

even his "system would in many cases without it be insufficient to effect a cure." His method was to take two or three stones and put them in the fire till red hot, then put them into a pan or kettle of hot water; the patient, undressed, with a blanket around him, is placed over the steam, preferably on an "open worked chair." The stones are renewed when cool.

The medicines are not to be given indiscriminately. "A regular course of medicine" is as follows: "First give Nos. 2 and 3, or composition, adding a teaspoonful of No. 6, then steam, and when in bed repeat it; adding No. 1, which will clean the stomach . . . when this has done operating, give an injection made with the same articles . . . in violent cases where immediate relief is needed Nos. 1, 2, 3, and 6 may be given together." No. 4 and No. 5 are for special cases.

Although these six medicines are all that are needed, Thomson gives the qualities of a large number of native plants—valerian, a nerve powder, spearmint to stop vomiting, peppermint and pennyroyal to promote perspiration, summersavory for toothache, hoarhound and elecampane for coughs, mayweed for a cold, tanzy and featherfew for hysterics, chamomile for bowel complaints, bitter-sweet, mullein, and burdock for plasters, skunk cabbage for asthma, wakerobin for colic, slippery elm bark for sore throat, ginseng for nervous affection, chivers, snakeroot, mustard, &c., &c., &c. Many of these are still popular remedies.

Not all his science is to be found in this handbook; he had a system of midwifery and surgery. But all who wished to understand these "must purchase the right" which sometimes, at least, cost "twenty silver dollars," and "all who purchase the right may receive the necessary verbal instruction to enable them to do all that is required in the practice of midwifery, as well as to be able to become their own physician and surgeon at a trifling expense." That some in Upper Canada purchased