, if they can come at it.

But I am firmly persuaded, there is no remedy in nature for nervous disorders of every kind, comparable to the proper and constant use of the electrical machine.

[Try the electrical or chemical bath. Or, take one grain of the *caffein*, prepared by the French chemists from coffee, three times a day.]

145. Nettle Rash.

A slight fever, (which sometimes lasts for weeks or months) attended with itching and smarting, and an eruption just like that occasioned by nettles. In Georgia, we called it the prickly heat.

Rub the parts strongly with parsley.

146. Old Age.

Take tar-water morning and evening.

Or, decoction of nettles : either of these will probably renew the strength for some years :

Or, be electrified daily :

Or, chew cinnamon daily, and swallow your spittle.

147. An old stubborn Pain in the Back.

Steep root of water-fern in water, till the water becomes thick and clammy. Then rub the parts therewith morning and evening :

Or, apply a plaster, and take daily balsam of copaiva.

148. The Palsy.

A palsy is the loss of motion or feeling, or both, in any particular part of the body.

Be electrified daily for three months, from the places where the nerves spring, which are brought to the paralytic part.—If the parts beneath the head are affected, the fault is in the spinal marrow. If half the body, half the marrow is touched.

Or, use the cold bath if you are under fifty, rubbing and sweating after it :

Or, shred white onions and bake them gently in an earthen pot, till they are soft : spread a thick plaster of this, and apply it to the benumbed part, all over the side, if need be.—I have known this cure a person of seventy-five years old.

Or, take tar-water, morning and evening :

Or, boil white and red sage, a handful of each in a quart of white wine. Strain and bottle it. Take a small glass morning and evening.

This helps all nervous disorders.

Or, take a tea-spoonful of powdered sage lying down in bed.

149. Palsy of the Hands.

Wash them often in decoction of sage, as hot as you can bear :

Or, boil a handful of elder-leaves, or, two or three spoonfuls of mustard-seed in a quart of water. Wash often in this, as hot as may be.

150. Palsy of the Mouth.

After purging well, chew mustard seed often : Or, gargle with juice of wood-sage.

151. Palsy from working with white Lead or Verdigrease.

Use warm baths and a milk-diet.

[Or, give chloroform in thirty drop doses, in mucilage of elm bark. Give it also by injections, and apply it to the abdomen.]

152. The Palpitation, or Beating of the Heart.

Apply outwardly a rag dipt in vinegar :

Or, be electrified.

Or, take a decoction of mother's wort every night.

[Take fifteen or twenty drops of the tincture of stramonium or thorn apple, three times a day.]

153. Phlegm, (see Flegm.)

154. The Piles (to prevent.)

Wash the parts daily with cold water.

[Avoid costiveness, as directed under No. 49.]

155. The Piles (to cure.)

Apply warm treacle :

Or, a poultice of boiled brook-lime. It seldom fails :

Or, varnish. It perfectly cures both the blind and bleeding piles.

Or, fumigate with vinegar, wherein red hot flints have been quenched. This softens even schirrhous tumours.

Take flour of sulphur, half an ounce ; cream of tartar, half an ounce ; conserve of roses an ounce, with syrup enough to make an electuary ; take the bulk of a nutmeg thrice a day, and touch the parts with the following linament. Take burnt cork, two ounces ; digestive ointment, half an ounce ; linseed oil enough to make it into a linament.

156. The inward Piles.

Swallow a pill of pitch, fasting. One pill usually cures the bleeding piles :

Or, eat a large leek, boiled :

Or, take twice a day, as much as lies on a shilling, of the thin skins of walnuts, powdered.

157. Violent bleeding Piles.

Lightly boil juice of nettles, with a little sugar : take two ounces. It seldom needs repeating.

158. The Pleurisy.

A pleurisy is a fever attended with a violent pain in the side, and a pulse remarkably hard.

Use a decoction of nettles ; and apply the boiled herb hot, as a poultice. I never knew it fail.

Or, a plaster of flour of brimstone and white of an egg.

In disorders of this kind, Dr. Huxham advises, " Sip almost continually thin whey, barley-water, or hyssop-tea, sharpened with lemon-juice ; or vinegar and water. If the spitting stop suddenly, take a little vomit. Likewise camphorated vinegar, with syrup of elder or raspberries is good. To appease the cough take often, a little at a time of roasted apples, of strawberries, raspberries, or currants."

There is also a bastard pleurisy, which is an inflammation of the muscles among the ribs, attended with little or no fever. In the true pleurisy the pain is greatest in inspiration, and is most perceived when the unaffected

side is lain on, attended with a constant fever, short cough, and sometimes a spitting of blood ; these symptoms do not attend the bastard pleurisy. This last disorder seldom needs bleeding, as does the true pleurisy ; the work is better done by a vomit and acidulated barley-water. But the pleurisies in North America do not admit of such large bleedings as in Europe, nor can the patients bear such large doses of medicine : the diet in the true pleurisy should be slender, cool and diluting : a bladder filled with warm milk and water, applied to the side, may be renewed when cool : he may drink a decoction of seneca, rattlesnake-root, &c.

There are also pains in the sides, which are from mostly phlegm, and are carried off by warm diluting drinks, where bleeding would be hurtful, especially in the fall of the year.

[Take a tea made of pleurisy root, powdered.]

159. To one Poisoned.

Let one poisoned by arsenic, dissolve a quarter of an ounce of salt of tartar in a pint of water, and drink every quarter of an hour as much as he can, till he is well.

Let one poisoned by opium, take thirty drops of elixir of vitriol, every quarter of an hour, till the drowsiness or wildness ceases :

Or, take a spoonful of lemon-juice, every half hour.

Let one poisoned with mercury sublimate, dissolve an ounce of salt of tartar in a gallon of water, and drink

largely of it. This will entirely destroy the force of the poison, if it be used soon.

Nothing cures the African poison, but a decoction of the roots of the sensitive plant.

160. Polypus in the Nose.

Powder a lump of alum, and snuff it up frequently. Then dissolve powdered alum in brandy : dip lint therein, and apply it at going to bed.

161. A Prick or Cut that festers.

Apply turpentine.

162. Ptyalism.

A continual spitting.

A very violent and stubborn disorder of this kind was cured by chewing perpetually a little dry bread, and swallowing it with the spittle.

[Take a tea made of the spotted geranium. Or, take fifteen grains of chlorate of potash, three times a day, in an ounce of water. This last speedily cures.]

163. An easy Purge.

Drink a pint of warmish water fasting, walking after it :

Or, a soft egg, with a tea-spoonful of salt :

Or, infuse from half a drachm to two drachms of damask rose-leaves dried, in half a pint of warm water, for twelve hours, and take it :

Or, infuse three drachms of senna, and a scruple of salt of tartar, in half a pint of river-water for twelve hours. Then strain and take it in the morning.

Wild-ash is a plant of the very same nature of senna. Its leaves taken in the same quantity purge full as well, and do not gripe as senna does. It is therefore preferable to that which is brought from Turkey or Italy.

The wild-ash is called in the north of England, round-tree, quicken, quick-beam, or wiggan-tree. The leaves should be gathered when the tree is in flower.

164. A stronger Purge.

Drink half a pint of strong decoction of dock-root :

Or, two drachms of the powdered root of monk's rhubarb, with a scruple of ginger.

[Take a teaspoonful of equal parts of powdered jalap and senna, with five grains of powdered cloves.]

165. The Quinsy.

The quinsy is a fever, attended with difficulty of swallowing, and often of breathing.

Apply a large white-bread toast, half an inch thick, dipt in brandy, to the crown of the head, till it dries :

Or, bleed, purge and blister.

[Take three grains of opium with ten grains of calomel.]

166. Quinsy of the Breast.

This is known by a sudden unaccountable pain and difficulty of breathing, seizing a person in the night, or on any violent motion.

Take from eight to twenty drops of laudanum, lying down in bed :

Or, make an issue in the thigh.

167. The Rheumatism.

Rheumatical pains are generally most violent as soon as you are warm in bed.

To prevent. Wear washed wool under the feet.

To cure. Use the cold bath, with rubbing and sweating :

Or, apply warm steams :

Or, rub in warm treacle, and apply to the part brown paper smeared therewith : change it in twelve hours.

Or, drink half a pint of tar-water, morning and evening :

Or, steep six or seven cloves of garlic, in half a pint of white wine. Drink it lying down. It sweats, and frequently cures at once.

Or, take two cloves of garlic, and one drachm of gum ammoniacum ; beat them together in a marble mortar, with a little water, so as to make three boluses. Take one of them night and morning, and drink sassafras tea freely :

Or, mix flour of brimstone with honey, in equal quantities. Take three spoonfuls at night, two in the morning, and one afterwards, morning and evening, till cured. This succeeds oftener than any remedy I have found :

Or, live on new milk-whey and white bread for fourteen days. This has cured in a desperate case :

Or, pound the green stalks of English rhubarb in May or June, with an equal quantity of lump-sugar. Take the quantity of a nutmeg of this three or four times a day. This seldom fails.

In a stubborn rheumatism, let your diet be barley-gruel with currants, roasted apples, fresh whey, and light pudding.

Rub an ounce of camphire, with two ounces of Florence oil, in a mortar, till the camphire be entirely dissolved, to rub the parts affected.

Take of Florence oil, an ounce ; spirit of harts-horn, half an ounce ; shake them together. Pringle says, a flannel moistened with this, and applied to the pained part in rheumatism, or to the throat in quinsy, is generally efficacious.

[If chronic, apply liniment often, equal parts of oil of tar, oil of hemlock, of sassafras, pyroligneous acid, and alcohol. Or, equal parts of turpentine, spirits of hartshorn, and opodeldoc. Apply it three times a day. For Neuralgic Rheumatism, take one seventh of a grain of morphine in a cup of strong coffee without milk or sugar. The same for a twinge of the gout.]

168. To restore the Strength after a Rheumatism.

Make a strong broth of cow-heels, and wash the parts with it warm twice a day. It has restored one who was quite a cripple, having no strength left either in his leg, thigh, or loins.

Or, mix gum guaiacum, (in powder,) with honey or treacle : take two or three tea-spoonfuls, (or as much as you can bear without purging,) twice or thrice a day. This is the best medicine I have met with for the chronic rheumatism :

Or, dissolve one ounce of gum guaiacum in three ounces of spirits of wine. Take sixty or eighty drops on loaf sugar two or three times a day.—This is Dr. Hill's essence of bardana.

Or, drop thirty drops of volatile tincture of guaiacum on a lump of sugar, and take this in a glass of water every four hours. It usually cures in a day.

169. Rickets (to prevent or Cure.)

In the rickets, the child is emaciated, except the head, knees and belly, which are swelled, and the ribs are depressed.

Wash the child every morning in cold water.

170. Ring-Worms.

Vulgarly called tetters.

Apply rotten apples : Or, pounded garlic :

Or, rub them with the juice of house-leek :

Or, wash them with Hungary-water camphorated :

Or, twice a day with oil of sweet almonds and oil of tartar mixed.

[Apply a solution of lunar caustic of the strength of twelve grains to an ounce of water.]

171. A Rupture.

A rupture, if old and irreducible, is to be submitted to, and can only be alleviated by suspension in a bag-truss made of soft linen. If recent, its reduction should be attempted instantly by gentle continued pressure on the part : this is best done by the person's own hands, while his body is thrown into a recumbent posture. If this does not succeed, try the last article under this head, and if the rupture still cannot be replaced, but a considerable degree of pain comes on, with sickness at the stomach, and fever, draw a pint of blood from the arm, and if the person's strength will at all admit it, repeat it again in six hours, take one table-spoonful of castor oil every hour until it works, continue the use of the above mentioned article, and inject a pint of the decoction of mallows or camomile in milk and water, strained and well sweetened with brown sugar as a clyster.

If after twelve or fourteen hours, all these methods fail either to return the rupture or procure stools, and the pain and sickness at the stomach rather increase,

with a beginning restlessness, the case becomes highly alarming and dangerous, and no time is to be lost ; steep a quarter of an ounce of strong tobacco in a pint of boiling water an hour, strain it off and inject it as a clyster. This may cause great sickness and faintness, so as to alarm the by-standers not a little, but is not dangerous, and will frequently succeed when every thing else fails.

After the rupture is reduced, a well-fitted steel truss should afterwards be always worn, and the omission of it for an hour, while in an erect posture, may be fatal.

It is strongly recommended, in every recent case of this kind, to call in a physician of experience, as early after the accident as possible, as a chirurgical operation may be absolutely necessary to save the person's life. The above directions are intended chiefly for those who cannot be benefitted by the immediate attendance of a physician of skill and reputation, no other should be trusted to in a case of so much importance.

Foment with hot aqua vitæ for two hours.

Or, take agrimony, spleen-wort, Solomon's-seal, strawberry-roots, a handful of each ; pick and wash them well ; stamp, and boil them two hours, in two quarts of white wine, in a vessel close stopt. Strain, and drink a large glass of this every morning, and an hour after, drink another. It commonly cures in a fortnight. A good truss mean time is of great use.

"I place," says Dr. Riviere, "a broad plank sloping from the side of the bed to the ground. On this I lay the patient upon pillows, with his head down-

ward. Then I foment the part for half an hour, with cloths four times doubled, steeped in cold water, gently touching it with my fingers. Afterwards I bind on it, many times doubled, a cloth shaped like a triangle, wet in cold water.—The gut is generally restored to its place in a few hours. If not, I repeat the operation twice a day, and in two or three days the disease is cured."

172. A Rupture in Children.

Keep its bowels open with rhubarb and apply a soft band.

173. A Scald Head.

Apply daily white wine-vinegar :

Or, a little blue ointment.

After the cure, give two or three gentle purges.

If a proper regard was paid to cleanliness in the head and apparel of children, the scald-head would seldom be seen.

[This has sometimes been cured by the application of honey. But the surest remedy is an ointment made of two drachms of ammoniated mercury, ten drops of the oil of tobacco, and one ounce of lard. I have used this for many years, and never knew it fail. It has been sent for several hundred miles by those who have tried it. It should be applied cautiously, and only over a part of the head at a time, as the tobacco is powerful. The hair need not be shaved off.]

174. The Sciatica.

The sciatica is a violent pain in the hip, chiefly in the joint of the thigh-bone.

Is certainly cured by a purge taken in a few hours after it begins :

Or, use cold bathing, and sweat, together with the flesh-brush twice a day :

Or, boil nettles till soft. Foment with the liquor, then apply the herb as a poultice.—I have known this cure a sciatica of forty-five years standing :

Or, apply nettles bruised in a mortar :

Or, a mud made of powdered pitcoal and warm water. This frequently cures sores, weakness of limbs, most disorders of the legs, swelling and stiffness of the joints. It cured a swelling of the elbow-joint, though accompanied with a fistula, arising from a caries of the bone.

[Apply a blister, and spread it over with morphine.]

175. Inflammation or Swelling of the Scrotum.

Apply lead water.

[Apply a poultice made of five grains of powdered opium, and fifteen grains of calomel, and bread and milk.]

176. A Scorbutic Atrophy.

Such a degree of the scurvy as causes the flesh to waste away like a consumption.

Use cold bathing :—Which also cures all scorbutic pains.

177. Scorbutic Gums.

Wash them daily with a decoction of the Peruvian bark, adding a little tincture of roses, with a solution of myrrh.

Wash them with cold water, then with tincture of red roses, with as much sweet spirit of salt mixed with it as can be conveniently borne : Boerhaave. Or, wash them with tincture of myrrh.

[Apply the wash of soap and camphor, No. 106.]

178. Scorbutic Sores.

A diet-drink.—Put half a pound of fresh shaved lignum guaiacum, (called by the block-makers lignum vitæ,) and half an ounce of senna into an earthen pot that holds six quarts ; add five quarts of soft water and lute the pot close. Set this in a kettle of cold water, and put it over a fire, till it has boiled three hours. Let it stand in the kettle till cold. When it has stood one night, drink daily half a pint, new milk warm, in the morning, fasting and at four in the afternoon. Wash with a little of it. In three months all the sores will be dried up.

179. The Scurvy.

The scurvy is known by heaviness of body, weariness, rottenness of gums, and yellow, lead, or violet-colored spots on the legs or arms.

N. B. A scurvy attended with costiveness, (which is most common,) is termed a hot scurvy : one attended with looseness, a cold scurvy.

Live on turnips for a month :

Or, take tar-water, morning and evening, for three months :

Or, three spoonfuls of nettle-juice every morning :

Or, decoction of burdock. Boil three ounces of the dried root in two quarts of water to three pints. Take half a pint daily : unless it purges too much, if so, take less. A decoction of the leaves, (boiling one leaf four minutes in a quart of water,) has the same effect :

Or, take a cupful of the juice of goose-grass, in a morning, fasting, for a month : it is frequently called hariff, or cleavers. Last year I knew many persons cured by it.

Or, pound into a pulp, of Seville oranges, sliced, rind and all, and powder-sugar, equal quantities. Take a tea-spoonful three or four times a day :

Or, squeeze the juice of half a Seville orange into a pint of milk over the fire. Sweeten the whey with loaf-sugar, and drink it every morning, new milk warm. To make any whey, milk should be skimmed, after it is boiled.

Or, pour three quarts of boiling water, on a quart of ground malt : stir them well, and let the mixture stand covered close, for four hours : strain it off, and use this as common drink in hot weather, brew this fresh every day. It will hardly fail.

Or, take morning and evening, a spoonful or two of lemon-juice and sugar. "It is a precious remedy, and well tried."—Dr. Mackbride.

Water and garden cresses, mustard and juice of scurvy-grass, help in a cold scurvy.

When there is a continual salt taste in the mouth, take a pint of lime-water morning and evening.

180. A Broken Shin.

Bind a dry oak-leaf upon it :

Or, put on a bit of white paper moistened with spittle. It will stay on till the place is well.

This cures a cut also.

181. Shingles.

A kind of a Ring-Worm, which encircles the body like a belt, of an hand's breadth.

Drink sea-water every morning for a week ; toward the close, bathe also ;

Or, apply pounded garlic.

It is necessary that the body should be purged and kept loose, then touch the part twice a-day with the following : Take mustard-seed powdered fine, and best writing ink, as much as will make it into a linament.

182. Sickishness in the Morning.

Eat nothing after six in the evening :

Or, drink half a pint of water impregnated with fixed air.

183. Sinews Shrunk.

Rub them with warm oil.

184. Skin rubbed off.

Apply pounded all-heal.—It seldom needs repeating.
Or, a bit of white paper with spittle.

185. Small-Pox.

Drink largely of toast and water :

Or, let your whole food be milk and water mixed with a little white bread.

Or, milk and apples.

Take care to have a free, pure and cool air. Therefore open the casement every day: only do not let it chill the patient.

“ There may be pustules a second time, coming out and ripening like the small-pox, but it is barely a cutaneous disorder.

“ In violent cases, bleed in the foot; bathe the legs in warm water, twice or thrice a day, before and at the eruption; and apply boiled turnips to the feet. Never keep the head too hot.

“ In very low depressed cases, wine may be given: and if the pustules lie buried in the skin, a gentle vomit. In many cases a gentle purge of manna, cream of tartar, or rhubarb.

“ In the crude ichorous small-pox, a dish of coffee now and then, with a little thick milk in it, has often quieted the vexatious cough.

“After the incrustation is formed, change the sick : but let it be with very dry, warm linen.” Dr. Huxham.

186. A long running Sore in the Back.

Was entirely cured by eating betony in every thing :

Or, take every morning two or three spoonfuls of nettle-juice, and apply nettles bruised in a mortar, to the part. This cures any old sore or ulcer.

187. A Sore Leg.

Bind a diaculum plaster, an inch broad, round the leg, just above the sore, and foment it morning and evening, with hot water-

Any sore is healed by a plaster, of mutton-suet : even though it fester or breed proud flesh.

[Apply the *lime* paste, No. 128.)

188. A Sore Mouth.

Apply the white of an egg beat up with loaf-sugar :

Or, gargle with the juice of cinqueoil :

Or, boil together a pound of treacle, three yolks of eggs, an ounce of bole armoniac, and the quantity of a nutmeg of alum, a quarter of an hour. Apply this to the sore part.

[Apply powdered borax. Or, gargle with a tea made of marsh rosemary.]

189. A Sore Throat.

Take a pint of cold water lying down in bed :

Or, apply a chin-stay of roasted figs :

Or, a flannel sprinkled with spirits of hartshorn to the throat, rubbing Hungary-water on the top of the head.

Or, snuff a little honey up the nose.

An old sore throat was cured by living wholly upon apple and apple-water.

Lay nitre and loaf-sugar mixed on the tongue.

[Same as 188. Or, gargle with equal parts of blood root, gum Arabic, and Cayenne.]

190. A putrid Sore Throat.

Lay on the tongue a lump of sugar dipt in brandy.

This fatal disorder, especially among young children, begins with an ague and sore throat, sometimes a gangrene is begun in the palate, or near it in twelve hours, and it sometimes kills in twenty-four hours ; a vomit should be given as soon as the disorder is known, and occasionally repeated, the body kept loose ; a gargle used of barley-water and honey, (or honey of roses) and salt petre ; and when the gangrene is discovered, the mouth-water should be made as strong as the patient can bear it, with volatile spirits of sal amoniack, or some other volatile spirits ; and the little patient often have his mouth washed with it, and solicited to drink barley-water, and take a preparation of the bark.

[Give infusion of roses, acidulated with vinegar or any acid, and made palatable with syrup or sugar. This is excellent in scarlet fever.]

191. A Sprain.

Hold the part in very cold water for two hours :

Or, apply cloths dipt therein, four times doubled, for two hours, changing them as they grow warm :

Or, bathe it in good crab-verjuice :

Or, boil bran in wine-vinegar to a poultice. **Apply** this warm, and renew it once in twelve hours.

[Bathe it in tincture of arnica.]

192. A venomous Sting.

Apple the juice of honey-suckle leaves :

Or, a poultice of bruised plantain and honey :

Or, take inwardly, one drachm of black currant-leaves powdered. It is an excellent counter-poison.

[Rub the part with fat pork, or apply sweet oil and give it internally.]

193. The Sting of a Bee.

Apply honey.

[Same as No. 192.]

194. Sting of a nettle.

Rub the part with the juice of nettles.

195. Sting of a Wasp.

Rub the part with the bruised leaves of house-leek, water-cresses, or rue :

Or, apply treacle, or sweet oil :

Or, bruised onions, or garlic.

196. Sting of a Bee or Wasp in the Eye.

Apply carduus bruised, with the white of an egg :
renew it if it grows dry.

197. Sting in the Gullet.

Beat well together, with a spoon, some honey and
sweet oil with a little vinegar ; swallow a spoonful every
minute till ease is procured.

198. A Stitch in the Side.

Apply treacle spread on a hot toast.

199. Accidental Sickness, or Pain in the Stomach.

Vomit with a quart of warm water.

[Take walnut leaf tea.]

200. Pain in the Stomach from bad Digestion.

Take fasting, or in the fit, half a pint of camomile-
tea. Do this five or six mornings :

Or, drink the juice of half a large lemon immediately after dinner, every day.—Dr. Mead.

Or, from twenty to forty drops of elixir of vitrol in sage-tea, twice or thrice a-day :

Or, in the fit a glass full of vinegar :

Or, take two or three tea-spoonfuls of stomachio-tincture, in a glass of water, thrice a day.

The tincture is made thus : Gentian-root sliced, one ounce ; orange-peel dried, half an ounce ; cochineal, fifteen grains ; of proof brandy, one pint : in three or four days it is fit for use.—This is useful in all disorders that arise from a relaxed stomach.

[Take one drop of creosote made into pill with crumb of bread, and repeat in an hour, if necessary.]

201. Choleric hot Pains in the Stomach.

Take half a pint of decoction of ground-ivy with a tea-spoonful of the powder of it, five or six mornings.

[Take the same creosote pill as under the above, 200.]

202. Coldness of the Stomach.

Take a spoonful of the syrup of the juice of *carduus benedictus*, fasting, for three or four mornings :

Or, chew a leaf of *carduus* every morning, and swallow the spittle.

[Take a teaspoonful of the composition made of powdered ginger, hemlock bark, witch-hazle leaves, and babery bark,

equal parts, with one fifth as much powdered Cayenne pepper in half a teacupful of hot water, sweetened with sugar.]

203. Pain in the Stomach, with Coldness and Wind.

Swallow five or six corns of white pepper, for six or seven mornings.

(Take essence of peppermint, hot.)

204. Stone (to prevent.)

Eat a crust of dry bread every morning.

Or, drink a pint of warm water daily, just before dinner. After discharging one stone, this will prevent the generating of another. Stoop down and raise yourself up again. If you feel pain as if cut through the middle, the pain is not from the stone, but rheumatism. Beware of costiveness. Use no violent diuretics. Mead is a proper drink.

Or, slice a large onion ; pour half a pint of warm water upon it. After it has stood twelve hours, drink the water. Do this every morning till you are well.

[Take two table-spoonfuls of castor oil with one fourth of a grain of morphia, when the pain is severe. If it is rheumatic, take the creosote pill, as named under No. 200, and repeat it in an hour, if necessary.]

205. In a raging Fit.

Beat onions into a pulp and apply them as a poultice, to the back, or to the groin. It gives speedy ease in the most racking pain.

Or, apply heated parsley.

[Take a vapor bath by lying in bed and pouring around you hot vapor, with a pipe made for the purpose, from a vessel of hot water; or, sweat by heated bricks, wet in vinegar or rum.]

206. Stone (to ease or cure.)

Boil half a pound of parsnips in a quart of water. Drink a glass of this, morning and evening, and use no other drink all the day.—It usually cures in six weeks :

“Or, take morning and evening, a tea-spoonful of onions, calcined in a fire-shovel into white ashes, in white wine. An ounce will often dissolve the stone.”

Or, take a tea-spoonful of violet-seed powdered, morning and evening. It both wastes the stone, and brings it away.

Or, drink largely of water impregnated with fixed air.

Some have been much relieved by drinking a pint of cold water fasting in the morning, and again at bed time at night.

Those who have not a convenient apparatus, may substitute the following method : Dissolve fifteen grains of salt of tartar in six spoonfuls of water, to which add

as much water, acidulated with oil of vitrol, as will neutralize the salt. They are to be gradually mixed with each other, so as to prevent the effervescence or dissipation of the fixed air, as much as possible.

[To ease the pain, take a pill made of half a grain of powdered opium and one drop of creosote, and, if not relieved in an hour, repeat the dose ; or, drink one or two of the common soda powders.]

207. Stone in the Kidneys.

Boil an ounce of common thistle-root, and four drachms of liquorice, in a pint of water. Drink half of it every morning.

[To ease the pain, take seven grains of veratria, dissolve it in one ounce of alcohol, and apply a little of it over the kidneys, both on the back and front ; or, drink freely of warm sage tea.]

208. Stoppage in the Kidneys.

Take decoction, or juice, or syrup of ground-ivy, morning and evening :

Or, half a pint of tar-water.

Or, twelve grains of salt of amber in a little water.

[Drink freely of a tea made of Buchu leaves.]

209. The Stranguary.

Sit over the steam of warm water :

Or, drink largely of decoction of turnips, sweetened with clarified honey :

Or, of warm lemonade :

Or, dissolve half an ounce of saltpetre in a quart of water ; drink a glass of it every hour.

[Take thirty drops of liquor potassa in warm water, every hour ; or, drink a tea of Buchu leaves ; or, a tea of mountain cranberry ; or, of uva ursi.]

210. Sunburn, (smarting.

Wash the face with sage tea.

[Wash the face in a lotion made of sulphate of zinc, four grains to an ounce of soft water ; or, apply cold cream ; or, wash in warm milk and water.]

211. A fresh Surfeit.

Take about a nutmeg of the green tops of wormwood.

[In a surfeit, warm or hot drinks are better than cold ones. A glass of whiskey taken in hot water, or the old fashioned *flip*, is often useful ; or, even a glass of gin or brandy, in hot water.]

212. To stop profuse Sweating.

Mix an ounce of tincture of Peruvian bark, with half an ounce of spirit of vitriol. Take a tea-spoonful morning and night, in a glass of water.

[Take a teaspoonful of syrup in which one drachm of ferrocitrate and quinia have been dissolved, in one and a half ounces of the syrup ; take it three times a day, before eating.]

213. Swelled Glands in the Neck.

Take sea-water every other day.

[Take five grains of the chlorate of potash dissolved in an ounce of hot water, three times a day; and apply to the glands a cataplasm made of six ounces of barley meal, two ounces of fresh hemlock leaves, bruised, with sufficient vinegar. Boil the meal, hemlock and vinegar, and add two drachms of sugar of lead.]

214. Indolent Swellings.

Are often cured by warm steams.

[Paint the swelling over with tincture of iodine, or with a solution of creosote, twelve drops to an ounce of water. Or, apply an ointment made of red precipate, twenty grains to an ounce of lard.]

215. Soft and flabby Swellings.

Pump cold water on them daily :

Or, use constant frictions : or, proper bandages.

[Use as much friction as the skin will bear, with water made strong with mustard. Or, apply pounded ice in a bladder, a few minutes at a time.]

216. A white Swelling (on the Joints.)

Hold the part half an hour every morning, under a pump or cock. This cures also pains in the joints. It seldom fails.

Or, pour on it daily a stream of warm water :

Or, a stream of cold water one day, and warm the next, and so on by turns :

Use these remedies at first, if possible. It is likewise proper to intermix gentle purges, to prevent a relapse :

Or, boiled nettles.

[Take seven grains of veratria, dissolve it in a few drops of alcohol, and then mix with it one ounce of lard. Rub the swelling with it one hour at a time, gently, three times a day. Where the skin is not broken, this will be very serviceable. It will not do to use it if the skin is broken.]

217. To dissolve white or hard Swellings.

Take white roses, elder-flowers, leaves of fox-glove, and of St. John's-wort, a handful of each : mix them with hog's-lard, and make an ointment.

Or, hold them morning and evening in the steam of vinegar, poured on red hot flints.

[Apply Goulard's Extract of lead, or use the lead plaster. It will have a wonderful effect.]

218. To fasten the Teeth.

Put powdered alum, the quantity of a nutmeg, in a quart of spring water, fortwenty-four hours. Then strain and gargle with it :

Or, gargle often with phyllerea-leaves boiled with a little alum in forge-water.

[Gargle with tincture of matico.]

219. To clean the Teeth.

Rub them with ashes of burnt bread.

[Rub them with soap, camphor and water.]

220. To prevent the Tooth-Ache.

Wash the mouth with cold water every morning, and rinse them after every meal.

[Keep the teeth free from tartar. Have them filled by a good dentist when hollow.]

221. To cure the Tooth-Ache.

Be electrified through the teeth :

Or, apply to the aching tooth an artificial magnet :

Or, rub the cheek a quarter of an hour :

Or, lay roasted parings of turnips, as hot as may be, behind the ear :

Or, put a leaf of betony, bruised, up the nose :

Or, lay bruised or boiled nettles to the cheek :

Or, lay a clove of garlic on the tooth :

Or, hold a slice of apple, slightly boiled, between the teeth.

Or, dissolve a drachm of crude sal ammoniac in two drachms of lemon juice ; wet cotton herein and apply :

Or, keep the feet in warm water, and rub them well with bran, just before bed-time.

The first twenty teeth generally last till the sixth or seventh year. After that, till the fourteenth or fifteenth year, they fall out one by one, and are succeeded by others.

The shedding of the teeth is wisely intended, and brought about in a singular manner. Their hardness will not admit of distention like other parts of the body. Hence, after an enlargement of the jaw-bone, the original teeth are no longer able to fill up the cavities of it. They must stand unsupported by each other, and leave spaces between them. Under the first teeth therefore, is placed a new set, which by constantly pressing upon their roots, rob them of their nourishment, and finally push them out of their sockets.

[Rinse the mouth with lime water. Or, put two drachms of alum into one ounce of nitrous spirit of ether, and apply to the teeth.]

222. Tooth-Ache from cold Air.

Keep the mouth full of warm water.

[Keep out of the cold air as much as possible. Wear a muffler, if you must go out, over the mouth. But the best remedy is to have the decayed tooth either filled or extracted.]

223. Teeth set on Edge.

Rub the tops of the teeth with a dry towel.

There is no such thing as worms in the teeth. Children's using coral, is always useless, often hurtful.

“ All rough and cutting powders destroy the teeth ; so do all common tinctures.

“ Sweetmeats are apt to hurt the teeth, if the mouth be not rinsed after them.—Cracking nuts often breaks off the enamel : so does biting thread in two.

“ Constant use of tooth-picks is a bad practice : constant smoking of tobacco destroys many good sets of teeth.” Mr. Beardmore.

[If people would clean their teeth every day with the wash already named, made of soap, water and camphor, they would have but little trouble with them. This lotion is worth more than all the boasted tooth powders and washes in the market. If they will avoid *sour* things, their teeth will not be set on edge.]

224. Extreme Thirst (without a Fever.)

Drink spring-water, in which a little sal prunellæ is dissolved.

[Where there is no fever, a person is seldom very thirsty ; and if he is, it indicates some indigestion or bilious derangement ; and he should seek a remedy which will correct these. Some gentle cathartic, like half a drachm each of the tincture of jalap and tincture of rhubarb, may be very useful, taken each or every other day.]

225. Pain in the Testicles.

Apply pellitory of the wall beaten up into a poultice, changing it morning and evening.

[Apply the ointment named under No. 175.]

226. Testicles Inflamed.

Boil bean-flour, in three parts water, one part vinegar.

[Apply the ointment as in No. 225. This is an excellent remedy for all these difficulties.]

227. To draw out Thorns, splinters, and Bones.

Apply nettle-roots and salt :

Or, turpentine spread on leather.

[Take iodine one grain, hydriodate of potash grains ten, water three ounces, and apply a little of it three or four times a day to the eye. This, also, removes iron and steel filings.]

228. Thrush.

Little white ulcers in the mouth.

Mix juice of celandine with honey, to the thickness of cream. Infuse a little powdered saffron : let this simmer a while and scum it ; apply it (where needed,) with a feather. At the same time give eight or ten grains of rhubarb ; to a grown person, twenty :

Or, take an ounce of clarified honey ; having scummed off all the dross from it, put in a drachm of rochalam, finely powdered, and stir them well together. Let the child's mouth be rubbed well with this, five or six

times a-day, with a bit of rag tied upon the end of a stick : and even though it be the thorough thrush, it will cure it in a few days. I never knew it fail.

As they generally proceed from too hot a regimen, or the child being deprived of its mother's milk, or from acid humors, the child should be purged. Five grains of rhubarb and thirty of magnesia alba may be rubbed together, and divided into six doses, one of which should be given every four hours. Then take fine honey, an ounce ; borax, a drachm ; burnt alum half a drachm ; rose-water, two drachms : mix them to touch the parts with : Buchan.

[This is often a very troublesome disease, and when attended with aphthous spots and inflammation, it is dangerous.]

229. Tonsils swelled.

Wash them with lavender-water.

[These are very troublesome, especially in children. They are a very certain sign of a *tinge* of scrofula in the system. The usual practice among physicians is to *cut them out*. But this is bad practice, as it is sometimes attended with dangerous hemorrhage, and does no good, as they usually grow again to a more enlarged size. The best treatment is to apply to them a solution of *lunar caustic*, (nitrate of silver) commencing with the wash very weak, only two or three grains to an ounce of water, and gradually using a stronger solution, till a saturated one is employed. Or, use the *caustic potash*. Under either of these caustics the tonsils gradually grow less, till they come

down to the natural size, and *they never grow again*. A solution of borax, or of alum, five or six grains to an ounce of water, or better still, a solution of chlorate of potash, of the same strength, applied to the mouth several times a day, is the best remedy.]

230. Torpor ; or, Numbness of the Limbs.

Use the cold bath, with rubbing and sweating.

[Electricity is a good remedy in this case. Or, apply the tincture of aconite, (monkshood) or the ointment of veratria above named.]

231. Twisting of the Guts.

Use injection of tobacco smoke.

[This disease is now called intersusception, and is rarely cured. Injection of tartar emetic, or a strong decoction of lobelia, is often used, and probably with as much success as that of tobacco.]

232. Tympany ; or, Windy Dropsy.

Use the cold bath with purges intermixt :

Or, mix the juice of leeks and of elder. Take two or three spoonfuls of this, morning and evening :

Or, eat a few parched peas every hour.

[Take manna one ounce, aniseseed one drachm, boiling water eight ounces or half a pint, mix, and let it stand half an hour ; strain, and add three drams of the carbonate of magnesia. Dose, a wine-glassful every two hours, till it operates.]

233. A Vein or Sinew cut.

Apply the inner green rind of hazel fresh scraped.

[Apply a strong decoction or tincture of matico. It will stop bleeding quicker than any other astringent.]

234. The Vertigo, or Swimming in the Head.

Take a vomit or two :

Or, use the cold bath for a month :

Or, in a May morning, about sun-rise, snuff up daily the dew that is on the mallow-leaves :

Or, apply to the top of the head, shaven, a plaster of flour of brimstone, and whites of eggs :

Or, take every morning half a drachm of mustard-seed :

Or, mix together one part of salt of tartar, with three parts of cream of tartar. Take a tea-spoonful in a glass of water, every morning, fasting. This is serviceable when the vertigo springs from acid, tough phlegm in the stomach.

[Where this is troublesome about "the change of life," much may be done by using a spare and chiefly vegetable diet, and keeping the bowels gently open by chewing daily a little rhubarb, or taking a little extract of butternut.]

235. Vigilia, Inability to Sleep.

Apply to the forehead, for two hours, cloths four times doubled and dipt in cold water. I have known

this applied to a lying-in woman, and her life saved thereby :

Or, take a grain or two of camphire.

Assafœtida, from ten to thirty grains, likewise will in most cases answer.

[Take a tea made of dried lettuce, or tincture of hops in teaspoonful doses. Or, take a grain of powdered opium, or one quarter of a grain of morphia, at bed time.]

236. Bite of a Viper or Rattle-Snake.

Apply bruised garlic :

Or, rub the place immediately with common oil.—
Quere, Would not the same cure the bite of a mad dog?
Would it not be worth while to make the trial on a dog?

Or, take a quantity of hore-hound, bruise it well in a mortar, and squeeze out the juice ; likewise plantain in like manner : a table-spoonful of these liquids mixed together in equal quantities, is to be taken every three hours till the infection is done, and the beaten herbs are for a poultice to the part, having first cleansed it well :

Or, apply the liver and guts of the serpent to the wound. Good in the bite of any serpent.

[Drink freely of alcohol.]

237. To prevent the Bite of a Viper.

Rub the hands with the juice of radishes.

[Or, apply alcohol mixed with varnish.]

238. An Ulcer.

Dry and powder a walnut-leaf, and strew it on, and lay another walnut-leaf on that :

Or, boil walnut-tree leaves in water with a little sugar. Apply a cloth dipt in this, changing it once in two days. This has done wonders.

Or, foment morning and evening with a decoction of walnut-tree leaves, and bind the leaves on. This has cured foul bones ; yea, and a leprosy.

[Too much cannot be said in praise of walnut leaves. They are very cleansing to all sores, and strengthening for a drink.]

239. Ulcer in the Bladder or Kidneys.

Take a decoction of agrimony thrice a-day :

Or, decoction, powder, or syrup of horse-tail.

[Drink freely of a strong decoction of quince cores. Or, take twenty drops balsam of copaiva in sugared water, three times a day.]

240. Ulcer in the Gum or Jaw.

Apply honey of roses sharpened with spirit of vitriol ;

Or, fill the whites of eggs boiled hard and slit, with myrrh and sugar-candy powdered. Tie them up, and hang them on sticks lying across a glass. A liquid distills, with which anoint the sores often in a day.

[Apply the walnut leaf tea, or a strong solution of chlorate of potash, often.]

241. A Fistulous Ulcer.

Apply wood-betony bruised, changing it daily.

[Inject the walnut leaf tea, often.]

242. A Bleeding varicous Ulcer in the Leg.

Was cured only by constant cold bathing.

[Apply a strong decoction of matico, cold. Or, the chalk paste already named for a sore leg.]

243. A malignant Ulcer.

Foment morning and evening, with a decoction of mint. Then sprinkle on it finely powdered rue :

Or, burn to ashes (but not too long,) the gross stalk on which the red coleworts grow. Make a plaster with this and fresh butter. Change it once a day :

Or, apply a poultice of boiled parsnips. This will cure even when the bone is foul :

Or, be electrified daily.

[Or, apply powdered blood-root alone, or mixed with one eighth part of sulphate of zinc.]

244. An easy and safe Vomit.

Pour a dish of tea on twenty grains of ipecacuanha. You may sweeten it if you please. When it has stood four or five minutes, pour the tea clear off, and drink it.

[Take a teaspoonful of equal parts of powdered lobelia, ipicac, and blood-root, in half a tea-cup of hot water.]

245. To stop Vomiting.

Apply a large onion slit across the grain, to the pit of the stomach :

Or, take a spoonful of lemon-juice and six grains of salt of tartar.

[Or, drink walnut leaf tea. Or, take a drop of creosote, or a grain of powdered opium made into a pill, with a crumb of bread.]

246. Bloody Urine.

Take twice a-day a pint of decoction of agrimony :

Or, of decoction of yarrow.

[Drink a tea made of quince cores.]

247. Urine by Drops with Heat and Pain.

Drink nothing but lemonade :

Or, beat up the pulp of five or six roasted apples with near a quart of water. Take it at lying down. It commonly cures before morning.

[Take sweet spirits of nitre in a dose of a teaspoonful often. Or, drink a tea made of uvi ursi, or of winter green.]

248. Involuntary Urine.

Use the cold bath :

Or, take a spoonful of powdered agrimony in a little water, morning and evening :

Or, a quarter of a pint of alum posset-drink every night:

Or, foment with rose-leaves and plantain-leaves, boiled in a smith's forge-water. Then apply plasters of alum and bole armoniac, made up of oil and vinegar :

Or, apply a blister to the os sacrum. This seldom fails.

[Take camphorated tincture of opium, or paragoric, half a table-spoonful at a dose, often. Or, benzoic acid.]

249. Sharp Urine.

Take two spoonfuls of fresh juice of ground-ivy.

250. Suppression of Urine.

Is sometimes relieved by bleeding :

Or, drink largely of warm lemonade :

Or, a scruple of nitre, every two hours :

Or, take a spoonful of juice of lemons sweetened with syrup of violets.

[Apply cloths wrung out of a decoction of foxglove to the belly. Or, to a pint of gin put an ounce of powdered cubebs, and an ounce of pleurisy root, and let it steep seven days. Drink often a wineglassful of it.]

251. Uvula inflamed.

This is usually called the palate of the mouth.

Gargle with a decoction of beaten hemp-seed :

Or, with a decoction of dandelion :

Or, touch it frequently with camphorated spirits of wine.

[Apply a solution of lunar caustic forty grains to an ounce of water. Or, a strong solution of chlorate of potash.]

252. Uvula relaxed.

Bruise the veins of a cabbage-leaf, and lay it hot on the crown of the head : repeat, if needed, in two hours. I never knew it fail.

Or, gargle with an infusion of mustard-seed.

[Gargle with tincture of iodine, four drops to a tumbler of water. Or, with a strong tincture of blood-root. Or with the solution of chlorate of potash, as above.]

253. Warts.

Rub them daily with a radish :

Or, with juice of marigold-flowers : it will hardly fail:

Or, water in which sal armoniac is dissolved :

Or, apply bruised purslain as a poultice, changing it twice a day. It cures in seven or eight days.

[Apply the juice of poke berries, or wash them in a tea made of the poke root. Or, apply a plaster of tar.]

254. Weakness in the Ankles.

Hold them in cold water a quarter of an hour morning and evening.

[The following is used by pugilists, when their ankles or wrists are weak : spirits of thyme one ounce, oil of turpentine five ounces, opodeldoc two ounces, joint oil two ounces, old vinegar four ounces, half a gill of brandy. Mix these well, and rub the painful or weak part three or four times a day.]

255. A soft Wen.

Wrap leaves of sorrel in a wet paper, and roast them in the embers. Mix it with finely sifted ashes into a poultice. Apply this warm daily.

Dr. Riviere says, " I cured a wen as big as a large fist, thus : I made an instrument of hard wood, like the stone with which the painters grind their colours on a marble. With this I rubbed it half an hour twice a day. Then I laid on a suppurating plaster very hot which I kept on four or five days. The wen suppurated and was opened. Afterwards all the substance of it turned into matter, and was evacuated. Thus I have cured many since."

256. The Whites.

Live chastly. Feed sparingly. Use exercise constantly Sleep moderately, but never lying on your back.

Or, boil four or five leaves of the white holy-oak in a pint of milk with a little sugar. Then add a teaspoonful of balm of Gilead. Drink this every morning.—It rarely fails.

Or, make Venice turpentine, flour, and fine sugar, equal quantities, into small pills. Take three or four of these morning and evening. This also cures most pains in the back :

Or, take yellow rosin, powdered, one ounce ; conserve of roses, half an ounce ; powdered rhubarb, three drachms ; syrup, a sufficient quantity to make an electuary. Take a large tea-spoonful of this twice a day, in a cup of comfrey-root tea.

Or, in a quarter of a pint of water wherein three drachms of tamarinds and a drachm of lentish-wood has been boiled : when cold, infuse senna, one drachm, coriander-seed and liquorice a drachm and a half of each. Let them stand all night. Strain the liquor in the morning, and drink it daily two hours before breakfast.

[Inject three times a day the following : balsam copaiva five drachms, one yolk of egg, one grain of gummy extract of opium, water six ounces or one gill and a half.]

257. A Whitlow.

Apply treacle :

Or, honey and flour :

Or, a poultice of chewed bread. Shift it once a day:

Or, a poultice of powdered pit-coal, and warm water.

[Hold the finger in strong hot ley. Or, apply early to an honest surgeon, and have it cut open ; and be not afraid of its being cut *too deep*.]

258. Worms.

A child may be known to have the worms, by chillness, paleness, hollow eyes, itching at the nose, starting in sleep, and an unusual stinking breath.—Worms are never found in children that live wholly upon milk.

Take two tea-spoonfuls of brandy sweetened with loaf sugar.

Or, a spoonful of juice of lemons : or two spoonfuls of nettle-juice :

Or, boil four ounces of quicksilver an hour in a quart of clear water. Pour it off and bottle it up. You may use the same quicksilver again and again. Use this for common drink : or at least night and morning, for a week or two. Then purge off the dead worms with fifteen or sixteen grains of jalap.

Or, take two tea-spoonfuls of worm seed, mixed with treacle, for six mornings :

Or, one, two, or three drachms of powdered fern-root, boiled in mead. This kills both the flat and round worms. Repeat the medicine from time to time.

Or, dissolve an ounce of hepatic aloes, in a pint of strong decoction of rue. Take a tea-spoonful or two, in a morning fasting. This destroys both round worms, and ascarides :

Or, give one tea-spoonful of syrup of bear's-foot at bed time, and one or two in the morning for two or three succeeding days, to children between two and six years of age ; regulating the dose according to the strength of the patient.

Syrup of bear's-foot is made thus :—Sprinkle the green leaves with vinegar, stamp and strain out the juice, and add to it a sufficient quantity of coarse sugar. This is the most powerful medicine for long round worms.

Bruising the green leaves of bear's-foot, and smelling often at them, sometimes expels worms :

Or, mix and reduce to a fine powder, equal parts of rhubarb, scammony, and calomel, with as much double refined sugar, as is equal to the weight of all the other ingredients. The dose for a child, is from six grains to twelve, once or twice a week. An adult may take from twenty grains to forty, for a dose.

Or, boil half an ounce of aloes, powdered, with a few sprigs of rue, wormwood, and camomile, in half a pint of gall, to the consistency of a plaster : spread this on thin leather, and apply it to the stomach, changing it every twelve hours, for three days ; then take fifteen grains of jalap, and it will bring vast quantities of worms away, some burst and some alive. This will cure, when no internal medicine avails.

Or, take ten grains of camomile, thirty grains of rhubarb, and as much finely powdered chalk, or oyster-shells, for six powders when rubbed together ; one to be taken every morning, noon, and night ; for a child five years

old. Keep him from cold water. Take two drachms of quicksilver, boil it in half a pint of water till half is consumed, pour off the liquor and give him half a table-spoonful thrice a day, and lay by the quicksilver.

259. Wounds.

If you have not an honest Surgeon at
Hand,

Apply juice or powder of yarrow :

Or, bind leaves of ground-ivy upon it :

Or, wood-betony bruised. This quickly heals even cut veins and sinews, and draws out thorns and splinters:

Or, keep the part in cold water for an hour, keeping the wound closed with your thumb. Then bind on the thin skin of an egg-shell for days or weeks, till it falls off itself. Regard not, though it prick or shoot for a time.

260. Inward Wounds.

Infuse yarrow twelve hours in warm water. Take a cup of this four times a day.

261. Putrid Wounds.

Wash them morning and evening with warm decoction of agrimony. If they heal too soon, and a matter gathers underneath, apply a poultice of the leaves pounded, changing them once a day till well :

Or, apply a carrot-poultice ; but if a gangrene comes on, apply a wheat-flour poultice, (after it has been by

the fire, till it begins to ferment,) nearly cold. It will not fail.

One of the best poultices for separating or suppurating, will be found to be made of biscuit of fine wheat flour, boiled in milk : and most additions or refinements on it only lessen its value : sometimes it may be proper to touch it over with a little sweet oil or fresh butter ; and in extreme pain, in other cases, with liquid laudanum.

262. Wounded Tendons.

Boil comfrey-roots to a thick mucilage or jelly, and apply this as a poultice, changing it once a day.

263. To open a Wound that is closed too soon.

Apply bruised centaury.

264. Daffy's Elixir.

Take of the best senna, guaiacum, liquorice sliced small, aniseeds, coriander-seeds, and elicampagne-root, each half an ounce ; raisins of the sun, stoned, a quarter of a pound : let them all be bruised, and put into a quart of the best brandy. Let it stand by the fire for a few days, then strain it.

265. Turlington's Balsam.

Take of balsam of Peru, balsam of Tolu, Angelica-root, and calamus-root, of each half an ounce ; gum storax in tears, and dragon's-blood, of each one ounce ; gum Ben-

jamin, an ounce and a half; hepatic aloes and frankincense, of each two drachms; let the roots be sliced thin, and the gums bruised; and put all the ingredients into a quart of spirits of wine; set the bottle by the fire in a moderate heat for eight or ten days, then strain it for use.

This is indeed a most excellent medicine, for man or beast, and for any fresh wound. I know of none like it.

266. Stoughton's Drops.

Take gentian-root, one ounce; cochineal and saffron, one drachm; rhubarb, two drachms; the lesser cardamom-seed, grains of paradise, zedoary, snake-root, of each half an ounce; galengale one ounce; slice the roots, and bruise the seeds; then infuse them in a quart of the best brandy, and add the rinds of four Seville oranges. When it has stood eight days, clear it off; and put a pint and a half more of brandy to the same ingredients till their virtue is drawn out. This is greatly helpful in disorders of the stomach.

267. Dr. James's Powders.

Instead of giving half a crown a packet for these powders, you may, at any druggist's, get Dr. Hardwick's fever-powder, for a shilling an ounce, which, (if it be not the same,) will answer just the same end.

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THE

SHIP AND SHORE

PHYSICIAN AND SURGEON.

BY

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PREFACE

TO THE SHIP AND SHORE PHYSICIAN.

For several years, the writer has been contemplating preparing this little work, and he knows of no circumstances under which it could more favorably appear, than in the same volume, and directly following the valuable "Primitive Physic," and the additions which he has made to that little work of the celebrated John Wesley.

It is designed for that numerous class of useful persons who follow the seas, or, who are Pioneers in the settlement of new lands in the vast West, and who cannot readily obtain properly qualified, nor, indeed, any Physicians.

It gives a brief description of the most common diseases, with their symptoms and treatment, and a domestic Dispensatory, in which may be found the remedies named under each disease.

It is, also, designed that a medicine chest, containing the most useful medicines herein named, for ships and families, shall accompany the book, though it is not indispensable that they should go together.

Besides, by being comprised in the same volume with the "Primitive Physic," many of the remedies there named, both by Mr. W. and himself, can be available, also, for this work. Such a book seems pre-eminently needed.

THE AUTHOR.

BOSTON, No. 630 WASHINGTON STREET.

June 20th, 1858.

SHIP AND SHORE PHYSICIAN AND SURGEON.

Abdomen — The Belly. — In this is contained the stomach, liver, bowels, kidneys, spleen, pancreas, bladder, omentum, mesentery, and the great artery called the aorta. The abdomen is separated from the chest by the midriff. From the fact that the cavity of the abdomen contains so many organs, it will be readily supposed that its diseases are numerous.

Colic.

Symptoms. — Severe pain in the bowels, principally about the umbilical region, often extending up to the stomach, and frequently accompanied with vomiting and spasms.

The *Windy Colic* is characterised by costiveness, griping, a rumbling noise, distension of the stomach, severe pain, and attempts at vomiting.

Its *treatment* is a teaspoonful or two of the fluid extract of rhubarb; or the same quantity of the aqueous extract of senna. A drink of spearmint or peppermint

tea should be used, and brisk friction over the stomach and bowels. In some cases, a teaspoonful of the emetic powder may be given, in hot water, and followed by an ounce of castor oil. A fomentation of hops may also be applied over the abdomen.

Bilious Colic. — Symptoms. — A bitter taste in the mouth, fever, thirst, vomiting of bilious matter, and costiveness.

Treatment. — Take two tablespoonfuls of the *neutralising mixture*, once in an hour; or two or three of the *compound cathartic pills*; or two teaspoonfuls of the fluid extract of senna. An injection of lukewarm water may be given, and, if the pain is great, a teaspoonful of laudanum in it. A fomentation of *hops* may also be applied.

Painters' Colic. — Symptoms. — Obstinate costiveness, and partial paralysis, in addition to several of the above-named symptoms. It takes its name from the supposition that *lead* is imbibed into the system.

Treatment. — In addition to the remedies named under bilious colic, if the stomach is very irritable, an *opium* pill may be given; or the physic pill of croton oil, one, to be repeated, if necessary, in one hour; or two teaspoonfuls of the fluid extract of senna and jalap.

Dropsy of the Abdomen.

Symptoms. — This is a gradual swelling of the abdomen, attended usually with thirst, fever, and scanty urine.

It generally arises from some disease of the liver, or a sudden check of perspiration by a cold, or, it follows fever and ague, or is brought on by intemperance.

Treatment. — The first thing is to evacuate the fluid by cathartics of cream of tartar, drank freely ; or a teaspoonful of the fluid extract of jalap and senna often ; or by applying a fomentation of foxglove over the whole abdomen, or rubbing on the tincture with some ointment, and covering it with oiled silk ; or half a teaspoonful of nitre may be taken twice a day, largely diluted with water. A light bandage may be applied round the abdomen. Take Dover's powders every four hours, from three to five pills. To prevent the water from again accumulating, use spices freely and tonic medicine, such as quinine and iron, or the fluid extract of quassia, in doses of half a teaspoonful, gentian, &c., and live on a light and nourishing diet. General Dropsy and Dropsy of the Chest will be treated of under their proper heads.

Inflammation of the Bowels.

Inflammation of the bowels may be known from colic by the steadiness of the pain in one spot ; whereas, in colic it is shifting. In inflammation, pressure hurts ; in colic, it relieves. In inflammation, the pulse is quick and hard ; in colic, it is quick, but not hard. Inflammation is also attended with nausea or vomiting, failure of the strength, thirst, heat, and great pain in the bow-

[1*]

bowels. It should be carefully distinguished from hernia, or a rupture.

Treatment. — Make warm applications to the bowels; apply leeches to them; drink flaxseed or mullein tea, or gum arabic water; apply cloths to the bowels, dipped in hot water; take an emollient injection. Rochelle powders may be taken, the cream of tartar, or the aqueous fluid extract of senna, two teaspoonfuls at a dose, or castor oil.

Inflammation of the Peritoneum or Covering of the Bowels.

This arises from the same causes as the last-named disease, and requires similar treatment; but it differs from the above, in that the bowels are not so much disturbed by it.

Acute Inflammation of the Liver.

The symptoms of this disease are pain in the right side, under the short ribs, often reaching to the chest and right shoulder, always increased by pressure; a dry cough, and inability to lie on the right side.

This disease prevails much among seamen who visit the East Indies.

Treatment. — Leeches should be freely applied over the region of the liver, and small doses of wine of ipecac, or tincture of lobelia, or a small quantity of the

emetic powder, should be administered, keeping the patient under their nauseating effects. A dose of the aqueous extract of senna should be given every other day. Half a teaspoonful of nitre should be given two or three times a day, in a tumblerful of water. The employment of nitric acid, rubbed over the liver, and a foot-bath of the same, may be tried. The acid should be so far diluted with water as to cause only a little irritation when applied. Equal parts of nitric and muriatic acid may be mixed, and then enough of this mixture put into a tumbler of water to sour it, and then drunk. If an abscess forms and points outwardly, it should be poulticed. The leptandrin and podophillin, fluid extract, or concentrated powder, is the best physic.

Chronic Inflammation of the Liver.

This often follows intermittent fever. Its symptoms are a dull pain in the right side and at the top of the shoulder, the stomach disturbed, an enlargement of the liver which can be sometimes felt, jaundiced skin and eye, low spirits, clay-colored stools, tongue coated, bowels costive and urine high-colored.

Treatment. — A teaspoonful of the emetic powder may be given, followed by three or four doses of the fluid extract of queen's delight, for several days. The diet should be attended to.

Inflammation of the Spleen.

Seamen are not very liable to this disease. It much

resembles inflammation of the liver, but may be known from that by the pains being on the *left* side. The treatment is similar to that employed in inflammation of the liver. A mustard plaster may be applied to the affected side, and sudorific medicines freely administered, such as the Dover powder pills, and small doses of the fluid extract of senna.

Inflammation of the Stomach.

The symptoms are heat and pain in the pit of the stomach, increased when anything is taken into it; vomiting, hiccup, cold hands and feet, small, hard and quick pulse, and cold sweats. The symptoms are very much aggravated if anything is taken very hot or cold. It is a very distressing, and often quickly fatal disease.

Treatment. — Cooling and mucilaginous drinks — slippery elm bark makes a good drink. The Rochelle or soda powders are good to stop the vomiting, or walnut-leaf tea. Sweet oil, an ounce at a dose, once a day, has often an excellent effect. The feet should be bathed in warm water, and a mustard plaster applied to the stomach. The neutralising mixture may be taken, two tablespoonfuls, three times a day. If vomiting continues, the creosote pill may be given, once an hour, till three have been taken. Leeches should be applied over the stomach. The warm bath may be used till fainting takes place. Injections of warm water should be employed. If poison has been taken, an emetic of

thirty drops of blue flag fluid extract, immediately followed by twenty grains of the emetic powder, or half a teaspoonful.

Vomiting.

Common vomiting may often be checked by an opium pill ; or by a creosote pill ; or by a cup of strong green tea, or spearmint, taken as hot as can be sipped.

Cholera Morbus ; or Vomiting and Purging.

The symptoms are pain at the pit of the stomach, vomiting and purging, short breathing, thirst, a small, quick, feeble pulse, and great prostration of strength.

Treatment.—Copious draughts of warm water. Flannels wrung out of warm water, well saturated with poppy heads, in which a tablespoonful of the fluid extract of opium has been mixed, should be applied to the stomach, as hot as can be borne. When free vomiting has taken place, an opium pill may be given, and repeated once in two hours, if necessary. But if the irritation is kept up by something which has been taken into the stomach, an emetic, a teaspoonful of the powder, should be given. When the stomach is well emptied, if the opium pill is rejected, a teaspoonful of the fluid extract of opium may be given in an injection of flaxseed tea or gum arabic water, and repeated once an hour, if necessary. In obstinate cases, leeches may be applied to the stomach. A mustard poultice applied over the stom-

ach is often useful. If the hands and feet are cold, twenty drops of the fluid extract of cayenne may be put into half a teacupful of water, and a teaspoonful often given. Peppermint and other stimulants in this case are good. In some cases, three or four of the opium pills must be given. The compound of leptandrin and podophillin may be given in pill, or the powder.

Asiatic or Malignant Cholera.

The "premonitory symptoms" of this disease are a furred tongue, pains in the stomach and head, and a watery discharge from the bowels. A few drops of laudanum, five or six, or spirits of camphor, or both combined, taken at this stage of the disease, generally will arrest it. Perhaps, in nine cases out of ten, when this epidemic is prevalent, these admonitory symptoms show themselves. If the disease is not checked, it soon runs into the second stage, when vomiting commences, rice-colored discharges from the bowels are greatly increased, cramp in the hands and feet, the stomach, and of the whole body, come on, the countenance is distorted and the body bathed in a cold sweat, the tongue is cold and moist, collapse comes on, and death soon closes the awful scene.

Treatment. — Of all the modes of treatment, (and they are numerous,) that of *stimulants* has been the most successful. The fluid extract of capsicum may be taken, five drops every half hour; or three of the

opium pills may be taken at once, or one at a time every hour ; or two or three of the opium pills, and one of the physic pills, made of leptandrin and podophillin, or the common dose of the fluid extract, may be taken at a time. The cayenne and other warm and stimulating medicines, with brandy, should be administered freely in the cold stage. Rochelle powders are often serviceable in the great thirst which attends this disease. A mustard plaster should be applied over the stomach and bowels, and brisk friction with the extract of cayenne, or spirits of turpentine properly reduced.

Sour Stomach, or Heart Burn.

The symptoms are a burning sensation at the pit of the stomach, acid and windy eructations, and, sometimes, nausea and vomiting.

A weak state of the stomach and undigested food are the usual causes of this complaint.

Treatment.— The neutralising mixture, a tablespoonful, after each meal ; or rhubarb root may be chewed. Lemonade, or a teaspoonful of the spirits of nitre may be taken in a glass of the infusion of columbo, or the fluid extract of quassia may be taken ; or, in place of the neutralising mixture, ten grains of the soda and rhubarb powder may be taken.

Vomiting of Blood.

The preceding symptoms are a sense of weight and

dull pain, and great anxiety. The blood is usually clotted, and sometimes mixed with the undigested food.

The usual cause is a violent blow, or strain, or some injury; sometimes the cause is unknown.

Treatment. — The skin should be kept cool, and all cause of irritation avoided. If the bleeding continues, small doses of the fluid extract of matico may be taken; after it ceases, take a tablespoonful of castor oil, or a teaspoonful of cream of tartar, or a teaspoonful of the extract of senna. The diet should be light. After the trouble has subsided, take the quinine-pill, or the fluid extract of blood root, usual dose, three times a day.

Looseness of the Bowels, or Diarrhea.

The symptoms are copious and repeated discharges from the bowels, often attended with griping pains, thirst, nausea, and a bad taste in the mouth.

It is usually occasioned by bad water, the application of cold to the surface of the body, new wine, cider, or spruce beer, or a sudden change from salt to fresh provisions.

Treatment. — The neutralising mixture or powder, in doses of one or two tablespoonfuls two or three times a day, or ten grains of the powder, or a dose of the fluid extract of rhubarb, or castor oil. After these, an opium pill may be taken, or three or four of the Dover's pills may be taken. After the disease has subsided, the

quinine pill may be taken, three or four a day, or the fluid extract of quinine, usual dose.

Dyspepsia, or Indigestion.

This is not a common disease among sea-faring men, but still a few words may be said of it in this connexion.

Its symptoms are, want of appetite, nausea and vomiting, or spitting up of the food, or rising of it in the throat, wind and costiveness.

It arises from errors or irregularities in diet, cold and moisture, hard study, sedentary habits, depressing passions, the use of tobacco, opium or spirits.

Treatment. — The diet must be strictly attended to ; it must be nourishing, but easy of digestion. Coarse wheat bread, well baked, or ship bread, should be eaten. The emetic powder is an excellent remedy. The fluid extract of blood root, or the queen's root, may be taken three times a day. Ginger tea is often serviceable. Half a teaspoonful of pulverised white mustard seed is a good medicine, when troubled with sour stomach and flatulence, or some of the neutralising powders. An established habit of going regularly to stool every morning is of signal benefit. Kneading the bowels, also, answers an excellent purpose. A little French brandy often assists digestion much, or good ale or porter, when they agree with the stomach.

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Dysentery, or Bloody Flux.

The symptoms of this disease are a discharge of bloody mucous by stool; violent griping, usually at the lower part of the bowels; a constant sense of bearing down, or wish to go to stool, without any discharge, or with a bloody one void of any fecal matter, pain and fever.

It is caused by anything that irritates the bowels, as putrid food, bad air, cold, strong cathartics; and when it prevails as an epidemic, it is induced by any exhausting labor, either of body or mind.

Treatment. — The ipecac and opium pill, one every hour, or a tablespoonful of castor oil with ten drops of the fluid extract of rhubarb in it; or the fluid extract of senna every two hours. I have cured some of the most severe cases of dysentery with this medicine. To relieve the pain, injections of cold water, about a gill at a time, should be frequently administered. I have known the external application of cloths, wrung out of warm, lukewarm, and even cold water, to the abdomen, of much service.

As little food as possible should be taken; slippery elm bark and mucilage of gum arabic, and a very small quantity of flour gruel, are the most that should be allowed.

The excrements, and all offensive odors, should be immediately removed, and the room well fumigated with vinegar.

Piles.

These are either internal, or external painful swellings, at the lower extremity of the bowel or anus. Sometimes they break and bleed, and then they have been called the *bleeding piles*.

The most common causes are strong purges, riding on horseback, costiveness and plethora.

Treatment. — Mild laxatives, consisting of equal parts of sulphur and cream of tartar, half a teaspoonful of each, mixed in molasses, taken morning and evening; or three of the copaiva pills, as often; or half a table-spoonful of Epsom salts; or a dose of the fluid extract of senna. Apply cloths wrung out of cold water and vinegar, or use cold water injections. An ointment of sulphur and hog's lard, equal parts, or tar water or alum water, may be applied to the swellings; or an ointment made of galls, two parts to eight parts of lard, may be applied to them.

Hernia, or Rupture.

This is of two kinds, called *inguinal* and *femoral*; in the inguinal, the tumor, or the part of the intestine or bowel, which descends, points towards the scrotum; in the femoral it points towards the thigh.

It is produced by blows, lifting, straining at stool, or carrying heavy weights.

Treatment. — The patient being placed on his back,

the feet raised considerably higher than the head, and the thighs bent towards the body, the hand must be directed, or the tumor pushed, *upwards* and *outwards* for inguinal hernia, and *backwards* and *upwards* in femoral hernia. Violent pressure must not be made, and as soon as it becomes painful it must be stopped. If this effort does not succeed, the warm bath should be tried, and an effort made to reduce the tumor while the patient is in the bath. If this fails, pounded ice, or equal parts of ether and salt, should be applied to the tumor. A tobacco injection, of a teaspoonful of tobacco boiled in a pint of water for fifteen minutes, may be given, and while the patient is under its nauseating effect another effort should be made to reduce the tumor. When done, a spring truss should be worn by day.

Fistula in Ano.

This is an abscess formed about the anus, or fundament, frequently, by the inflammation and maturation of the piles. After the abscess breaks it refuses to heal, leaving an opening which discharges an unhealthy watery matter. It usually begins with a hard, red tumor, near the anus or mouth of the outlet of the bowels. When the tumor first appears, it should be bathed with a gill of water, in which a third of a teaspoonful of sugar of lead has been dissolved. If this does not scatter it, it must be poulticed to bring it to a head — any of the poultices named under poultices will answer.

The bowels must be kept loose by sulphur and cream of tartar mixed with molasses, or by Epsom salts, or the mandrake fluid extract. When the abscess has fully formed, if it does not burst itself, it should be opened with a lancet. Three or four of the Dover powder pills may now be taken. Eight grains of nitre dissolved in water, and taken every two hours, will also be serviceable. Turner's cerate should be freely applied to the part. If the fistula is fully formed, nothing may cure it but an operation, and this does not always do it. I have succeeded in curing several cases, at this stage, by injecting *ley*, or a drachm of the *carbonate of potash* dissolved in eight ounces of water, and injected once a day. An issue may be thus kept up, which in the end will lead to a healthy and healing sore. The walnut leaf tea may be drunk, and, also, injected.

The Chest — Thorax and its Diseases.

The chest, or thorax, is above the abdomen, and separated from it by the midriff. It contains the lungs, or lights, the heart, part of the aorta or great artery, and eight pair of nerves and several large veins.

Cough.

The seat of coughs is usually in the chest, and therefore we commence the diseases of this part of the body with cough. Often, cough is a symptom of some other
[2*]

disease, and, as such, will be spoken of under those diseases. But in some constitutions this is not the case. If it commenced with a cold, or was at first caused by some other disease, from the irritability or mere sensitiveness of the lungs, it may remain when all the other diseases have disappeared.

Treatment. — The emetic powder may be first employed. After the emetic, if the cough does not cease, the cherry bark compound may be taken. Three of the Dover's pills may be taken at bed time. The cough mixture, consisting of an ounce of syrup of squills, an ounce of syrup of tolu, and half an ounce of paregoric, a teaspoonful at a dose, may be taken several times a day. Or the oxymel, made of equal parts of vinegar and honey, may be taken ; or the *white* mixture of ammoniac, a teaspoonful at a time, often.

Asthma.

The symptoms are tight breathing, wheezing, sense of suffocation, fits of coughing and gasping for breath.

Treatment. — The emetic powder may be taken as a fit approaches ; but a better remedy is the smoke of saltpetre, or of stramonium. The latter, however, must be used with great care, as too much of it may prove fatal. These are the best remedies known, and the last two are almost infallible. I have known ten grains of quinine, taken at a dose, effect a cure ; or the concentrated hydrastin powder.

Dropsy of the Chest.

The symptoms are difficulty of breathing, especially on going up stairs, palpitation of the heart, sense of weight on the chest, intermitting pulse, and great paleness of the face.

Treatment. — Use the remedies named under dropsy of the belly.

Spitting of Blood.

The usual symptoms are a sense of tightness, weight, and anxiety in the chest, a discharge of florid blood, with or without coughing, from the lungs, of a saltish taste. This may arise from a ruptured blood vessel, or, in some cases, a small quantity may arise from the thinness of the coats of the vessels.

Treatment. — Nitre, in ten grain doses, every hour, in cold water, and swallowed while dissolving, may be given. Also, infusion of foxglove, half a tablespoonful taken cold every two hours. Common salt dissolved in water, taken cold, is a good remedy; or the fluid extract of matico — this is the best of all. Nothing should be taken warm; the patient should avoid all exertions calculated to hurry the blood through the lungs, and live on a spare diet.

Common Cold.

I name this under diseases of the chest, because,

though it often affects the whole system, yet it generally seizes the strongest upon the chest.

It is the same as catarrh or influenza. It is an inflammation of the mucous membrane of the nose, throat, and often of the air passages.

Treatment. — Sometimes all that is necessary to do is to keep within doors, use a vegetable diet, and drink flaxseed, mullein, or slippery elm tea. Where this does not answer, the emetic powder may be given, and, if necessary, repeated for two or three successive days. After the violence of the disease is past, three or four of the Dover's pills may be taken at night. One of the best remedies for a cold is the vapor bath, where it can be had ; it puts the whole perspiratory system into the most perfect order. As a preventive of colds, a free use of cold water to the face, neck, and chest is of vast importance. Exposure to chills should be avoided.

Pulmonary Consumption.

This is a hereditary disease, arising from scrofula. There are many diseases accompanied by cough, expectoration, emaciation, and hectic fever, which are not properly consumption, though by common people they are so called.

The *developing causes* of consumption are colds, inflammation of the lungs, pleurisy, eruptive fevers, such as measles, small pox, scarlet fever, &c., living in unhealthy localities, intemperance in eating and drinking,

suppression of natural evacuations, insufficient clothing and undue exposure, neglect of breathing pure air, (a chief cause,) abuse of mercury and other medicines, excessive mental exertion, various kinds of mechanical labor, such as manufacture of needles, filing of iron, laboring in cotton manufactories, where much dust must be inhaled, a stooping position of the body, either in sitting or walking, unnatural compresses about the chest, long and excessively loud speaking, playing on wind-instruments, excess of the venereal passions, &c., &c.

Consumption usually approaches insidiously upon young persons of "light hair, fair skin, blue eyes, florid complexion, long neck, contracted chest, and high shoulders." They are generally, though not always, descendants of those who have fallen victims to the same disease.

The first ostensible sign of the disease is a short dry cough, much resembling a common cold, and usually mistaken *for* a cold.

A person in this disease presents a picture at once deeply interesting and exceedingly distressing. The symptoms were well given by a physician who lived several centuries ago, and are the following,—"As soon as the hectic fever is established, wasting of the body becomes manifest, the cough, expectoration, perspiration and diarrhea are more abundant. The nose becomes sharp and drawn; the cheeks prominent and red, and appear redder by contrast with the surrounding paleness; the conjunctiva of the eyes is of a shining

white, or, with a shade of pearl blue; the cheeks are hollow; the lips are retracted, and seem moulded into a bitter smile; the neck is oblique, and impeded in its movements; the shoulder-blades are projected and winged; the ribs become prominent, and the intercostal spaces sink in; the nails become bent, and the large joints of the fingers more prominent."

These are the marked symptoms of the disease, as it appears in its worst form. Dr. James Johnson says, — "When consumption is regularly established, it forms one of the most distressing pictures which the human frame exhibits in its progress to corruption. The hectic flush on the cheeks, the vermillion lips, the burning heat in the palms of the hands and soles of the feet, with evening fever, are periodically changed for cold sweats, hollow, pale, languid countenance, sharpening features, augmented expectoration, and progressive emaciation. Such is the series of heart-rending symptoms which are daily presented to the agonised friends, whose distress is heightened by the never-dying hopes which perpetually spring in the hectic breast."

Nearly one-fifth of all the deaths which take place in Boston, in New England, and in Old England, are from this disease. The number of deaths in Boston has been as high as twenty-five in a single week.

It used to be customary to send these patients *South*, and, when the doctor could do no more for them, and they were fast sinking to the grave, they were sent abroad to die. Rarely did they ever return. More

than twelve years ago the writer entered his protest against this cruel custom, publishing the following,—“ I once thought favorably of sending the consumptive invalid abroad, but, I think, I have grown wiser on this subject. To send him *from* his home, when he most needs a home, is but to help him onward to his lasting home. He is but to leave the circle of his friends to die among strangers. But few can bear the shock of being wrenched from friends and home; much less, the consumptive patient. The fatigue of travel, the cold, or the heat; the worry and bustle of hotels; the change in diet and drink, with, not unfrequently, the badness of both; the risk of damp beds, and other inconveniences that need not be named, more than overbalance the good derived from going abroad. So thoroughly have I been convinced of this truth, that for some time past I have advised the consumptive patient to take his chance at home. The numerous lists of such deaths abroad are an alarming beacon to those who would thus venture. They seem to say, stand off! for death is here!”

At the same time, I said, — “ If such patients must go from home, it is better to go *North* than South; and gave the reasons, to wit, that the patient required a steady unchanging climate, which could be found only at the North, &c.”

This idea, twelve years ago, (when first broached by the writer,) was laughed at by three quarters of the physicians in the land. Now, there is scarcely a medical man, or a medical journal, but admits its truth, and most of them advocate it.

Another point, which the writer then advanced, was, that in *true pulmonary consumption*, "*spirit*, or alcohol, was a useful medicine." This, also, was then ridiculed and reviled. But, now, and for the last half dozen years, it has been promulgated in the journals, and recommended by the doctors, till some of them prescribe *whiskey*, even in palpitation, or disease of the heart. In fact, it has been prescribed for all, who have a cough, or a cold, and for many who have neither of these, nor any other disease. Thus, when a thing is once started, all jump at it, and, sometimes, the very persons who were the first to ridicule it. One other thing then recommended was, — "the application of remedies directly to the lungs, by *inhaling them*;" and, in the same book, it was stated that, — "if progress was ever made, in remedying consumptive patients, it would, doubtless, be in this way, — not by addressing medicines to the *stomach* to cure diseased lungs, but to the *lungs* themselves."

This plan some of the older physicians characterised as "racking one's brains to little purpose," and many wagged their heads at the idea. But, if any one will consult the medical journals since that period, (now twelve years,) and medical practice, both regular and irregular, he will find a wonderful change in this practice, and in the *talk* and *writing* about it within this dozen years here named.

When these points were then stated, every physician

advised going *South* for consumption; only one, *then*, (within fifty years past, when Scudamore, Murray and Barton recommended inhalations, but very different from mine,) used inhalation at all, to my knowledge, and he learned it of the writer; and, no one had recommended spirituous liquors, *as a remedy in this disease*.

Now, there is a "Lung Institute," and a "Consumption Doctor," at almost every corner, attempting to practice each of these ways, and the *very staid* old medical journals of the country advocate them,—sending patients *North*, recommending *whiskey* and *inhalation*.

The only things, I will here name, for the consumptive patient, are, to be out in the air as much as possible; to drink spirit, *if* he has consumption, and can get that which is not poisoned with the vilest compounds; and to *inhale* proper remedies, under the care of a skilful physician: and take the following medicine, (living well at the same time, upon good ripe fruit, beef, and a free use of ale,) infusion of cascarrilla, seven ounces, citrate of iron and quinine (the English combination,) in proportion of five grains to one tablespoonful of the infusion, which spoonful is to be taken three times a day; and apply *constantly* an alcoholic lotion, half alcohol and half water, or New England rum, over the lungs, wearing cloths wet in it day and night.

After an experience of many years with this disease, in my own family, and out of it, this is the best course, in my judgment, to be pursued.

Pleurisy.

This is an inflammation of the membrane called the pleura, which lines the chest, and covers or contains the lungs. Its symptoms are cold chills, very sharp pain in one side of the chest, much increased by coughing and breathing, or by lying on the affected side. The cough is short, dry, and very distressing, while but little is expectorated, and that a bloody mucous. The tongue is coated, pulse quick and hard, face flushed; thirst, anxiety and restlessness are present, the urine is scanty and of a red color.

Treatment. — Copious bleeding has been the first resort in the treatment of this disease. We have, however, treated some very severe cases of it with entire success by the following means: — tartar emetic, in doses sufficiently large, dissolved in water, to produce nausea, and repeated every two or three hours. Ipecac and lobelia are the next best medicines, or the emetic powder. Then the Dover's pills should be used, two or three at a time, till rest and a gentle perspiration are produced. Stimulating baths, fomentations to the side, or hot poultices, are often very good assistance to the medicine. The following treatment has been highly recommended in acute pleurisy: — the opium pills, four, with twelve grains of calomel, and three hours after, twenty grains of Dover's powders, or six of the Dover pills. This, upon high authority, will cure pleurisy the quickest of any remedy. The fluid extracts of the blood root, or of the pleurisy root, are excellent.

Diseases of the Head.

Inflammation of the Brain.

This is often called Brain Fever. The symptoms are severe pain in the head, great disturbance at both light and noise, wildness of the eyes, quick, hard pulse, restlessness, dry tongue, and flushed face.

Treatment. — This disease calls for blood-letting as much as any one, and a pint may be taken at once, and the operation repeated in three hours, if relief is not obtained. The compound fluid extract of senna and jalap should be given in a full dose. Then the patient should take the emetic powder in sufficient doses, say half a teaspoonful often. Cold water, or ice pounded and put in a bag or bladder, should be applied to the head. The feet should be bathed, or rather *soaked*, in warm water, and poultices of mustard seed and Indian meal, or onions, should be applied to them.

The diet must be of the lightest kind.

If all these fail, the patient should be seated, and a stream of cold water poured upon his head from the height of three or four feet.

Headache.

This may arise from an overloaded stomach, dyspepsia, too great flow of blood to the head, the hot sun, rheumatism or neuralgia, and the use of ardent spirits.

Treatment. — When it is occasioned by a foul or

overloaded stomach, a teaspoonful of the emetic powder should be taken in warm water ; or, the aqueous fluid of senna. If it arises from too great a flow of blood to the head, cold applications should be made to the head, and warm, or stimulating, ones to the feet. One or two doses of the fluid extract of jalap and senna may be taken, and the patient should live on a low diet. If the headache arises from rheumatism, nitre should be taken twice a day in half-teaspoonful doses ; or, the fluid extract of henbane may be taken twice a day, in the dose recommended under the extract in the domestic dispensatory.

Earache.

This is usually a disease of children, and is an inflammation. If it be severe, it must be treated like other inflammatory diseases. Generally, however, one of the opium pills at night, and a dossil of lint, wet with a few drops of sweet oil and cajeput oil, of each equal parts, or with laudanum, are sufficient. The best remedy will be three or four of the earache drops put into the ear, and then a little cotton to keep it in.

For a *discharge* from the ear, which often happens from a severe cold, or as a result of scarlet fever, a few drops of some astringent, four or five grains of sugar of lead, or nitrate of silver, dissolved in an ounce of water, dropped into the ear, or put into it on a piece of cotton, will soon stop it. Hickory sap, or a strong decoction of the green nuts, bruised, is a good astringent for this

complaint ; or, better still, a few drops from a preparation of two parts of oxgall to one of Peruvian syrup.

Toothache.

This very troublesome disease cannot be cured, if the tooth is much decayed, without extracting it. But, frequently, it will be relieved by applying a pledget of cotton, wet with the cajeput oil, or oil of cloves, or a pill of equal parts of camphor and opium, moistened with a little cajeput oil.

Bleeding at the Nose.

This is sometimes a very troublesome complaint, and requires prompt attention. During an attack of the bleeding, the patient should apply cold water freely to the neck and head, and put the feet in warm water. The cold hip bath is an excellent remedy where the bleeding is obstinate; it may be taken by filling a wash-tub half full of cold salt water, and sitting in it from ten to twenty minutes. A still better remedy is the powder of nitrate of silver, snuffed up the nostrils, or the fluid extract of matico. In some cases, simply holding up the arms for several minutes will stop the bleeding. The tincture or powder of matico, snuffed up the nose, rarely fails to arrest the bleeding.

Inflammation of the Eye, or Ophthalmia.

Inflammation of the eyelid is often occasioned by a

small ulcer, at the root of the eye-lash, and may be remedied by the citrine ointment; or an ointment of the nitrate of silver, four grains to an ounce of lard; or by an eye lotion of sulphate of zinc, or nitrate of silver, four grains to an ounce of pure water. If the eye-ball is inflamed, or, if the inflammation of any part of the eye is severe, two or three leeches may be applied around the eye. A dose of the aqueous extract of senna may be taken. Lukewarm water, and afterwards cold water, may be often applied with a thin linen cloth to the eye.

Diseases of the Throat. — Croup.

This is an inflammation of the windpipe, and is known by a peculiar sound, which the child makes in breathing and coughing, which has been compared to the *crowing* of a cock, or the barking of a dog. The pulse is quick and hard, the mouth dry, and all the symptoms which usually attend any local inflammation. Sometimes the disease makes quick work, and the child dies in an hour after it is attacked; but, usually, it is two or three days after croupy symptoms appear, or the child seems "stuffed up," before the disease is fully established, and the sufferer lives till the third or fourth day.

Treatment. — From time immemorial, the first remedy usually given in croup has been an emetic. If no better one is at hand, a wine-glassful of lamp oil, or goose oil, may be given. A full teaspoonful of powdered alum, mixed in molasses, is a good emetic in croup. It

should be often repeated. Lobelia is sometimes an effectual remedy in croup. Leeches may be applied to the throat. Cold water bandages applied to the throat are sometimes of great service. Warm, fomentations, or emollient poultices, to the throat, are often useful. Volatile liniment, made of sweet oil and water of ammonia, in proportion to a teaspoonful of the ammonia to an ounce of the oil, with half a teaspoonful of the oil of turpentine, may be spread upon cloth and applied to the stomach. Syrup of squills and castor oil, of each equal parts, in teaspoonful doses, is a good remedy. But I have often found the two following remedies the most effectual :—raw onions pounded and mixed with sweet oil, and applied to the throat ; a teaspoonful of the juice may be given. A teaspoonful or two of it may be added to lukewarm water, and given in an injection. The other remedy is, a solution of nitrate of silver, forty grains to an ounce of water, and injected into the wind-pipe by the laryngeal shower syringe. This will sometimes save the life of the child when all other means fail. This operation may be performed by any person, and a *syringe* for the purpose will be sold with every medicine chest, if the purchaser wishes it. The emetic powder may be given ; the fluid extract of blood root.

Quinsey, Inflammation, or Ulcerated Sore Throat.

These are not all precisely the same disease, yet they

have an intimate relation to each other, and require very similar treatment.

Treatment. — The general means to be used are the same as in other cases of inflammation. Leeches should be applied to the throat. A dose of Epsom salts should be given, or a dose of the aqueous fluid extract of senna, and the feet placed in warm water. The vapor of hot water may be inhaled ; but the best remedy is the solution of nitrate of silver, fifty grains to an ounce of water, thrown into the throat with the shower syringe.

Sore Throat, commonly called Clergyman's Sore Throat.

This is a very troublesome disease. It makes its appearance by a feeling of something lodged in the throat, which the person tries to *hawk* up, or *swallow* down. It usually arises from a depressed or weakened condition of the whole system, and is often brought on by indigestion and mental anxiety. But, the reason of its seating upon the follicles, or glands of the throat, is, the frequent over-exercise of this part from speaking. The reason why clergymen have it more frequently than lawyers, or others who speak much, is the use of notes, and the stiff and awkward manner of *reading* a manuscript. This brings much more strain upon the vocal organs than natural speaking does.

I have never known a case of this disease where the system, in point of health, was not *below* the healthy

standard. The remedy is, freedom from speaking and anxiety, a sustaining tonic course, by quinine and citrate of iron, in five-grain doses, good beef and plenty of ale to recruit the system, and a free application of chlorate of potash, five grains to a gill of water, with which the throat should be gargled three or four times daily. The plan of starving the stomach and burning the throat with caustic, should never be resorted to, as there is a more excellent way.

The fluid extract of the queen's root, (*stillingia*.) should be used, in the dose named in the domestic dispensatory, a teaspoonful, three times a day.

Mumps.

This is a disease which shows itself by a swelling under the ear, sometimes under one ear, and sometimes under both. Its characteristic symptom is, the *pinching* upon opening the mouth to swallow. There is some fever, but the disease is slight, unless the patient takes cold, in which case the testicles are often affected.

The treatment is very simple, consisting of a mild cathartic, as Epsom salts, fluid extract of senna, and a light diet; but if the testicles or brain are affected, a solution of sugar of lead, or leeches should be applied.

Bronchitis and Laryngitis.

This consists in inflammation of the bronchial tubes, or the larynx. It prevails much among public speakers.

The cough in bronchitis is harder and more severe than in laryngitis, or even in consumption. What is called latterly "clergyman's sore throat," is thought to be a new, or at least a distinct disease from these, and I have treated it as such before.

Give the emetic powder, and the fluid extract of blood root.

Scarlet Fever.

The name of this disease has been given it from the scarlet, or florid color which the skin assumes when it is present. It is often a very fatal disease. It commences with symptoms very similar to those of other fevers ;—chills, shiverings, lassitude, pain in the back and loins, sickness, and vomiting. Sometimes the skin is hot and dry, and the extremities very cold. As the disease progresses, the skin grows florid, till it has the appearance of scarlet, or, as some have expressed it, the color of a boiled lobster. But the most characteristic symptom of the disease is, the soreness of the throat, tongue, and whole lining membrane. This state of the throat soon shows ulceration. I have given enough of the symptoms to enable any one to detect the disease.

Treatment. — Without giving the numerous and contradictory modes of treatment by men of equal science and skill, we will briefly describe that which we have found the most successful. Upon the first appearance of the disease, the feet should be soaked in hot water

well seasoned with mustard, cayenne, or salt. When the fever is fully established, and when *on*, the skin burning hot, washing the whole surface in cold water is of signal service. This should never be done during the *cold* stage. In some cases, where the stomach seems oppressed, a third, or half a teaspoonful of the emetic powder may be given, and followed by a teaspoonful or two of Epsom salts, or castor oil, or a Rochelle powder. For a child ten years old, (and it scarcely need be said, that this disease generally attacks children,) small doses of nitre, a quarter of a teaspoonful, may be given often, dissolved in water. A good drink may be made by dropping forty drops of the nitric or muriatic acid into a tumbler, and filling it with water. Cayenne, the fluid extract, both as a gargle and as medicine, is an excellent remedy in this disease. The following preparation is highly recommended : — two tablespoonfuls of cayenne pepper, a teaspoonful of salt, add half a pint of boiling water, and, in fifteen minutes after, add half a pint of vinegar ; dose, two tablespoonfuls every half hour, both to take and for a gargle. The belladonna fluid extract is, in my opinion, the best medicine in this disease. It is also an excellent preventive, where there are children exposed to it, but not yet taken sick. The dose for a child ten years old, when *sick*, is five drops every two hours ; for a *preventive*, three or four drops three times a day. It should not be continued more than a day or two.

Inflammation of the Kidneys.

The symptoms are chills and rigors in the back and loins ; sometimes the pain is very severe, and extends to the bladder, loins and thighs. The urine, if any, is scanty, red, comes away in drops, and is sometimes bloody. The skin is usually dry, or moist and smells of the urine.

Treatment. — Warm bathing, fomentations of bitter herbs, the warm bath, stimulated with mustard or salt, hot mustard poultices to the affected parts, a dose of the fluid extract of senna, followed by the Dover's pill, two or three, injections of warm water, nitre in small doses, slippery elm, flaxseed, and a tea of the upland cranberry, are the best medicines ; or, the concentrated powder, piburin, of the domestic dispensatory.

Inflammation of the Bladder.

The symptoms are a sense of fulness, pain in the lower and front part of the abdomen, difficulty in passing water, pain, heat, soreness, sickness at the stomach, thirst, restlessness, &c.

Treatment. — If the bladder is full, the water must be drawn off with the catheter. But little drink should be taken, and nothing that will increase the quantity of urine. Water, not very cold, is as good as any liquid. Leeches should be applied over the region of the bladder

freely. The bowels should be moved by a spoonful of Epsom salts or castor oil, or the fluid extract of senna. Warm injections of soap and water, and the warm bath, should not be omitted. It is a rapid disease, and what is done must be done quickly.

Bloody Urine.

This may be caused by a blow, or any injury to the parts, or by gravel stones. The urine is bloody, and settles at the bottom.

Treatment. — If caused by injury, apply leeches; give a dose of Epsom salts, and drink freely of flaxseed, quince seed, or water melon seed tea, or of all of them combined. The opium pill may be given; a quarter of a teaspoonful of nitre every hour, in a gill or more of water, or weak alum water.

Suppression of Urine, or Stranguary.

If *no* urine is passed, this disease is called *suppression of urine*; if *some* is passed, but with difficulty, it is called *stranguary*. It is caused by gravel, any obstruction in the urethra, blisters, or by wounds and bruises. Often, no other medicine is required but mild teas, made of flaxseed, barley, gum arabic, water melon seeds, pumpkin seeds, winter-green, and the warm water or vapor bath. In the feverish state, cooling laxatives, as castor oil, cream of tartar, and Epsom salts, should be given; and when the fever has subsided, one of the

opium pills, or two or three of the Dover's pills, may be taken.

Incontinence of Urine.

This is an involuntary discharge of urine.

Treatment. — If it arises from a relaxation of the sphincter of the bladder, a mustard plaster, or blister, applied to the lower part of the back, is often a good remedy. The cold bath, or cold water dashed upon the genitals, is often useful. The tincture of cantharides, in doses of ten drops every four hours, has often effected a cure. Half a pint of alum whey, night and morning, often cures it. I have often cured this troublesome complaint by giving from ten to thirty grains of benzoic acid in phosphate of soda or in water. The fluid extract of cranesbill is a good remedy.

Gonorrhea, or Clapp.

This disease is infectious, and is communicated by sexual intercourse. It makes its appearance sometimes in a day or two after the infection has been received, and sometimes not till six weeks after. The first symptoms are a sense of heat and itching in the urinary passage, and scalding in passing water. The urethra is sore, and a whitish matter is discharged from its mouth. The discharge increases daily, and the soreness and redness. The color of the discharged matter grows darker and thicker, and the stream of water smaller. Blood is oc-

casionally passed, and a stricture sometimes takes place, which prevents all passage of water.

Treatment. — If the part is inflamed, a soft bread and milk, or flaxseed poultice, should be applied to it; and, occasionally, it should be washed with a solution of the sugar of lead, four grains to an ounce of water. About a third of a teaspoonful of nitre should be taken every four hours, dissolved in water. A grain of the sugar of lead may be dissolved in an ounce of water, and a part of it injected into the urethra. The sweet spirits of nitre, in teaspoonful doses, with fifteen or twenty drops of laudanum, or a dose of the fluid extract of opium, at night, will assist in effecting a cure. If it continues more than eight days, three or four of the copaiva pills may be taken, three times a day. I have often cured this disease with powdered cubebs, either in substance, or in a tea drank freely, or use the ethereal fluid extract of cubebs. If there is *chordee*, or painful erection of the penis, and it is *curved* by the inflammation, a solution of sugar of lead, one drachm of the lead to a pint of water, should be applied to the under side of the penis by a wet cloth, and one, two or three of the Dover's pills may be taken. A homeopathic practitioner told me, a few days since, that he cured the worst stages of this disease with one drop of the *tincture of hemp*, given three times a day; but I did not believe him. The greatest evil in this disease arises from patients applying to ignorant and unprincipled empirics, who always *sponge* but never cure him.

Syphilis, or Pox.

This disease is propagated by an animal poison conveyed from one person to another by sexual intercourse. It first shows itself in the form of a small red pimple, which soon breaks and forms a sore, with hardened edges, covered with a white coat at first, and then discharging a yellowish matter; sometimes, at first, the skin appears only reddened.

Treatment. — Within the first five days, one of these chaneres, or pimples, may be cured by a free application of the nitrate of silver, or lunar caustic, or they may be clipped off with the curved scissors. If thus managed at this early stage, the constitution will not be affected. The next best remedy is a wash of white vitriol, or sulphuric acid; a cloth wet in it should be applied to the ulcer for a day or two; then cover it with calomel or pulverised blood root, and wash this off with a solution of sugar of lead, and renew it once a day. I have often cured the disease with the pill of mercury and opium, one at a dose for four or five days. The mercurial treatment ought never to be pushed to salivation, as *that* remedy is worse than the disease. I know there are some cases in which mercury will not cure it; and I have not, for several years, during which I have employed other remedies, found a case where it has not been cured without mercury. Water, made as sour as can well be drunk with nitric acid, strong tar-water, decoctions of prickly ash, mesereon, sarsaparilla,

lobelia, and the juice of poke berries, are good remedies. I have found the mandrake fluid extract very useful.

For *secondary* symptoms, or when the constitution is affected, no better remedy can be used than the following alterative — the fluid extracts of queen's delight and mandrake.

Bubo.

In case of a bubo, or swelling in the groin, we must attempt to drive it away by applications of lead-water and ice, and cold applications. If this cannot be done, it must be poulticed to bring it to suppurate. Open it by a small puncture.

General Remark. — Nothing is more important in the treatment of gonorrhea, and the venereal disease, than absolute rest, and avoiding all spirituous liquors.

Gleet.

This is caused by a badly-managed clapp. It is a flowing of a limpid mucous from the urethra, upon making water, or at other times, without pain or scalding. The best remedies are a tea of the uva ursi, or the co-paiva pills, or nitre.

Stricture.

This, also, is caused by the clapp, especially if it has been accompanied with much inflammation, or been badly treated.

The only remedy is the introduction and wearing of a bougie, and it may be necessary to smear the bougie with caustic ointment.

Phymosis.

This is such a contraction of the skin around the head of the penis that it cannot be drawn back. In this case, warm soap and water should often be injected between the skin and head of the penis, to allay the inflammation and cleanse it. Warm flaxseed poultices and leeches may be applied, and a dose of cream of tartar taken. It is sometimes necessary to divide the stricture with the curved scissors, and to wash the wound freely and poultice it.

Paraphymosis.

This is the reverse of the former; the skin is so contracted that it will not cover the head of the penis. The same treatment as in phymosis should be employed to reduce the inflammation. Cold water, or ice and sugar of lead water, in the strength of fifteen grains of the sugar of lead to an ounce of water. It may be necessary to divide the skin on each side with a lancet.

Swelled Testicle.

In most cases this disease is induced by the mismanagement of the clapp, and is often occasioned by cold.

Treatment. — The first thing to be done is for the

patient to go to bed, and suspend the scrotum in a bag. If there is much inflammation leeches should be applied to the infected organ, sugar of lead water and ice. The patient should live low, and keep the bowels open with cream of tartar, and the fluid extract of senna, and take, at night, one of the opium pills. If there is an appearance of matter forming, the scrotum should be poulticed. If the trouble is occasioned by the sudden suppression of the clapp, warm mucilaginous injections of flaxseed and slippery elm tea should be administered.

General Diseases.

Under this head I shall class *acute* and *chronic* rheumatism, though they sometimes affect the trunk, as the membranes of the heart, and viscera, and head.

Acute rheumatism begins with a little pain, very sharp, usually some swelling of some one of the joints. The greater part of other pains subside when the patient is warm in bed, while that of *rheumatism* increases. It sometimes changes its place, as from one joint to another, and from the back to the head. There is usually a full hard pulse, white tongue, reddish urine, and a confined state of the bowels.

Leeches may be applied to the affected part, a dose of castor oil, or cream of tartar and sulphur, or the aqueous extract of senna, taken to operate upon the bowels. Then, two or three of the Dover's pills, once in three hours, may be taken. A free use of warm herb teas, barley water, or crust coffee is useful.

The *chronic* form of this disease often results from the acute, or comes on after the age of forty-five or fifty. The best remedy for this form of the disease is, the fluid extract of aconite root, as named in the domestic dispensatory. Sometimes, drinking freely of a tea made of the *mayweed*, and keeping warm in bed, will soon effect a cure. I have known mustard seed and horse radish, steeped in wine or good cider, with a few drops of the tincture of cayenne in each glass, prove an excellent remedy. The Dover's pills are also useful in the chronic, as well as in the acute form of rheumatism.

Fever and Ague.

This is generally called *intermittent fever*, because it intermits, or passes off, when the patient feels quite well. Sometimes, there is a fit every day ; sometimes, every other day ; and sometimes, only every third day. There is a cold, hot, and sweating stage. It generally attacks persons who are exposed to noxious exhalations from marshy districts, and, more especially, those who sleep near the ground.

Treatment. — The first medicine to be given is the emetic powder, or the cathartic fluid extract of senna. This may be followed by the tonic fluid extract of cinchona, according to the dispensatory. Finely powdered charcoal, in teaspoonful doses, is a good remedy. The *vapor bath* is an excellent remedy in this disease. The elixir vitriol, in doses of ten drops, three times a

day, in water, is useful. The diet should be light and nourishing. The mandrake fluid extract, three or four times a day, is a good remedy. If vomiting takes place, the neutralising mixture, in tablespoonful doses, every half hour, will usually stop it. The opium pill may be given at the commencement of the cold stage, and warm herb teas freely taken.

Remittent Fever.

This fever differs from the last-named in that the fever does not entirely leave the patient, with less fever than he has when the *fever is on*, as it is termed, and the fever-spells are not so regular in their return.

Treatment. — Take the emetic powder; it may be given in half a teaspoonful of warm water, at the commencement of the attack, and followed by the cathartic fluid extract of senna, of the domestic dispensatory; and this may be followed by two or three of the Dover's pills or powder, three times a day. One thing more may be properly added to the treatment, and that is, a free use of cold water, both externally and internally. This is a most comforting remedy to the patient, as a drink and applied to the skin, when hot and dry. The use of water should never be prohibited in the hot stage of any fever.

Nervous, or Typhus Fever.

Many writers have made a difference between *typhus*

and *typhoid* fever; but I shall not, as they are very similar.

This disease commences very gradually, with symptoms of lassitude, dejection, want of appetite, chills and heat; soon, a slow dull pain in the head comes on, with more or less nausea and looseness of the bowels, and pain through the back and loins. The pulse is weak and feeble, and often intermits. Nervousness, giddiness, delirium, and tenderness of the bowels, with diarrhea, subsequently ensue.

It is occasioned by anything which weakens the powers of nature, or depresses the mind.

Treatment. — In this disease none but *mild* physic should be administered, as all drastic purges irritate and inflame the bowels, the glands of which are often the seat of this disease. The emetic powder may be given, and followed by a light dose of the aqueous fluid extract of senna. This, with occasionally a Dover's pill, when the head is not too much affected, is often all the medicine that is required. Cold applications should be made to the head, and draughts applied to the feet. The free use of cold water, when the skin is hot and dry, affords much relief. A good medicine to allay the feverish symptoms is the nitre, in doses of four or five grains, dissolved in water.

Ship Fever.

This putrid malignant disease has made sad havoc in

Boston within the last few years. Its attack is violent, manifested by fainting, severe pain in the head, hard-throbbing pulse, nausea and vomiting of black matter, offensive breath, and black, dry, cracked tongue. Soon, the pulse grows feeble, or intermits, putrid symptoms manifest themselves in the odor of the breath and stools, and the appearance of purple spots. It is supposed to be very contagious, but usually first shows itself where many persons are confined in ill-ventilated places, as in jails, ships, and over-filled hospitals

Treatment. — The emetic powder may be given at the commencement of the attack, to evacuate the stomach and bowels, and this may be followed by the cathartic fluid extract of senna. The bowels should be kept in a soluble state through the whole of the disease. Occasionally, two or three of the Dover's pills may be taken, to promote gentle perspiration, or the camphorated mixture, or the saline mixture of the domestic dispensatory. Where there are symptoms of putrefaction, a tablespoonful of yeast has an excellent effect, given once in two or three hours. It may, also, be administered by injection. The effusion, or thorough washing with cold water, has been highly recommended, when the skin is hot and dry, and should not be omitted, as it has been eminently successful in the hands of many practitioners.

Yellow Fever.

This fever, in many of its symptoms, resembles the *intermittent*; vomiting, however, distinguishes it from

most other fevers, for, though this symptom be present in many other kinds of fever, yet, in *yellow* fever, it is a most prominent symptom. This should be allayed by the remedies recommended under nausea and vomiting. Then, the only treatment which I would recommend, is, the use of cold water, as under ship fever, and a free use of the chlorate of potash, dissolved in water.

Inflammatory Fever.

This comes on suddenly, with dizziness, chills, pain in the head and loins, restlessness, great heat, thirst, hard full pulse, costiveness, red scanty urine, and many other of the characteristic symptoms of fever.

Treatment.—The stomach and bowels may be cleansed by the emetic powder, and the cathartic fluid extract of senna. After these, a free use of cold water, both externally and internally, is the proper remedy.

Scurvy.

Sailors are very liable to this disease, on account of their exposure to cold and wet, and confinement to salted provisions. One of the most prominent symptoms is the spongy, soft, livid, swollen state of the gums, so much so, that the teeth become loose or fall out. The spirits are depressed, breath offensive, and little dark-colored blisters appear, the legs swell and have a glossy whiteness, the body becomes emaciated, bleedings take

place from the nose and mouth, but the pulse is but little affected, even up to the close of life.

Treatment. — The patient must relinquish all salt provisions, so far as possible, and, as soon as he can get them, live on fruit, such as potatoes, cabbage, turnips, apples, &c. The potatoes and cabbage preserved in the form of *krout* can be usually had at sea. If vegetables cannot be had, acids, as lemon juice, cider, (good cider is an excellent remedy, and may be carried to sea,) pickles, tamarinds, pine apples, raisins and figs, should be used freely. And when these cannot be had, small doses of nitre, dissolved in vinegar and water, and sweetened, are a good remedy. Cream of tartar, a teaspoonful to a pint of water, sweetened, is very useful. The fluid extract of senna, is a good remedy. Alum-water should be applied to the gums, or the fluid extract of cinchona, or any kind of astringent tooth powder. If bleeding takes place from the bowels, small doses of alum, or sugar of lead, or the opium pill, or two of these combined, should be taken. The common soda powders are a useful remedy in this disease. Every ship going to sea should be well supplied with dried fruits and herbs. Sometimes the scurvy is met with among landmen, but not often. The remedies are the same.

Jaundice.

This disease is caused by some obstruction of the bile. The most prominent symptoms are yellowness of the

eyes and skin, high-colored urine, and light or clay-colored stools. If it is attended with acute pain, it usually arises from a stoppage of gall stones in the gall-duct. Sometimes it is occasioned by hard drinking, and is immediately connected with an indurated, or enlarged liver. Jaundice is sometimes produced by nervous affections, and anything that renders the bowels costive.

Treatment. — The first thing is to give the emetic powder, to be followed by the cathartic fluid extract of senna, or the combination of leptandrin and podophillin, of the concentrated powders. The warm bath, or what is better, the vapor bath, is an excellent remedy. Sometimes, when there is great pain, three or four tablespoonfuls of olive oil will afford prompt relief. A teaspoonful of ether may be given ; and the opium pill affords relief, when nothing else will. When the urgent symptoms are removed, the system must be invigorated by tonic or strengthening medicines, such as the fluid extract of cinchona, and the strengthening bitters, fluid extract of quassia.

Skin Diseases.

For diseases of the skin, such as pimples, eruptions, excoriations, unnatural redness, &c., known among physicians as eczema, impetigo, prurigo, &c., take glycerin one ounce, purified tar half a fluid drachm, warm this mixture, and then add enough powdered starch to make

a homogeneous paste, but not very thick. Apply a small portion morning and evening to the diseased skin. It removes the difficulty wonderfully. Or, take one part of the *oil of cade*, and two of cod liver oil, apply as above. It removes the skin difficulties very soon. With these simple applications eruptions will be cured in a few weeks which had long resisted many powerful remedies.

Arsenic and mercury are frequently employed in cutaneous diseases, both internally, as medicine, and externally as ointments or washes. But much more benefit will be derived from the above-named ointments, in this whole class of diseases of the skin.

For internal use, the *sylvatica stillingia*, or queen's root, made into a tea and freely drunk, or the extract, taken twenty drops at a dose, three times a day, will be found much safer and more efficient; or the fluid extract of the domestic dispensatory. In the debility attending these cases, take the following preparation:—compound tincture of bark two ounces, sulphate of quinine twelve grains, muriatic acid twenty drops; mix these articles, and take a teaspoonful three times a day. Another excellent remedy in old feeble constitutions, and skin diseases, is the *nitric acid*, taken in such quantity as will render the water drank agreeably sour, or, when sweetened, about as sour as good lemonade. This wonderfully invigorates the constitution. It should be taken through a quill, to prevent injury to the teeth.

Another excellent *tonic*, or strengthening medicine,

in such cases, is the *citrate of iron and quinine*, in five grain doses, three times a day, either made into a pill, or dissolved in syrup.

From a long experience with skin diseases, the writer has found these simple remedies very efficacious, and, hence, he can recommend them with confidence. He has known the most aggravated forms of chronic eruptions upon the head, face, and other parts of the body, wholly removed, and permanently to disappear, under the above-named treatment, without a grain of mercury or arsenic.

For *spots* on the skin, "liver spots," like patches of a light snuff color, or dark brown, looking like a dried oak leaf imprinted on the skin, see the wash for skin diseases in the Domestic Dispensatory at the end of the work.

SURGERY.

Dislocations.

These are displacements of the joints of the bones. Luxations are the same as dislocations. The sooner these bones can be replaced the easier it is done.

Dislocation of the Shoulder.

The shoulder-bone may be dislocated in various ways. Usually, it is *downwards* ; rarely, *upwards*. The shoulder is the most liable to dislocation of any bone in the body, on account of the great amount of motion it possesses. *To set it.* — Put a strong bandage under the arm-pit of the injured side, and carry it over the opposite shoulder. A band or strip of cloth will answer. A strong handkerchief should then be tied round the dislocated arm, just above the elbow, and this last should be gradually drawn upon by some person, in a direction obliquely downwards and outwards, the body being kept fixed by assistants, drawing the first belt in an opposite direction. After keeping up this extension for a time, the operator must push the head of the bone into its place.

Dislocation of the Elbow.

The bones of the fore-arm may be dislocated in almost any direction. A protuberance will be observed on the side of the arm to which the bone is pushed. See if the patient can *bend* the arm ; compare it with the other elbow. Remedied by assistants pulling in opposite directions, while the operator puts the bones into their proper place.

Luxations of the wrist and fingers are to be reduced in the same manner.

Dislocation of the Thigh.

When the femur is dislocated *forward* and *downward*, the knee and foot are turned *out*, and the leg is longer than the other; when it is displaced *backward*, it is usually pushed *upwards* at the same time, by which the limb is shortened, and the foot turned *inwards*. When the bone is displaced *forwards*, and *downwards*, the patient must be laid upon the back, and *fastened* there. Extension must be made by slings fixed about the thigh, a little above the knee. While this extension is being made, the operator must push the head of the bone *outward*, till it enters the socket. If the dislocation be *outward*, the patient must be laid upon the *face*, and, during the extension, the head of the bone must be pushed *inward*.

Dislocation of the Lower Jaw.

Put the thumbs into the mouth, upon the back ends of the bone, and the fingers under the jaw, and lift it up, pulling it forward, depressing the back ends with the thumbs. It will go in with a snap.

Sprains, Stretchings or Twistings of the Joints.

Worse than broken bones; can't keep them still. Rest, splints, warm fomentations, subdue inflammation.

Dislocation of the Patella, or Knee-Pan.

This bone may be thrown from its place either *sidewise* or *upwards*. If *upwards*, the ligament will be broken, and

the bone found several inches *above*, among the muscles of the thigh. Sight and touch reveal the nature of this dislocation. If the dislocation is made *sidewise*, the limb must be firmly extended, and pressure made upon the protruding edge — the bone immediately regains its former position. When the dislocation is *upwards*, it is to be treated as a transverse fracture of the bone, of which I will speak.

Dislocation of the Knee-Joint.

The principal bone below the knee, the *tibia*, may be partially dislocated, either *inwards*, *outwards* or *backwards*. In each case, it is obvious to the sight. This dislocation occurs but rarely. Extension must be made *upwards*, by the thigh, and *downwards*, by the leg, while the operator replaces the bone by pressure with the hand.

Dislocation of the Ankle.

A dislocation of this joint may take place either *inwards*, *outwards* or *forwards*. If it be *inwards*, or *outwards*, it may be readily ascertained by the inclination of the foot, and by the unnatural protuberance on one side, and deficiency on the other. When the end of the *tibia* or *fibula* — the two bones of the leg — is forced forward on the foot, the instep will be shortened, and the heel will form an unnatural projection. The bone must be replaced by extension, made in the same manner as in dislocation of the knee.

In dislocations of the thumbs, fingers, and toes, the bones are to be replaced by making extension, and, at the same time, gently bending the joint, and applying pressure with the thumb upon the end of the dislocated bone.

Fractures, or Broken Bones.

In fractures, the patient should be dieted, and an anti-phlogistic treatment pursued. He should be kept dry and clean. The dressings should be applied anew as often as every three days, and oftener, should they become loose; and the lint moistened with some cooling lotion, as acetate of lead, or acetic acid and water.

In *Fracture* of the bones of the *Nose*, they may be raised to their place by means of a quill, or some other instrument, introduced by the nostril, and, usually, they will retain their position without further aid.

In *Fracture* of the *Lower Jaw*, the injury is obvious to the sight. All that is necessary is accurately to replace the parts, and keep them firm by an assistant, till the surgeon places a thick pad of lint over the seat of the fracture, and a bandage, by means of which the jaw may be firmly held *upwards* and backwards. The best way to do this, is to make a bag or purse to receive the chin, with four tapes, or ends, attached to it; the two inferior of which are tied over the top of the head, and the two superior are carried back of the head. The patient must be preserved quiet, and must not attempt to use his jaws in masticating his food.

In *Fracture* of the *Clavicle*, or *Collar-Bone*, the fracture may be known by tracing the clavicle with the fingers until one of the fractured ends is found to project over the other; and, upon moving it, a crackling noise of the bones will be perceived. In treating this fracture, the arms and shoulders of the patient are to be firmly drawn backwards by an assistant, when the fractured ends immediately come in apposition. The part must now be covered with a thick adhe-

sive plaster, and a bandage applied to retain the bones in their place. It should be a long bandage, and, commencing with it on the part injured, it should be carried under the arm-pit, across the back, and over the other shoulder; then under the arm-pit of that side, and back over the injured shoulder, thus describing on the back the figure 8. The turns should be repeated two or three times, and be tightly drawn; and the arm should then be supported with a sling.

In *Fracture of the Ribs*, the chief diagnostic mark is the crackling or grating of the bones, which may be both distinctly felt and heard, upon the patient's coughing, or making a deep inspiration, and by a sharp pain in the part at the same time. The principal attention of the surgeon is to be given to the general symptoms. Depletion may be necessary, and such means as are usually demanded to subdue or ward off inflammation. All stimulants must be avoided. An adhesive plaster should be applied over the fracture, and a broad bandage made to encircle the body.

The *Fracture of the Arm* between the shoulder and elbow is simple, and readily recognised. In order to bring the fractured extremities into their place, a slight extension should be made, while the elbow is bent at a right angle. The arm should then be encircled with a piece of soft flannel, and two splints applied, one on the inside, the other on the outside of the arm. They may be made of paste-board, or thin slips of wood, an inch and a half broad, and to extend the whole length of the bone, and bound on with a bandage. The fore-arm should be suspended with a bandage from the neck, in such a manner that the wrist may be more supported than the elbow, so that the weight of the arm counteracting the contraction of the muscles, may serve to keep the ends of the bone in their proper

place. The bones should be thus retained for two weeks, when they will usually be found united.

A *Fracture* of the *Elbow* may be readily known, as a piece of the bone will be found drawn upward. It is to be replaced, and confined by a bandage, rolled round the limb, making pressure upon the protruding edge. The arm should be kept nearly straight, by a splint bound upon the inner side, and extending nearly to the hand and shoulder. By persevering in this treatment, the knob of bone forming the elbow will be joined to the arm, from which it had been broken.

In *Fracture* of the bones of the *Fore-Arm*, the course of the bones from the elbow to the wrist should be traced with the fingers, and the limb should be compared with the other. Also, a crackling or grating of the bones against each other will be heard. The same treatment is required as in fracture of the arm between the shoulder and the elbow. The splints should be laid, one on the inside and the other on the outside of the arm, so as to compress both bones at the same time; the one on the inside should reach to the palm of the hand, by means of which the wrist will be kept steady, and the bones prevented from rolling on each other. They may be confined by a bandage rolled round the limb, and the arm worn in a sling. The splints should be loosened every day, and the arm bathed in cold water, or salt and vinegar.

THE
DOMESTIC DISPENSATORY,
DESIGNED TO ACCOMPANY THE
SHIP AND SHORE PHYSICIAN.

[The greater part of those medicines recommended in the *addition* by the compiler, in the former part of this work, "The Primitive Physic," when the manner of *preparing* the medicine was there given, are omitted in this dispensatory.]

Great improvements have recently taken place in the manufacture and compounding of medicine, rendering obsolete almost all the preparations formerly made in the domestic dispensaries. These improvements will be introduced in this little work.

Fluid Extracts.

This is an excellent way of preparing many medicines, as it renders them *compact*, the necessary dose small, and they will keep good for any length of time. Henry Thayer & Co. put them up in excellent style, at Cambridgeport, near Boston, and the author is permitted to make the following selection from their catalogue, as these "Extracts" are largely referred to in the "Ship and Shore Physician."

ACONITE ROOT. Used as an external application to deaden the pain of neuralgia, rheumatism, gout, &c. *In-*

ternally should be administered with *extreme caution*.
Dose — Three or four drops, diluted.

ARNICA FLOWERS. A valuable embrocation, possessing great efficacy in relieving pain.

BELLADONNA. Useful in neuralgia, fits, &c. *Dose* — Ten to twenty drops, cautiously increased.

BLACKBERRY ROOT. Astringent and tonic, much used in the bowel complaints of children. *Dose* — Thirty drops to one teaspoonful.

BLOODROOT. Emetic, stimulant, diaphoretic. Used as an addition to pulmonary compounds; or alone, in dyspepsia, or as an alterative. *Dose* — Six to ten drops, diluted.

BLUE FLAG. Cathartic, alterative, anthelmintic. An excellent remedy in humors and all diseases of the skin. *Dose* — Ten drops to one teaspoonful.

BOXWOOD BARK. Tonic and stimulant. Useful in debility from uterine complaints. *Dose* — Fifteen drops to one teaspoonful.

BUCHU. Used chiefly in complaints of the urinary organs, especially in chronic cases. *Dose* — Thirty drops to one teaspoonful.

BUGLE-WEED. Mildly narcotic, tonic. Useful in pulmonary diseases, and all kinds of debility. *Dose* — Thirty drops to one teaspoonful.

BUTTERNUT BARK. A gentle laxative, operates without producing debilitating effects; a good alterative. *Dose* — One to three teaspoonfuls.

CAYENNE. Powerfully stimulant. Very useful as an addition to irritating liniments. *Dose* — Five to ten drops, diluted.

CHERRY BARK. Tonic and sedative. A favorite remedy in pulmonary diseases. *Dose* — One to two teaspoonfuls.

CHERRY BARK COMP. For pulmonary affections. A compound of cherry bark, blood root, ipecac, and opium. Has been successfully prescribed heretofore in this vicinity, under the name of *cherry mixture*. *Dose* — Thirty drops to one teaspoonful. This is a very valuable medicine in coughs, colds, and the whole class of lung diseases.

CINCHONA, from Quill Bark. *Dose* — Fifteen drops to one teaspoonful.

CINCHONA RUBRA. *Dose* — As last.

CINCHONA CALISAYA. *Dose* — As last.

CINCHONA COMP. Formula like Tr. Cincho. Comp. *Dose* — As last.

COLUMBO ROOT. A valuable tonic. *Dose* — Fifteen drops to one teaspoonful.

CONIUM. A good remedy in neuralgia, and stomach complaints. *Dose* — Five to twenty drops, cautiously increased.

CRANESBILL. Astringent, of the same class as hard-hack, oak bark, and blackberry. *Dose* — Thirty drops to one teaspoonful.

CUBEBS. Useful in diseases of the mucous membranes. This preparation sometimes deposits crystals of cubebin, and in such case requires to be shaken. *Dose* — Fifteen drops to one teaspoonful, diluted.

CUBEBS ETHEREAL. The oleo-resinous extract. *Dose* — Four to twenty drops.

CULVER'S ROOT, *Leptandra*. Laxative, with specific action on the liver. Useful in cases accompanied with torpidity of that organ. *Dose* — Fifteen to twenty drops.

DIGITALIS, or FOX-GLOVE. Narcotic, Sedative, Diuretic. Has peculiar cumulative effects, and should be cautiously administered. *Dose* — Five to ten drops.

GENTIAN. A well known bitter Tonic of great value.
Dose — Thirty drops to one teaspoonful.

GENTIAN COMPOUND. Used as "Stoughton's Elixir."
Dose — Thirty drops to one teaspoonful.

GINGER. (Jamaica.) Tonic, Stimulent, Carminative.
Useful in exhaustion, weariness, gastric distress, flatulency, colic. *Dose* — Fifteen drops to one teaspoonful, diluted.

HARDHACK. A vegetable astringent, applicable for same purposes as Gums, Kino and Catechu. *Dose* — Thirty drops to one teaspoonful.

HENBANE, *Hyosciamus*. Narcotic. Good for nervous complaints. *Dose*—Ten to twenty drops.

HOPS, *Humulus*. Tonic and Sedative. This preparation contains the Lupulin, Bitter Extractive, and Essential Oil of the original material. *Dose* — Fifteen drops to one teaspoonful, diluted.

HOREHOUND, *Marrubium*. Tonic, Aperient. A useful remedy in coughs, colds, &c. *Dose*—One teaspoonful.

MANDRAKE, *Podophyllum*. A drastic Cathartic. In small doses, alterative. A useful addition to Butternut, Dandelion, &c. *Dose* — One-half to one teaspoonful; as alterative, five to ten drops.

MATICO. An excellent Tonic, with marked effect to increase the appetite and promote digestion. *Dose* — Thirty drops to one teaspoonful.

OAK BARK. *Quercus Alba*. Astringent, useful in bowel complaints. Diluted with soft water, forms an excellent astringent gargle, lotion or injection. *Dose* — Fifteen drops to one teaspoonful.

OPIMUM, AQUEOUS. A preparation of Opium, which produces less cerebral distress and excitement than the alcoholic preparation, with little tendency to produce constipation. *Dose* — Ten to forty drops.

ORRIS ROOT, *Iris Flor.* This extract is a delightful addition to perfumes for the handkerchief, Cologne, Ointments, &c.

PAIREIRA BRAVA, *Paireira.* For diseases of the urinary passages. *Dose*—Thirty drops to one teaspoonful.

PEPPERMINT, *Mentha Piperita.* Stimulant, Carminative. Used as the "Essence of Peppermint."

PINKROOT AND SENNA. A valuable officinal vermifuge. *Dose* — One to two teaspoonfuls.

PIPSISSEWA, Wintergreen, Princess Pine, *Chimaphila.* Tonic, Diuretic, lessens irritation of the bladder and kidneys. *Dose* — Thirty drops to one teaspoonful.

PLUERISY ROOT. Useful in low stages of Fever, Pneumonia, Pleurisy, Dropsy, &c. *Dose* — One teaspoonful.

PRICKLY ASH, *Xanthoxylum.* Stimulant, Tonic, Alterative. *Dose* — Ten to twenty drops.

QUASSIA. A bitter Tonic without astringency, particularly adapted to feeble states of the digestive organs. *Dose* Fifteen drops to one teaspoonful.

QUEEN'S-ROOT, *Stillingia.* *Dose* — Thirty drops to one teaspoonful. One of the best alteratives, and very useful in diseases of the skin.

RHATANY, *Krameria.* Powerfully astringent. Useful in diarrhœa, passive hemorrhages, leucorrhœa, &c. Also, when diluted, as a local application. *Dose* — Fifteen to thirty drops.

RHUBARB, India. *Dose* — For adults, one to two teaspoonfuls.

RHUBARB, Turkey. *Dose* — as last.

RHUBARB AND SENNA. An excellent combination, and will be found a valuable cathartic in all cases where such a medicine is required. *Dose*—One to two teaspoonfuls.

SCULLCAP, *Scutellaria*. A valuable Nervine. Used like Valerian, Hops, &c., for its sedative properties. *Dose* Thirty drops to one teaspoonful.

SENNA, AQUEOUS. From the cold Infusion. Aqueous Extract of Senna is agreeable to the taste, operates in a small dose, and in its action is as mild as Castor Oil. It may be given alone, or mixed with tea, coffee, syrup, &c. *Dose*—One to three teaspoonfuls, repeated if required.

SENNA AND JALAP. A combination forming a strong drastic cathartic. *Dose*—One to two teaspoonfuls.

SNAKEROOT. A stimulant Tonic, useful in low stages of disease. *Dose*—Fifteen to thirty drops.

STRAMMONIUM, or THORN APPLE. From the leaves. Narcotic; in large doses, poisonous. Useful in Epilepsy, and other nervous diseases. *Dose*—Four to six drops, cautiously increased.

THOROUGHWORT, *Eupatorium*. Diaphoretic, Aperient. A favorite remedy in colds accompanied with febrile symptoms. *Dose*—One to two teaspoonfuls, in hot water.

UVA URSI. It has been used with success in chronic affections of the bladder. In this form the patient is more sure of receiving the full effect of the remedy than where the domestic infusion is used. *Dose*—Thirty drops to one teaspoonful.

VALERIAN. Nervine. A popular remedy, promoting sleep, relieving pain, allaying the distress of Neuralgia, &c. *Dose*—One teaspoonful.

Concentrated Powders.

The great convenience of these medicines, is the small doses which are required, and the little room they occupy. The following, are chiefly in the form of powders.

1. **APOCYNIN**—common name, dog's bane, bitter root, &c. It is alterative, tonic, aperient, and diuretic. Used in dropsy, dyspepsia, upon recovering from fevers, and in dysentery. The dose is from one to four grains, three times a day.

2. **ASCLEPIN**—common names, pleurisy root, white root; botanical name, *asclepias tuberosa*. It is diaphoretic, diuretic, tonic, and is used in pleurisy, inflammation of the lungs, rheumatism, catarrh, consumption, flatulencé, indigestion, and in measles, scarlet fever, and small-pox. The dose is from two to four grains.

3. **CAPSICIN**—made from the cayenne pepper. It is one of the purest, best and most powerful stimulants, to be taken for pain in the stomach, dyspepsia, lethargy, palsy, scarlet fever. One drachm of the oil to an ounce of alcohol, makes an excellent liniment, to be applied in rheumatism, paralysis, sciatica, neuralgia, &c. The dose internally, is from one to two drops, in sugar and hot water.

-4. **CYPRIPEDIN**—ladies' slipper, nerve-root. It prevents spasms, is nervine, tonic, and slightly narcotic. In cases where opium cannot be taken, this is a good substitute. Dose, from two to four grains.

5. **EUONIMIN**—burning bush, waahoo. It is tonic, laxative, alterative, and expectorant. Used in dyspepsia, torpid liver, constipation, and dropsy. Dose, from one to three grains, three times a day.

6. **EUPATORIN**—queen of the meadow, gravel-root. It is diuretic, tonic, stimulant and astringent. Useful in strangury, dropsy, bloody urine, gravel, gout, and in all urinary disorders. Dose, two to four grains.

7. **GELSEMIN**—common names, yellow Jessamine, woodbine,—febrifuge, anti-spasmodic, and narcotic,—used

in all fevers, acute and chronic rheumatism, pleurisy, and inflammation of the lungs, &c. The dose is from one-half a grain to one grain. The concentrated tincture is as good as the powder, and the dose is from five to thirty drops, in a wine-glass full of water.

8. GERANIN—botanical name, *geranium maculatum*—common names, crane's bill, crow foot, &c. It is a powerful astringent, used in diarrhea, dysentery, spitting blood, ulcers, sore mouth, gleet, the whites, excessive flow of urine, &c. Dose, from one to three grains.

9. HELONIN—false unicorn root—it is tonic and diuretic. It is very valuable in uterine complaints. Dose, from three to six grains.

10. HYDRASTINE—common names, golden seal, golden root. It is an excellent tonic and strengthening medicine, but little, if any inferior to the quinine, and may be used in all cases where a tonic is necessary. Dose, from one to two grains.

11. LEPTANDRIN—common names, black root, Culver's Physic, &c. It is alterative, laxative, and tonic, combined with equal parts of the podophillin, and taken in ginger tea, it is the best alterative in jaundice, dyspepsia, and all obstructions of the stomach and digestive apparatus. Dose, from two to four grains.

12. LOBELIN—*lobelia inflata*. It is emetic, diaphoretic, and expectorant. It is used in fevers, croup, asthma, hernia, and uterine rigidity. Dose, from one to two grains. For an emetic, the wine or tincture of Lobelia is the best preparation, to be given in teaspoonful doses, till the desired effect is produced.

13. MACROTIN—black cohosh, squaw root—anti-spasmodic, narcotic, emenagogue, &c., used in uterine dia-

eases, leucorrhœa, dysmenorrhœa, sterility, hysteria, chorea, and as a parturient, and in neuralgia, asthma, delirium tremens, and gonorrhœa. Dose, from one to three grains, from three to six times a day.

14. MYRICIN—babery—astringent, stimulant, and alterative. It is used in scrofula, dysentery, diarrhea, mixed with two grains of leptandrin. The dose, is from two to four grains twice a day.

15. PODOPHILLIN—May apple, mandrake—alterative and cathartic. As an alterative, from one-fourth to one-half a grain, and from two to four grains, as an active cathartic. It is best, as already stated under Leptandrin, to combine it with equal parts of that. In this way, it is one of the best alteratives, answering all the purposes of mercury without its injurious effects. It is an excellent remedy for the round worms, and for pin-worms in children.

16. PHYTOLACIN—garget, poke-root. It is alterative, narcotic, and emetic. It is a good remedy in chronic rheumatism. Dose, from one to three grains. The juice of the berries may be taken in teaspoonful doses.

17. RHUSIN—common names, sumach, upland sumach—tonic, astringent, and antiseptic. It is very useful in dysentery, diarrhea, fevers, leucorrhœa, and especially in chronic diarrhea, occurring in consumptive patients. Dose, from one to two grains.

18. SANGUINARIN—common name, blood root—a very valuable medicine. Used in diseases of the chest, influenza, rheumatism, diseases of the liver, cramp, and as a caustic. Dose, from one to three grains.

19. SCUTELARIN—scull-cap. It is anti-spasmodic, nervine, and tonic. In many cases it will succeed much better than the preparations of opium, especially is this the

case, with children. It is a valuable remedy in nervous excitement, chorea, neuralgia, convulsions, restlessness, and wakefulness. Dose, from two to four grains.

20. **STILLINGIN**—common name, queen's delight. In dyspepsia, and old broken down constitutions from disease and the imprudent use of mercury, it is one of the best remedies known. It relieves the constitution of all old standing impurities, whether arising from syphilis, the itch, Jackson itch; poisons, &c, and cures all kinds of pimples and eruptions upon the skin. It should be continued in small doses for some time. Dose of the stillingin powder from two to four grains; of the fluid extract, from twenty to thirty drops, three times a day.

21. **VIBURIN**—high cranberry, cramp bark. It is very useful in hysteria, asthma, cramp of the limbs or stomach, convulsions, &c. Dose, from one to three grains.

22. **ZANTHOXYLIN**—common name, prickly ash. It is stimulant and alterative—used with great benefit in rheumatism, colic, dyspepsia, derangements of the liver. Dose, from one to three grains.

Acids.

23. **AROMATIC SULPHURIC ACID**—Very strengthening dose, sufficient to make a tumbler of water a little sour, or ten drops at a time.

24. **NITRIC ACID**—Tonic—useful in weak constitutions. Dose—of the diluted, ten drops, or sufficient to sour a gill of water, taken two or three times a day.

Balsam.

25. **PULMONARY BALSAM**—Take syrup tolu, one ounce, wine of squills. one ounce, and paragoric half an ounce mix. Valuable in common cough or colds.

26. **ANOTHER FOR THE SAME**—Spikenard root, one ounce; elecampane root, one ounce; comfrey root, one ounce; Blood root, one ounce; Horehound, of the tops, a handful. Mix these and boil them in a quart of water—pour off the decoction, add half a pint of spirits, and white sugar, a pound, boil again; let it stand twenty-four hours, then bottle it. Dose—a wineglassful three or four times a day.

27. **ANODYNE BALSAM**—Take of white Spanish soap, one ounce; opium, unprepared, two drachms; rectified spirit of wine, nine ounces. Digest them together in a gentle heat for three days, then strain off the liquor, and add to it three drachms of camphor. This balsam is intended to ease pain. It is of service in violent strains and rheumatic complaints, when not attended with inflammation. It must be rubbed with a warm hand on the part affected, or a linen rag moistened with it may be applied to the part, and renewed every third or fourth hour, till the pain abates. If the opium is left out, this will be the *Saponaceous Balsam*.

28. **PERUVIAN BALSAM, or Hair Tonic**.—Take prepared lard, two drachms; white wax, one and a half ounces: melt these together. Then add Peruvian Balsam, two drachms, and oil of lavender, twelve drops. This Balsam is useful for the hair.

Bitters.

Bitters are often useful as tonics.

29. **QUININE**—Dissolve twenty-four grains in a drachm of alcohol, then add three ounces of simple, or orange-peel syrup. Dose—one teaspoonful three times a day, to give an appetite. But a better preparation is the citrate of iron and quinine, as follows: *Ferrocitrate* and *Quinia*, one drachm dissolved in proof spirits, and add an ounce and a

half of orange-peel syrup. Dose—a teaspoonful. See its use in the Physician. This is the best way to take iron and quinine.

30. **RED CENTAURY**—Put an ounce dried into a pint of good spirit—let it stand eight days. Dose—a teaspoonful or two in a wine-glass of water; tonic and good for females in suppressed menses.

31. **COLUMBO BITTERS**—Take of Columbo bruised, one ounce; boiling water, one pint. Dose—a large wine-glassful every two or three hours. This is very useful in weak stomach and bowels.

32. Dutch Bitters.

Gentian.....	240 grains.
Orange Peel...	240 “
Cinnamon.....	70 “
Calamus.....	70 “
Birch Root....	30 “
Coriander	180 “

Reduce all of the ingredients to powder, macerate them eight days in good gin, and then add four ounces of simple syrup and three ounces of sugar. These bitters are useful in many cases of indigestion and loss of appetite.

Boluses.

33. **ASTRINGENT BOLUS**—Take of alum in powder, fifteen grains; gum kino, five grains; syrup, a sufficient quantity to make a bolus. In an excessive flow of the menses, and other violent discharges of blood, proceeding from relaxation, this bolus may be given every four or five hours, till the discharge abates.

34. DIAPHORETIC BOLUS.—Take of gum guaiacum, in powder, ten grains; flowers of sulphur and cream of tartar, of each one scruple, simple syrup, a sufficient quantity. In rheumatic complaints, and disorders of the skin, this bolus may be taken twice a day. It will be of service in the inflammatory quinsy.

Caustics or Escharotics.

These are applied to fungous flesh, sometimes called *proud flesh*.

35. LUNAR CAUSTIC.—This is nitrate of silver, commonly called *Lunar Caustic*. It is applied in the form of the stick, or by a solution of a certain number of grains to an ounce of water. •

36. CAUSTIC POTASH. This can be obtained at the shops. It is a powerful escharotic, and should be cautiously used. It must be kept in closely corked bottles. If allowed to come to the air, it deliquesces, and it may be used in this liquid state upon warts, or fungous flesh, or small wens, by dipping a small glass or iron spatula in it, and applying it, carefully confining it to the affected part. A milder article to be used in the treatment of fistulas and indolent ulcers, may be made by boiling hickory or oak ashes, till it makes a strong ley. It must be preserved in closed vessels. It is a very valuable caustic for common use.

37. BLOOD ROOT.—Applied in fine powder, or the extract either dry, or fluid, is often a useful caustic, applied to old ulcers or “proud flesh.”

38. WHITE VITRIOL.—A small quantity applied answers the same purpose.

39. RED PRECIPITATE.—This is a mercurial preparation, and is often useful in old indolent ulcers. A small quantity of the powder may be strewed over the sore.

Clysters, or Injections.

40. LAXATIVE CLYSTER.—Take of milk and water each, six ounces; sweet oil, or fresh butter and brown sugar, of each, two ounces—mix them. If an ounce of Glaubers' salt, or two table-spoonfuls of common salt, be added to this, it will be the *Purging* Clyster.

41. CARMINATIVE CLYSTER.—Take of camomile flowers an ounce; anise-seed, half an ounce. Boil in a pint and a half of water to one pint.

42. STARCH CLYSTER.—Take jelly of starch, four ounces, linseed oil, half an ounce. Liquefy the jelly over a gentle fire, and then mix in the oil. In the dysentery, or bloody flux, this clyster may be given, to heal the ulcerated intestines. Forty or fifty drops of laudanum may be added, in which case, it will generally supply the place of the *Astringent* Clyster.

43. STIMULATING CLYSTER.—Lobelia, one drachm; inner bark of large hemlock, half an ounce; cayenne pepper, one drachm. Make a tea, and use half a pint as a clyster, in colic, costiveness, or strangulated hernia.

44. TOBACCO CLYSTER.—Tobacco one drachm, warm water one pint; infuse for twenty or thirty minutes; this is used in strangulated hernia or rupture.

45. LIME WATER CLYSTER.—Common lime water, not too strong for the mouth. This is used to destroy the ascarides, or "pin worm in children." Many other clysters are used for this purpose, such as salt and water, snot and water, &c. But the lime water is the best.

Drops.

46. ANODYNE.—Take of the extracts of opium, of belladonna, and of stramonium, each *one part*; of distilled cherry

laurel water, *twelve parts*—Dissolve and filter. Though this is an extemporaneous preparation, yet, if kept cool, it will be preserved for a long time. In cases of *ear-ache*, and *facial neuralgia*, from four to ten drops put into the ear, and kept in with a little cotton, and the head inclined to the side opposite to the seat of the pain, or, the ear into which the anodyne is dropped, the most prompt relief is obtained.

47. **DIURETIC.**—Sweet spirits of Nitre, two ounces.

Oil of Almonds, two ounces.

Balsam Copaiva, one ounce.

Spirits of Turpentine, one ounce.

Mix these, and add thirty grains of camphor. Dose—from one-half to a teaspoonful, given in mucilage of slippery elm or gum Arabic. Useful in scalding of the urine, inflammation of the bladder, kidneys, &c.

48. **EYE DROPS**, for virulent ophthalmia. Take nitrate of silver grains, eight, vinous tincture of opium, two drachms, pure water, two ounces. Make a wash—five or six drops to be put into the eye three or four times a day. It effectually destroys the poison, and saves the eye.

Gargles.

These are certain liquids designed for washing the throat and mouth to produce a stimulating or detergent effect. They are often very useful.

49. **GARGLE FOR SORE THROAT, FROM SECONDARY SYPHILIS.**—Decoction of hemlock, three and a half ounces; corrosive sublimate, from one-half to three and a half grains. Apply often.

50. **GARGLE FOR INFLAMMATION OF THE THROAT.**—Take sage, one ounce; hyssop, one ounce; mix, and

pour upon them a quart of boiling water; let it stand half an hour; strain, and add one drachm of finely powdered borax. This is useful for canker and for any acute inflammation. Use it several times a day.

51. FOR COMMON SORE MOUTH AND THROAT.—Put a pint of hot water to two drachms of chlorate of potash; when cold, gargle often with it.

52. FOR ULCERATED SORE THROAT.—Take creosote, thirty-two drops, syrup of gum Arabic, two ounces, water four ounces—one gill. Gargle the throat often.

Mixtures.

Mixtures are often convenient for giving medicine in a liquid form.

53. NEUTRALIZING, OR RHEUBARB AND SODA MIXTURE.—Take rhubarb and soda, or salæratuſ, equal parts, one teaspoonful; peppermint leaves pulverized, two teaspoonfuls. Put half a pint of boiling water to this powdered compound; sweeten with sugar, and add half a wine-glassful of brandy. Dose—a table spoonful, often. This is a valuable mixture for sour stomach, diarrhea, cholera-morbus, &c.

54. MIXTURES FOR SPASMS.—Take camphor and spirits, four ounces; essence of peppermint, four ounces; tincture of cayenne, one drachm; syrup of ginger, three drachms. Mix, and take a table spoonful often; if for threatened cholera, every half hour.

55. NERVOUS MIXTURE.—Liquid carbonate of ammonia, half a drachm; distilled mint water, one and a half ounces; compound tincture of cardamon, half an ounce.

Mix these, and take two table spoonfuls three times a day, for faintings, debility, and nervous weakness.

56. **WHITE MIXTURE.**—Make an emulsion of gum-ammoniac, four ounces; syrup of tolu, syrup of squills, wine of antimony and paragoric, equal parts, one drachm. Mix, and take a table spoonful night and morning. This has long been a celebrated mixture for cough.

57. Liniments, or Ointments.

Take veratria, seven grains; dissolve it in a few drops of spirits; then mix it with one ounce of lard. Rub a piece of the size of a pea or two, upon a commencing white swelling—rub it for an hour each day. It is often of more value than all other treatment.

58. **RHEUMATIC LINIMENT.**—Spirits of camphor, tincture of aconite, and spirits of turpentine, equal parts—mix, and apply.

59. **FOR THE SAME.**—Cayenne, three drachms, powdered camphor, one drachm; soap, three ounces; new rum, half a pint—simmer together, and apply.

60. **OINTMENT FOR A FEELING LIKE ANTS CRAWLING.**—Take iodide of potassa, half a drachm; simple cerate, four ounces. Make and apply it. Simple cerate is made of one part spermaceti; two parts white wax; and one part olive oil. It cures this very troublesome complaint, called by the doctors, *Prurigo Formicans*.

61. **MIXTURE PHYSICAL.**—Sulphate of magnesia, one ounce; nitrate of potash, twenty grains; sulphate of iron, one and a half grains, dissolved in a pint and a half of water. This physic is to be taken in three parts, upon an

empty stomach in the morning, at intervals of half an hour. A cup of tea is then to be taken. This is the best remedy known for the *gout*, and when succeeded by the following, rarely fails to cure: three ounces of the juice of the field chicory, (succory,) with an ounce of the syrup of wild strawberry, also, upon an empty stomach.

Pills.

This is a good way to give some medicines, as a pill will be more likely to be retained than a liquid in nausea and vomiting; and it, also, conceals the unpleasant smell and taste of some medicines. A pill does not act so soon as liquid medicine.

62. **PILL OF MERCURY AND OPIUM.** — Take calomel, half a drachm, opium and tartar emetic, each five grains; crumbs of bread a small quantity; syrup, or mucilage enough to form a mass, make it into twenty pills, one pill may be taken night and morning in derangement of the liver.

63. **COPAIVA PILL.** — Take one ounce of copaiva, magnesia half a drachm. Mix and set the mixture aside till it forms into a pilular mass, which may be divided into one hundred pills. From two to six of these may be taken at a dose in all cases where a full dose of this medicine is needed.

64. **PILL COMPOUND CATHARTIC.** — Take compound Extract of Colocynth one quarter of an ounce, Extract of Jalap and Calomel, each, one drachm and a half, Gamboge in powder, one scruple. Mix them together, and with water form a mass. Divide it into ninety pills. Dose, from two to three as a purgative.

65. **CROTON OIL PILL.** — Mix one drop of Croton oil

with crumb of bread, or conserve of roses. Take one, or two, in stoppage, obstinate costiveness, or when any brisk or active physic is necessary. It operates thoroughly.

66. **OPIMUM PILL.**—Take half a grain of Powdered opium for a pill: make it up with crumb of bread, or conserve of roses, or gum Arabia, one or more may be taken, as the case requires.

67. **IPECAC AND OPIMUM PILL.**—Take one grain of Powdered Ipecac, half a grain of Powdered opium and make it into a pill, with liquorice. Take from one to two, as they may be needed. They are valuable in diarrhoea, or dysentery; or any weakness of the bowels.

68. **PILL FOR HEMORRHAGE, OR FLOODING.**—Take sugar of lead six grains, powdered opium, three grains, syrup sufficient to form a mass. Make into six pills, one every hour till the bleeding stops.

69. **CREOSOTE PILL.**—Take three drops of Creosote, mix with liquorice enough to make a mass, and divide into three pills. One to be taken every hour for colic, or nausea and vomiting.

70. **HEPATIC PILL.**—Take extract of dandelion, powdered mandrake and blood root, of each equal parts, to form a mass, add a few drops of peppermint, and make into four grain pills. Take three at night and morning. This is very useful in disease of the liver, and in all derangements and torpidity of that organ.

71. **NERVOUS, OR NEURALGIC PILL.**—Take assafoetida half an ounce, opium half an ounce, carbonate of ammonia half an ounce. Dissolve by beating the medicine, make into four grain pills; take one or two for hysterics, and all nervous complaints.

72. **ANOTHER FOR THE SAME.**—Take sulphate of

zinc, powdered valerian and extract of Hyosciamus, of each, twelve grains, and make into twelve pills. Dose, one or two, a day. Considered one of the best remedies for neuralgia. I have the Recipe from Dr. H. G. Barrows of Boston.

73. PILL OF DOVER POWDER.— Make the Powder into four grain pills. Dose, two or three. These answer the same purpose as the Powders, and are for the convenience of those who prefer a *pill* to a *powder*.

74. DEOBSTRUENT PILL, or for obstructed menstruation, take salts of steel, aloes, myrrh, ergot, equal parts, all powdered, one drachm — mix; make 50 pills — take two morning and evening.

75. STOMACH PILL. — Take extract of Gentian two drachms, powdered rhubarb and vitriolated tartar, of each one drachm, oil of mint thirty drops, simple syrup sufficient, make into four grain pills. Take three or four night and morning, to strengthen the stomach.

76. COMMON PHYSIC PILL. — Take powdered compound extract of Colocynth one drachm; best Turkey Rhubarb one drachm, and simple syrup to make forty eight pills. Dose, two, at 4 o'clock, P. M. daily, as the most convenient Physic.

77. PILL FOR GLEET. — Take extract of nux vomica twelve grains, Sulphate of Quinine and extract of Hyosciamus, equal parts, twenty four grains. Mix, make pills twenty four. Dose, one three times a day.

For Poison.

78. If by opium, take extract of belladonna, eight grains; water, two ounces. Mix — give it in teaspoonful doses

every few minutes. Or, as soon as taken, give mustard, or the emetic powder; sulphate of zinc, five grains, or thirty grains of Ipecac, or a table spoonful of tincture of lobelia. After vomiting, give brandy and strong coffee, and keep the patient awake by walking, shaking or whipping him.

79. If by *Strychnine*, give sweet oil as much as can be got down. Or, give camphor freely internally, and apply mustard externally.

80. BY CORROSIVE SUBLIMATE.—Drink saleratus water; or, take magnesia—use the whites of eggs freely.

81. FOR ARSENIC.—The same treatment as for Corrosive Sublimate. Or, a drink composed of equal parts of lime-water, and sugar and water may be freely given.

In cases of arsenic, an emetic should be immediately given; it may be six grains of sulphate of zinc, or a spoonful of the emetic powder, or a table spoonful of mustard in half a pint of water, or thirty grains of Ipecac. The application of tobacco leaves to the stomach externally, or infusion of it by clyster, or by swallowing a small quantity of the liquid will assist the operation of the emetic.

The same treatment as that for corrosive sublimate, or arsenic, may be used for poisoning by any other metallic salt.

82. FOR THE POISON OF A MOSCHETON BITE.—Apply oil, or vinegar, lime-juice, or spirits of camphor, or camphor mixture.

83. BITES OF VENOMOUS SERPENTS.—Apply the caustic potash to the wound; or, *eau de luce* is said to be a certain antidote against the bites or stings of the most venomous serpents or spiders. Lint wet with either of these should immediately be applied to the injured part, and renewed as often as it becomes dry. Or, a poultice made of quick-

lime and soap should be applied to the bitten part, and as much cayenne, or red pepper, mixed in spirits, swallowed every hour, as the stomach will bear. Or, a free use of whiskey may be made. Or, the juice of plantain and horehound, in doses of a table spoonful may be taken every hour. Or, the blood may be freely sucked from the wound. A tight ligature should be put around the leg or arm when a person is bitten in the leg or hand. If a toe or finger is bitten, cutting it off, may save the body. .

Plasters.

84. COMMON STICKING PLASTER. — This can always be procured at the shops, and is useful for many purposes. When this is used in dressing a wound, it should be applied by straps, one half being fastened on one side of the wound, and the other upon the skin, on the other side of the wound, drawing it tight, and holding it firmly, till the warmth of the part secures it.

85. STRENGTHENING PLASTER.—Take hemlock gum, add one fourth the quantity of white turpentine; dissolve, and strain it. This makes a useful plaster for rheumatism, or any kind of weak back.

86. ASTRINGENT PLASTER.—Take white oak bark, a sufficient amount; put it into cold water and let it stand a day; then put it into a boiler, and evaporate it to an extract. It is useful to be applied in hernia or rupture, spread on soft leather, upon the removal of a truss, or before a truss has been worn.

87. BLACK PLASTER.—Take white oak bark, bruise, add urine, let it macerate three days, then boil it till it becomes as thick as honey; add to every five pounds, one pound of honey, and one pound of turpentine strained;

add two drachms of white vitriol, powdered, to every ounce. Apply on a plaster to a cancer, or ulcer, or white swelling, if open. It acts as a caustic.

88. **BLISTERING PLASTER.**—Take mutton suet, beeswax, and white rosin, equal parts of each, melt them together, and add one part of finely powdered Spanish flies. This applied, soon draws a blister.

89. **BEACH'S IRRITATING PLASTER.**—Take mandrake, blood-root, Indian turnip, and poke-root, finely pulverised, of each half a pound, cover with alcohol, and let it stand till nearly dry. Melt four pounds of pure Burgundy pitch, and add half a pound of Venice turpentine. Then, stir in the powdered roots, and mix the whole thoroughly together, Simmer till it forms a very soft plaster, spread it on soft leather and apply it, keeping it on, as long as it can be worn. It is considered one of the best irritating plasters.

Poultices.

90. **TO STOP PAIN.**—Take rye flour and vinegar, as thick as for buck-wheat cakes, half a teaspoonful of mustard; grease the pan well and bake it—apply to the painful part.

91. **FOR GANGRENE.**—Take one pint of milk, warm, yeast one gill, and slippery elm bark finely powdered, enough to make a poultice.

92. **FOR SCROFULAR SWELLING.**—Take boiled carrots one pound, flour one ounce; mix with hot water enough to make a poultice—apply.

93. **FOR BRONCHOCLE.**—This is a tumor or swelling upon the fore part of the neck—make a poultice by steeping the bark of shell-bark trees in water, mix with flour, and apply warm, keeping it on day and night, and renewing twice a day.

Common Powders.

94. **EMETIC POWDER.**—Take equal parts of pulverized blood-root, green lobelia leaves and ipecac, mixed well. Take a teaspoonful in hot water. Repeat, if necessary in an hour. This is the best common emetic. It should be taken in hot pennyroyal or boneset tea.

95. **DOVER'S POWDER.**— Take ipecac and opium, in powder of each, one drachm, sulphate of potassa, one ounce. Rub them thoroughly together, and mix into a powder. The dose is from five to fifteen grains, according to circumstances. It is a good sudorific and used for many diseases. It can be obtained ready prepared, at the shops.

96. **POWDER OF CAMPHOR AND NITRE.**— Camphor two scruples, (40 grains); nitre, powdered, two drachms. Moisten the camphor with spirits, and, after reducing it to a fine powder, add the nitre. Divide it into twelve doses, one to be taken in every two or three hours.

97. **COMMON PHYSIC POWDER.**— Jalap one ounce, senna two ounces, cloves one drachm, all finely powdered and mixed, makes one of the most active cathartics in all bilious difficulties. Dose, one teaspoonful in half a gill of hot water, and a teaspoonful of sugar.

98. **POWDER FOR CHILL AND HEAT.**—Quinine twenty grains, powdered cayenne fifteen grains, mix, and divide into eight powders. Dose, one every three hours, after taking the above named cathartic powder, for fever and ague.

99. **RHEUBARB AND SODA POWDER.**—Take of rhubarb powdered three grains, soda, or saleratus, two grains make a powder. Two or three of these powders may be taken, a day, one after each meal. They are for the same purpose as the neutralizing mixture, to correct acidity, or dyspepsia, and diarrhea.

100. **STYPTIC POWDER.**—Matico leaves powdered very fine, and applied to any bleeding surface. Or, snuffed up the nose for nose bleeding.

101. **COUGH POWDER.**—Cayenne pepper and ipecac, equal parts, powdered opium one half as much as either of the other, mix well. Dose, five grains often, mixed with honey or molasses. It quiets a cough wonderfully.

Syrups.

102. **COMPOUND SYRUP OF PHOSPHATES**; these are very nutritious in consumption. It is made of the *phosphates* in the following proportions—it should be taken immediately after eating, in a dose of one teaspoonful, three times a day—each teaspoonful contains 1 1-2 grains of phosphate of iron, 2 grains phosphate of lime, 1 1-2 grains phosphate of potassa, 2 grains phosphate of soda, and 2 grains of free phosphoric acid. This syrup can be purchased ready made.

103. **COUGH SYRUP.**—Iceland moss 2 ounces, 5 poppy heads, 1 table spoonful of barley, whole. Put these into three pints of water and boil down to two, strain, and dissolve in it one pound of brown rock candy. Dose, a table spoonful, when a cough is troublesome.

104. **PECTORAL SYRUP.**—Take sassafras pith 1 drachm, gum arabic 1 ounce, white sugar, 21 ounces, muriate of morphia 8 grains, water 1 pint. Put the sassafras pith and gum arabic into the water, and let it stand 12 hours, stirring it often; the sugar should be dissolved in the mucilage cold, which being strained, should be made up to one pint by adding water. The morphia is then to be added, a few drops of the oil of sassafras, also. Dose, one teaspoonful, often, for cough.

105. **AYER'S CHERRY PECTORAL**—Acitrate of morphine grains 3, tincture of blood-root 2 drachms, wine of ipecac, of each, 3 drachms, syrup of wild cherry bark 8 ounces, *mix.* Dose, one teaspoonful often, for cough.

Tinctures.

106. **COMPOUND TINCTURE OF BARK.**—Take of Peruvian bark two ounces, Seville orange peel and cinnamon of each half an ounce. Let the bark be powdered and the other ingredients bruised, then infuse the whole in a pint and a half of brandy, for five or six days in a close vessel, afterwards strain off the tincture. The dose is from one drachm to three or four, every fifth or sixth hour. It may be given in any suitable liquor, and occasionally sharpened with a few drops of the spirits of vitriol. This tincture is beneficial in intermitting fevers, also in the slow, nervous and putrid kinds.

107. **VOLATILE TINCTURE OF GUM GUAIAECUM.**—Take of gum guaiacum four ounces, volatile aromatic spirit, a pint. Infuse without heat, in a vessel well stopped, for a few days, then strain off the tincture. In rheumatic complaints a teaspoonful of this tincture may be taken in a cup of the infusion of water twice or thrice a day.

108. **VOLATILE FETID TINCTURE.**—Infuse two ounces of asafoetida in one pint of volatile aromatic spirit, for eight days, in a close bottle, frequently shaking it; then strain the tincture. This medicine is beneficial in hysteric disorders, especially, when attended with lowness of spirits and faintings. A teaspoonful of it may be taken in a glass of wine, or a cup of pannyroyal tea.

Washes, or Lotions.

109. COOLING WASH.—Sugar of lead one drachm; soft water, half a pint. This wash is very cooling to an inflamed part.

110. FOR ERUPTIONS ON THE SKIN.—Take babery, lobelia and yellow dock, fine, add a table spoonful to one pint of spirita. Apply often.

111. EYE WASH, OR WATER. — Powdered borax, one ounce; pure water, one quart. Mix, and let it stand six hours. Useful in sore eyes, sore nipples, canker, &c.

For discoloration of the skin, or spots, which are often troublesome, either of the following washes may be used—

Sulphuret of potassa, commonly called "liver of sulphur," one ounce, water, one pint.

Weak sulphuric acid—"white vitriol"—two drachms; water, one pint.

Sulphate of zinc, half an ounce to one pint of water. Or, the sulphur water may be used, half an ounce to a pint of water.

112. BLACK WASH.—Take lime-water, one gill, or about a small teacupful, add thirty grains of calomel to it. This wash has been much used in the venereal, or pex.

Waters.

113. WALNUT WATER.—Take two quarts of walnuts when about half grown, bruise them, and with four ounces of fresh angelica seeds, put them into an alembic, with a pint of good brandy, and sufficient water to prevent their burning. Distil one quart, called *walnut water*. Dose,

a wineglassful for nausea and vomiting. Or, a strong tea may be made of the green, or dried walnut leaves, and drank freely. Nothing is better to stop sickness, or for scrofula, and general weakness.

114. **TOAST WATER.**—Take a slice of fine stale bread, cut thin, and carefully toasted on each side—browned, but not burned. Put it into a stone jar and pour over it as much boiling water, as your wish. Cover the jar, and when cool, it is fit for use. It is nourishing and very valuable for weak stomachs.

116. **ROSE WATER.**—Take of fresh gathered roses, six pounds, water two gallons, distil off one gallon. It is valued chiefly on account of its fine flavor.

115. **CINNAMON WATER.**—Steep one pound of cinnamon bark, bruised, in a gallon and a half of water, and one pint of brandy, for two days. Then, distil off one gallon. This is an agreeable, aromatic water, possessing the fragrance and virtue of the spice.

117. **WATER OF GENTIAN.**—Take infusion of gentian, four ounces; aromatic spirits of ammonia, half an ounce; tincture of aurantii, half an ounce; tincture of cardamon half an ounce; mix—Take a table spoonful often, for loss of appetite.

118. **INFUSION OF WATER OF CINNAMON.**—Take red bark in powder one ounce, aromatic sulphuric acid a fluid drachm, water, a pint, macerate it for twelve hours, shake often, strain. Dose, three or four table spoonfuls, for weakness, whites, and general debility in females.

119. **WATER, OR INFUSION OF QUASSIA.**—This may be made in the same way, and of the same strength, as the infusion of bark, and taken more freely.

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