

dens are peppermint, spearmint, pennyroyal. All the species are raised by the same method, viz:— by parting the roots, by offsets and by cutting young stalks. *Peppermint* is a pleasant stimulant, promotes perspiration, and may be administered in all cases of colds, pain in the stomach and bowels, flatulency, headache, nausea, &c. *Spearmint* is a tonic and stimulant, and is employed to stop vomiting and allay nausea. It is an excellent carminative, induces perspiration, warms and invigorates the system and quiets pain in the stomach and bowels. *Pennyroyal* is an agreeable stimulant and if convenient should always be used in giving an emetic. It promotes perspiration and facilitates the operation of lobelia. It is also a valuable carminative, and may be used in all slight attacks of disease.

Poppy. (*Opium.*) This plant is annual from which opium is extracted; its use is so well known that it would be superfluous here to mention anything further about it.

Rue. This plant is perennial and succeeds best by being propagated from seed. It is efficacious in destroying worms and for strengthening the stomach.

Saffron. This is annual, consequently propagated from seed. It makes a valuable tea for children afflicted with measles, chicken-pox and all eruptive diseases.

Sage. There are varieties of this genus, but the small green-leaved or sage of virtue, is recommended as the best. It is a perennial and is propagated by seeds or suckers and by portions of

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