

THE  
**GOOD CANADIAN**

OR  
HOUSEHOLD PHYSICIAN.

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TEMPERANCE AND ECONOMY.



HEALTH AND LONGEVITY.

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## PREFACE.

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Of all subjects claiming the attention of heads of families, that of health is the most important. The preservation thereof or restoration thereto, after attending to our eternal concerns, is of the next importance: for health is the most excellent companion, the richest treasure, and the best of earthly possessions, without which nothing can be esteemed or enjoyed as a blessing. Hence it becomes evident that the study of Physic should form a part of the education of every private gentleman, and should become the interesting amusement of every individual whose occupation in life affords an opportunity of investigating this valuable branch of literature. No science presents to our contemplation a more extensive field of important knowledge, or affords more ample entertainment to an inquisitive or philanthropic mind. It is a branch of learning fraught with such amusement and utility, that he who neglects it can have no claim to taste or learning. It is of all others the most sublime subject for the exertion of genius, and affords the highest gratification to a benevolent mind, since there are no infirmities incident to our fallen nature that physic does not enable us to alleviate or remove. Therefore I may say, by way of introduction: it shall be my immediate and continued object, throughout each of my monthly publications, to set before my readers the surest method of restoring and preserving health by the simplest and most easily obtained remedies nature affords us.

Health, rosy health, companion treasure,  
Life without thee affords no pleasure;  
With thee, I am happy, active, strong,—  
Without thee, cannot get along.

Welcome always to my door;  
Friend thou art, to rich and poor;  
Greatly beloved, who is it hates thee?  
None, surely none,—but all doth praise thee.—V. B. H.



# THE GOOD CANADIAN;

—OR—

## HOUSEHOLD PHYSICIAN.

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Happy the man who by Nature's laws, through known effects can trace the cause.

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### BRIEF HINTS ON ILL HEALTH & NOURISHMENT.

It may be relied on, that the man who cannot eat a dry crust with a relish—who is not satisfied with plain boiled or roast meat, common vegetables, and bread, but who requires additions to them in order to get them down,—that a man who when thirsty cannot drink a glass of water, and feel that it is palatable, is not in a state of perfect health; that there are steps which he ought to retrace, that there are measures which he ought to adopt, or that he is in a fair way, by continuing the same habits which have brought him into this condition, of becoming sooner or later an invalid in some degree, no doubt often brought on by overloading the stomach with highly seasoned food. High seasoned meats and sauces of acids, salt and aromatics, heighten the contraction of the solids above the standard of nature, and by their acrimony hurt the very fine vessels; and creating a false appetite, they rather load and surcharge the body than nourish it.

That quantity of food is always best, that is followed by a sense of refreshment, and not of a torpid heaviness or inaptness to motion; sobriety and temperance being always the indispensable means in order to health and longevity.

#### DRINK.

For drink, cold, clear, light, tasteless, scentless, brisk running water is the best for a healthy constitution, if it be

only intended to satisfy thirst, to replenish and dilute the humours, and to correct their acrimony. A continual glut of juices being charged on the blood, destroys in time the tone and texture of the solids, and brings on asthmas, dropsics, the gout, &c.

#### EXERCISE.

Exercise in a moderate degree is attended with the greatest advantages to health; but when excessive, it fails not to incur great damages to the constitution, especially in weak infirm people, and upon a full stomach. In hot, sanguine, and bilious constitutions, exercise is apt to excite inflammatory diseases; and all violent exercise is very dangerous, and has proved fatal to thousands.

#### REST.

Rest, when opportunely taken, is very refreshing, as every one knows; but even this, if indulged in to excess, that is, to idleness, perverts into a vice against both God and nature, in which case the vital actions flag and lose their natural vigor, and a gloomy attendance of diseases, as headaches, vapours, hysteric fits, melancholy, swoons, vertigos, &c., constantly await the inactive and sedentary life.

#### SLEEP.

Sleep is a state wherein the body receives fresh supplies for recruiting the waste made by carrying on the animal actions of the day; and everyone finds the slumbers of the night are the sweetest indulgence of kind nature. But here again, the extremes are pernicious; for if we are very watchful, and sleep little, the animal actions are depressed and enfeebled, the spirits exhausted and consumed, and delirium phrenzies, and madness itself, invade the constitution, till at last it is wasted and consumed,—while on the other hand, a sleepy, lethargic habit impairs the solids, and renders their actions effete and languid, checks and damps the animal spirits, and creates vapours, crudities, viscidities, the scurvy, cachexy, with an universal waste of the whole body.

## PASSIONS.

Passions and affections of the mind are absolutely necessary to the existence of human nature ; but, as in all things else, so here extremes are of dreadful influence to the body,—nothing being able to effect so great and sudden alterations in the vital and animal actions of the body, as the passions of the mind too much exalted, depressed, and disturbed. Even that noble passion, joy, or gladness, can instantly kill by excess ; and what numberless multitudes are constantly hurried down to the cold abodes of the king of terrors, Death, by his terrible prime ministers, grief, horror, despair, sorrow, anguish, care, fear, &c.!

From all which it plainly appears, that a due regulation of the habits is that on which our health in a great measure depends, and ought therefore to be made the care and business of every man, as it is by all that are truly rational, wise, and sober.

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## HOW SHALL WE KNOW WE ARE IN HEALTH?

Chiefly by unconsciousness. Let us examine this. When the head is in health, all right, well, and has nothing the matter with it, you look, think, hear, smell, talk, and do many other things, but you are not conscious that you have a head on your shoulders—you never think about it; but the moment your head aches, you feel that you have a head—you become conscious of its existence. So with other parts of the body. Your feet, when all right, you never think about; but after a hard day's walk in a pair of new boots, you become conscious. Get a little dust in your eye, and you are conscious; or should a splinter enter your finger, you are conscious of it, &c. Just so when the absorbent system is out of order, you are conscious; or if any internal or external complaint affects you, you are conscious in some degree.

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A sound mind in a healthy body is the greatest earthly treasure man can possess.

## NOURISHMENT.

Nourishing substances require to be of a similitude with the substances to be nourished; and the constituent materials of man, and the whole of the living creation, contain no such composition as fermented and spirituous liquors. Such liquors cannot therefore be reckoned useful in any way of nourishing or maintaining the principal materials of the human frame.—  
SIR A. CARLISLE, M. D.

It will be known to many readers that vegetable substances consist for the most part of three elementary ingredients, oxygen, hydrogen, and carbon; and that animal substances in general contain nitrogen. Those substances, therefore, which contain a proportion of nitrogen, of necessity, assimilate more nearly to animal substances, and might be expected beforehand to be more nutritious,—always providing that those substances do not, by their mode of combination, form anything noxious to the animal economy. Accordingly, gluten, which contains nitrogen, is found to be much more nutritious than starch, which contains very little, if any, of this elementary substance. Wheat flour contains much more gluten than that made from any other grain, and it is consequently very much more nutritious. But according to the climate in which wheat is grown, the favorable or unfavorable nature of the season, the greater or less degree of cultivation bestowed upon the soil it grows in, &c., does wheat contain more or less gluten. It is to this substance that dough owes its viscosity or tenacity, and it is necessarily more tenacious the more the grain it is made from contains. Hence in the manufacture of vermicelli and maccaroni, it is necessary that the wheat used should contain a very large quantity of gluten, and this is found to be the case with the harder kinds of wheat. It therefore happens that the best flour—that which contains the most gluten, always makes the lightest bread, by preventing in some degree the escape of the products of fermentation, to which most of the bread that is eaten in the present day is subjected before it is baked; consequently, as regards bread, the harder the grain from which the flour is made, the more nutriment will the bread made therefrom contain, and the easier it will be digested, because of its lightness.



In consumption or ulceration of the lungs, the diet must almost entirely consist of milk and vegetables, by blending which an agreeable variety may be obtained. For breakfast, the patient may have milk, fresh from the cow; or if it should prove offensive to the stomach in this state, it may be deprived of its cream. With the milk may be eaten biscuits or toasted bread, either dry or spread with honey or the jelly or marmalade of fruits; a boiled egg where it is found not to disagree, may likewise be eaten. Boiled bread and milk, water gruel, and milk potage are very proper; these should be chosen according to their agreement with the stomach.

For dinner, a tolerably extensive range may be afforded the patient, in the various fruits and other vegetable productions of the season. Apples, dressed in different ways, turnips, parsnips, rice boiled into a pudding, either alone or with the addition of an egg and milk, and puddings of various kinds, very well boiled, form a bill of fare, within the bounds of which no one can surely refuse to confine himself, as it yields him almost the only chance of a restoration to health.

For supper, the patient may have any of those articles which have been recommended for breakfast.

The drinks through the day may be thin barley water, acidulated with a little lemon juice, toast and water, or profitable herbs, as thyme, savoury, liquorice root, lungwort, sweet marjoram, betony, sage, rosemary, or figs, any of these or all, may be boiled together with honey and water into a mead (that is a diet drink), and a small glass may be taken when thirsty. But any kind of intoxicating drink, including wines, are not beneficial. Animal food is not in all cases to be strictly prohibited, but generally so, there may be cases in which its use may be advisable, especially in cold wether, but these are situations which can only be pointed out by a thorough knowledge of the disease, and of the general state of the system. The kind of exercise, and the degree to which it is used, at the commence-

ment of this malady, must depend on the manner in which the first attack comes on. Thus, if it has been preceded by spitting of blood, or be considerable inflammation of the lungs, the exercise employed must be of the gentlest kind. But when the disease is produced by a long continued cough or repeated catarrhs, exercise may be used to a greater extent, the necessity of this existence exists, however, only in the first stage of the disease, for after the disease is once formed, the same rules for exercise will be proper in almost every case. A general maxim for the regulation of exercise in this disease is, that it be never employed to such a degree, as that the heat of the body be much increased by it, or that it induce much fatigue. As the chief intention of exercise in this disease is to obtain the application of pure and fresh air to the lungs, it is evident that the kind of exercise most likely to answer the intention is that by which the patient is conveyed from one place to another, such as walking, riding, sailing, &c.

Walking, in consequence of its quickening the circulation of the blood, and so soon inducing fatigue, is the kind of exercise least likely to prove beneficial in these cases, and must be had recourse to with great caution.

Riding on horseback is an exercise in many respects preferable to walking, as the patient is able to breathe the air more powerful, and by regulating the pace of his horse, to adapt his exercise to his strength, and his ability of bearing it. But the exercise of riding, as well as that of walking, requires some exertion on the part of the patient, and therefore should be with caution, in those cases where there exists a suspicion of inflammation.

Sailing may be preferred to all others. Particular articles of clothing should be selected. ●

The chest, and between the shoulders in particular, should be well defended from the cold, and the feet from damp.

These regulations should be adopted in the first stage of consumption, and continued with strict conformity.

I shall now take the opportunity of saying a little about toast and water. Those who suffer from indigestion will find it beneficial to have their bread toasted, for by this the products of fermentation are still further expelled. Toast allowed to stand till it is cold before it is eaten, is much more wholesome; and it is more digestible and palatable, if placed on end while cooling, than if allowed to lie flat on the table or plate. I consider that for weak or disordered stomachs, toast and water is preferable to water by itself, and shall give my reason why. I would say that the small quantity of the starch of the bread, which must be mixed with the water, renders it a blander beverage—a beverage more soothing to the stomach; and then, again, the small excess of charcoal that there must always be in toast, absorbs any slight taint or putridity that the water may have imbibed. Yeast or barm dumplings, in which fermented dough is boiled instead of baked, are far from being as digestible as bread, although they are certainly much more nourishing. These dumplings form a very nutritious kind of food, a kind of food well adapted to men who require a large amount of support, and whose stomachs are not impaired in their functions by sedentary habits or intemperance. They should be often used by the working classes whose employment is such as to cause a large expenditure of nutriment. But with those whose digestive powers are disordered, no matter from what cause, yeast or barm dumplings will almost always disagree.

All salted meats are difficult of digestion, and therefore may be considered as unwholesome. The flesh of the ox is a nourishing food, and the beef of the larger bred oxen is always preferable. Beef and mutton are more easily digested than veal or lamb, yet in many instances it is most proper to give the latter. Generally speaking, the flesh of wild animals is more wholesome than that of tame; the flesh of quadrupeds more than birds; and that of birds more than fishes. The flesh of mutton is considered to be the most nutritious of animal food. Pork is not easily digested, and if too frequently used will produce great disorder of the stomach and bowels, eruptions of the skin, &c. I consider

that pork should not be eaten; for, either fresh or in a cured state, it is not wholesome. The common fowl and the turkey, the common pigeon and blackbird, are easily digested and very nutritious; but the swan, the goose, and the wild and tame duck, are not easy of solution in the stomach, and therefore ought to be sparingly used. Raw eggs are gently laxative, and very serviceable in jaundice and obstructed liver; and the raw eggs of the common fowl are strengthening and nourishing to the consumptive patient. In boiling eggs, the harder you boil them the less nourishing you make them, and the harder of digestion. The sick or delicate should never eat stewed oysters, as they are very indigestible; but if eaten in a raw state, they may be easily digested, and are sometimes serviceable to the weak and consumptive. Persons afflicted with habitual costiveness may diet on oysters, as they are attended with a laxative effect; a very small quantity of vinegar should be used by those who eat oysters, unless they are laboring under consumption. Most kinds of shell fish are difficult of digestion.

In summer, the quantity of vegetable food should be increased, and particular care should be taken to procure it fresh. In winter, the quantity of animal food should be increased, being of a permanent nourishment most suitable.

All kinds of fruits, when in their season, are beneficial, and care should be taken that no bruises or other defections are contained in them. The qualities and beneficial effects of various fruits, I shall give in some of the following numbers.

#### A I R.

A dry, serene air is always a heavy air, and is most wholesome to every man in his own place.

A cold and nitrous air, though it agrees with the robust, yet is pernicious to weak and infirm constitutions, by raising the contractions of the vessels too high, and thereby occasioning obstructions in the capillaries, which produce inflammatory fevers, as the pleurisy, St. Anthony's fire, &c.

A hot, sulphurous air is also apt to exalt the contractions of the solids extremely, and by its fiery particles to disturb, vitiate, and embarrass the actions of nature to the last degree, from which arise inflammatory, petechial, nervous, epidemical, malignant, etc., fevers.

A damp, moist, foggy air, on the other hand, too much relaxes the vessels, and thence proceed preternatural cohesions and viscidities of the fluids, affecting the parts with scorbutic swellings, schirrosities, stubborn coughs, phthisics, and all those agues and intermittent fevers which pester mankind in the winter and spring seasons.

Rheumatism is much more frequent in cold than in warm climates, and in those seasons in which the weather is variable than even when it is constantly cold; thus it is oftener met with in spring and autumn, than in winter.

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#### MISCELLANEOUS RECEIPTS.

If you keep a good fire to make the room warm, do not forget to stop up the cracks, and thereby keep the cold out. Double windows and double doors are very beneficial.

Frost bite, and frozen limbs.—When the extremities, or any part of the body, are exposed to intense cold, the circulation of the blood and the feeling of the nerves are destroyed by the parts freezing. If the frozen part is suddenly thawed by heat, speedy mortification comes on; therefore the best thing to do, is to restore warmth very slowly, by rubbing the part with snow or ice water, and, at first, to give no heating or stimulating liquors internally. Lying on a cold bed is good.

Small skin cuts often happen in the hands and legs, by use of a knife or workmen's tools. All that is necessary to be done in slight cuts, is to get a small piece of thin white paper of any sort, and wet it with spittle, place it on the cut, and hold it a few seconds; it will adhere to the skin and stop the bleeding, and no need to be taken off until

healed. The piece of paper should be just the size of the cut. Cold water or turpentine often will stop bleeding, but not when large vessels have been cut. A strong handkerchief twisted tight on the limb—when dark venous blood flows it should be above the part affected; if bright arterial blood jets out, a little below,—would be most proper.

When dust or very small substances get in the eye, the upper lash should be brought down over the lower one, and held there whilst the eye is moved backward and forward gently, which will work the substance into the corner, and can be easily taken out.

Weak eyes may be strengthened, and dull sight removed, and full clearness of sight enjoyed, by placing the eyes open into a pan of spring water every morning.

The voice may be restored, when weakened by speaking or singing, by mixing mustard powder with honey into the form of pills, and swallowing two or three often.

Indigestion will often cause soreness of the chest, partial loss of voice, &c. When this is the case, a piece of linen about four times double should be wet with cold water, and placed across the chest, and two or three thicknesses of flannel outside of that, just before getting into bed, and kept on all night; take also as much cold water as you can bear to drink, and cover up well, and in the morning wash the surface across the chest with cold water, and rub briskly until dry with a towel. This, in two or three days' careful attendance to, will not fail to strengthen the voice and remove the soreness of the chest, and promote easy digestion. At the same time, care should be taken to feed upon light food.

A simple but efficacious syrup for coughs may be made thus: Slice a turnip thin, place the slices in a basin, with sugar between each slices; let it stand for two hours, and strain off for use.

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FOR CHILBLAINS; mash an onion with some salt, until it becomes a paste, and with it rub the places affected. Keep the feet warm.

**FOR A FRESH BURN.**—Mix equal parts of saltpetre and linseed oil, and with a feather annoint the place. Put on a rag, dipped in it, to protect it from the air.

**DEEP BURNS.**—If the surface appear scorched, as if charred, with inflammation around it, the best application will be a linseed poultice daily, and after three or four poultices, it should be dressed with lint, on which is spread some green ointment; this will tend to prevent a scar. Oily salves are improper.

**FOR A STING OF A BEE OR ANY OTHER INSECT.**—Common whitening, or pounded chalk, proves an effectual remedy against the effects of the sting of a bee or other insects. The whitening should be moistened with cold water, and applied immediately. It may be washed off in a few minutes, when neither pain nor swelling will ensue.

**CURE FOR THE ITCH.**—A strong infusion of tobacco should be used as a lotion, about three times a day.

**A SCURVY MEAD.**—Take betony, sage, agrimony, scurvy grass, and wormwood, of each one handful, roots of elecampane and horse-radish of each one ounce, chop them up together and put them in a bag. Then take one gallon of water, add to it half a pound of honey, boil it and scim off the top, then place the bag of herbs therein, and boil together for half an hour; let it stand till warm, and then stir in one spoonful of yeast, and bottle off for use. These herbs will bear boiling in a second water, and will make the second mead better than the first.

As medicinal drinks, meads are highly recommended.

**FOR SORE AND INFLAMED EYES.**—Get Distilled Water of Loosestrife, and Distilled Water of Celandine, an equal quantity of each, mix together, and drop a few drops into the eye and around the eye, upon going to bed.

**A CURE FOR HABITUAL DRUNKENNESS.**—Keep sober.

## TO CORRESPONDENTS.

No letters can be replied to in the ensuing number, which are received later than the second Saturday in the month. Letters to be addressed to V. B. HALL, Post Office, Hamilton, or personal visits may be made at Mountain View, Township of Barton.

Advice to evening visitors gratis.

## THE LAZY FEVER.

The following amusing extract is from an old book on physic entitled, "The Breviare of Healtbe, by Andrew Boorde, Physiche Doctoure, an Engysman, anno 1557."

"The 151 chapitro doth shew of an evyl fever, the which doth comber younge persons, named the fever burden (lazy fever). Among all the fevers, I had almoste forgotten the fever burden, with whiche mayne younge men, younge women, maydens, and other younge persons, be sore infected now a dayes.

"The cause of this infirmite :

"This fever doth come naturally, or els by slothful and evyl bringing up. If it do come by nature, then the fever is incurable; for it can never out of the flesh that is bred in the bone. If it come by slothful bringing up, it may be helping by diligente labor.

"A remedy : There is nothyng for the fever byrden like unto ungentum boeulinem : that is to say, take a sticke or won of a yarde of length or more, and let it be as great as a ma's fynger, and with it anointe the shoulders morning and evening; and do this 21 days, and if this fever wyl not be holpen in that tyme, let them beware of waggyne on the gallows; and whyles they do take their medicine, put no lubberwort in their pottages.—ANDREW BOORDE, P. D."

Subscribers would do well to endeavor at spreading the sale of this monthly domestic magazine.