

The blossoms are gathered in the mornings and their leaves distilled in clay stills with twice their weight of water. The water which comes over is placed in open vessels, covered with a moist muslin cloth to keep out dust and flies, and exposed all night to the cool air, as we set out milk to throw out its cream. In the morning a thin layer of oil has collected on the top which is swept off with a feather and carefully put into a small bottle. This is continued for several nights till nearly all the oil is separated from the water. Twenty thousand roses are required to yield a rupee-weight of oil which sells for fifty dollars. The Otto of Rose sold in this country, and in fact, almost all that is sold anywhere, is largely diluted with sandal-wood oil or sweet salad oils.

Paregoric

(Camphorated tincture of opium). This is a very pleasant anodyne, much used to allay cough, to relieve nausea and slight pains in the stomach and bowels and to check diarrhoea.

It is used in infantile cases to produce sleep, but the opium it contains makes it objectionable for this purpose.

A mixture of Paregoric and syrup of squills forms a very frequently used cough mixture for children.

The dose for adults is one teaspoonful.

“ “ “ infants “ five to twenty drops.

Peppermint

Belongs to the family of plants of which spearmint and pennyroyal are the other important species. Each of these contains an aromatic essential oil, possessing medicinal qualities. The peppermint plant is widely distributed over the temperate parts of the world, is easily propagated and readily recognized by the peculiar pungency of its odor. The State of New York produces nearly all the crop of Peppermint used in America. It is grown on black ash swamps, which have been drained thoroughly, from roots which are planted as tops are. When cut it is partially dried and taken to a still where the oil is extracted. The oil sells from \$2.50 to \$5 a pound. About seventy thousand pounds are used annually in producing medicines, manufacturing candies and making cordials.

For domestic medicinal use a tea is made from the essence of Peppermint and sweetened. It is found of great value for wind on the stomach, colic, etc., and to prevent the griping effect of other medicines. It should be made very weak when given to infants.