

*Prunus* (*Amygdalus*) *Persica*. Only the meat of the peach stones is used; made into a cordial, it will "recover the natural tone of the stomach after long sickness" and "restore the digestion," while, used as a tea, it is invaluable for "young children with the cholera."

11. *Wild Cherry Stones* (*Prunus Pennsylvanica* or *P. pumila* probably is meant) may be used in the same way as peach stones. The cherries themselves, steeped in hot water after being pounded up with the stones, make a good tea; sweetened with loaf sugar and with a little brandy added, they create an appetite and restore the digestive organs.

(*Bitter almonds* may be used when Peach or Cherry stones cannot be procured, but the tree which produces them is not native.)

12. *Hamamelaceae*. This family gives only *Witch Hazel*, *Hamamelis Virginica*. The leaves made into a tea is the best thing for bleeding at the stomach Thomson ever found, and he used it also for injections in "complaints of the bowels."

13. *Umbelliferae*. But one representative of the Parsley Family appears, *Archangel*, *Archangelica atropurpurea*, a good corrector of the bile.

14. *Araliaceae*. The celebrated ginseng, called by Thomson *Genseng*, belongs to this Family, *Aralia quinquefolia*, a nervine; the root should be dug up in the fall, dried and reduced to a fine powder; a dose, a half to a teaspoonful.

15. *Rubiaceae*. *Clivers*, better known as cleavers or goosegrass, *Galum Aparine*, a diuretic.

16. *Valerianaceae*. *American Valerian*, *Valeriana sylvatica*, "the best nervine known . . . in all cases of nervous affection and in hysterical symptoms." The roots are to be dug up, washed clean, carefully dried and reduced to a fine powder, administered half a teaspoonful at a time, repeated if necessary.

*Compositae*. As was to be expected, the Composite Family is largely drawn upon.

17. *Squaw-weed*, *Senecio aureus*. The green roots and leaves are bruised and hot water poured on them; give this as a tea and it is effective for "canker rash," rheumatism and nervous afflictions. Thomson calls this plant also *Frost-weed*, but in Ontario the *Helianthemum Canadense* goes by that name.