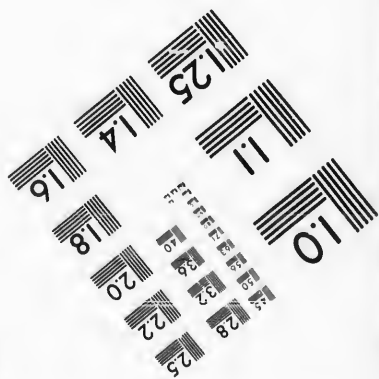
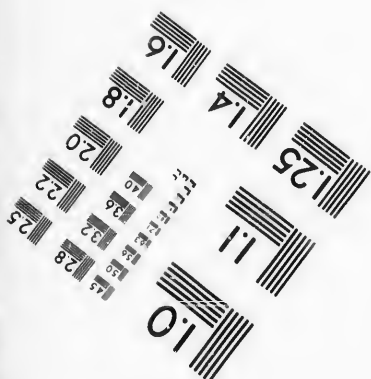
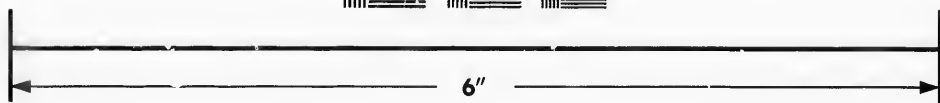
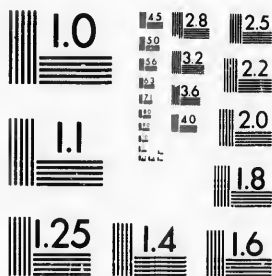


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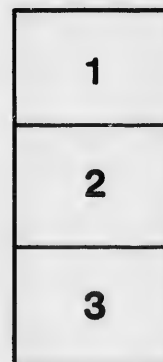
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A
MEDICAL ESSAY;

OR,

The Nurse

AND

FAMILY PHYSICIAN.

BY PHILANTHROPOS PHYSICIAN.



MONTREAL:

PUBLISHED BY F. C. AND A. DREDGE,

No. 14 McGill-Street.

1849.

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PREFACE.

THE following work is offered to the public, in the hope that it may be of service in restoring the sick to health, and in lessening the sum of human misery.

Long experience has taught the writer, that the system of practice, laid down in the following pages, is not only safe, but if judiciously followed, will cure, (when a cure is possible) most, if not all the disorders to which the human system is liable.

The system of medicine discovered by Dr. Thompson — although it has been opposed and ridiculed by the medical faculty, and himself imprisoned, and his life attempted to be taken by them — has steadily advanced in popularity, as its merits have become known, among those who have not been blinded by prejudice, from the misrepresentations of men whose “craft was in danger,” until it has spread throughout the United States, and is fast becoming known and appreciated in the Canadas.

Thousands and tens of thousands, when given over as incurable by the regular physicians, have ascribed the saving of their lives to the use of the Vegetable Medicine.

Many eminent physicians have had the candor to acknowledge the efficacy of Dr. Thompson's system, and not only to defend him and his system from the attacks of the more selfish part of the faculty, but have adopted the use of his medicines. Among them is the celebrated Dr. WATERHOUSE of Boston, formerly Presi-

dent of the Medical College at Burlington, Vt. who published a treatise defending Dr. Thompson, and recommending his system to the public.

I shall first give an article from the writings of the Rev. John Wesley, on the ancient practice of Physic, from which much valuable instruction may be derived. Also, the candid confession of Dr. Reese of London, on the modern practice. I shall then endeavour to point out the general cause of disorder, and the proper medicines to be used in case of sickness. And lastly, make some observations on nursing, which is believed, in many cases, to be of more importance than even medicine itself.

PHILANTHROPOS PHYSICIAN.

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REV. JOHN WESLEY ON THE ANCIENT PRACTICE OF MEDICINE.



THE healing art was brought into use in a very natural and simple manner. In the earliest age of the world, mankind, by various experiments, or accidents, discovered that certain plants, roots and barks, possessed medical properties. These were found sufficient to remove their diseases. The application of these remedies, were plain and easy; but in process of time, they began to make a profession of medicine, and to strip of its simplicity, they began to enquire into the operation of remedies, and how they performed such cures. They explored the human frame in all its parts; the nature of the several fluids; the structure of the brain, heart, lungs, stomach, bowels, &c. with the springs of the several animal functions. They explored the several kinds of animal and mineral, as well as vegetable substances. And hence the whole order of Physic was subverted and founded upon hypothesis. They formed theories of diseases and their cures; and substituted these in place of experiments. As theories increased, simple medicines were more and more disregarded, and disused, till in a course of years, the greater part of them were forgotten; at least among the more polite nations. In the room of these, abundance of new ones were introduced by reasoning, speculating men, and those more and more difficult to be applied, as being more remote from common observation. Hence rules for these, and medical books, were immensely multiplied; till at length, physic became an abstruse science, quite out of the reach of ordinary men. Physicians now began to be held in admiration, as persons who were something more than human. And profit attended their employ, as well as honor: so that they had now two weighty reasons for keeping the bulk of mankind at a distance, that they might not pry into the mysteries of their profession. To this end they increased those difficulties, by design, which were in a manner, by accident. They filled their writings with abundance of technical terms, utterly unintelligible to plain men. They affected to deliver their rules; and to reason upon them, in an abstruse and philosophical manner. They represented the critical knowledge of anatomy as natural

philosophy ; and some of them insisted that a knowledge of astronomy, and astrology, too, were necessary previous to the understanding of the art of healing. Those who understood only how to restore the sick to health, they branded with the name of empirics. They introduced into practice abundance of compound medicines, consisting of so many ingredients, that it was scarcely possible, for common people, to know which it was that wrought a cure. Abundance of exotics, neither the nature, nor the name of which, their own countrymen understood. Of chemicals such as they neither had skill, nor fortune, nor time to prepare ; yea, and of dangerous ones, such as they could not use, without hazarding life, but by the advice of a Physician, and thus both their honor and gain were secured, a vast majority of mankind being utterly cut off from helping, either themselves, or their neighbours, or once daring to attempt it. Yet there has not been wanting, from time to time, some lovers of mankind, who have endeavoured, (even contrary to their own interest,) to reduce Physic to its ancient standard ; who have laboured to explode out of it all hypothesis and fine spun theories, and make it a plain and intelligible thing, as it was in the beginning, having no more mystery in it than this, " such a medicine removes such a pain."

They have demonstrably shown, that neither the knowledge of astronomy, astrology, natural philosophy, or even anatomy, is absolutely necessary to the quick and effectual cure of most diseases incident to the human body. Nor yet any chemical, or exotic medicine, but a simple plant, or root, duly applied, so that every man of common sense (in ordinary cases,) may prescribe for himself or for his neighbour, and be very secure from doing harm, even where he can do no good. Even to the last age there was something of this kind done, particularly by Doctor Sydenham, and in the present by his pupil, Doctor Dover, who has pointed out simple remedies for many disorders. And some may be found in the writings of the learned and ingenious Doctor Cheyne, who, doubtless would have communicated many more, but for the melancholy reason he gave to one of his friends who pressed him with some passages in his works, which too much countenanced the modern practice. " O sir, we must do something to oblige the faculty, or they will tear us in pieces."

Dr. R

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CANDID CONFESSION OF DR. REESE.



Dr. Reese, of London, was Member of the Royal College of Surgeons, Author of a Dictionary of Popular Medicine, "Medical Guide,"—"Chemical Guide,"—Corresponding Member of the Society of Practical Medicine of Paris, &c.

THE Charter of the Royal College of Physicians, is found to contain a singular licence, which is, permission to any one, and every one, to practice the healing art by the use of herbs only. Now we consider this as ample permission as man would require; for poor must be the resources of that physician's mind, and very narrow his knowledge of medical botany, who could not, from the vegetable kingdom alone, cure most of the diseases of the human frame: even the specific of mercury, if we are driven to the necessity of a substitute, might probably be rivalled in some of these productions of nature. We know not whether we have most reason to hail the discovery of mercury as a blessing, or regard it as a curse, since the diseases it entails are as numerous as those which it cures. Our best informed Dentists declare that they can clearly witness the progress of the use of mercury in the increasing diseases and decay of the teeth. There are serious objections, also, to the use of other articles of the metallic world: antimony, iron, and arsenic, are dangerous remedies in the hands of the ignorant, and mankind, perhaps in the aggregate, would be benefitted by their expulsion from medical practice.

As Dr. Reese has not enumerated the diseases which mercury has entailed on mankind, I will endeavour to state some of them. If calomel, which is one of the mildest preparations of mercury, be given to a patient, who should take the slightest cold, either the muscles of the face, or the intestines suffer. To either of these it yields all its stimulating powers, and induces on one or the other, a high degree of inflammation, which terminates, frequently, not only in the destruction of the muscles, but the bones of the face, or the mortification of the intestines. Palsy, palpitation, rheumatism, lingering hectic, and chronic complaints of almost every description, are also brought on by the use of this most destructive article, calomel. I have known persons, who have taken one dose only, who were so well be-

fore they took it as to be about their business, which attacked the muscles of the face, to such a degree that they could not open the mouth, or speak, or take any food but what they sucked through the teeth, for the space of two or three weeks. There are probably few observing persons, who have not witnessed the effects of calomel here mentioned. Dr. Reese tells us also that there are serious objections to other mineral medicines, viz: antimony, iron, and arsenic, and that mankind, in the aggregate, would, perhaps, be benefitted by their expulsion from medical practice. All the mineral preparations are uncertain, as it depends much on the situation of the stomach, whether they have any operation at all, or whether they operate with dangerous violence. See Thatcher's Dispensatory. Then why not abandon them altogether?

CAUSES OF DISORDER.

COLD is the general cause of disorder. Who ever heard of an acute or chronic disease, but could trace the cause to some cold which had been taken. If cold is the general cause of disease, of course **HEAT** is the only general remedy; for nothing but heat can overpower cold. But intemperance, or excess may cause disease, and there are diseases of the mind, which may not be caused by cold.

The standard of health is, a free perspiration, a free circulation, and a regular movement of the bowels, whether asleep or awake, caused by the motion of the diaphragm, in drawing in and pressing out the breath. When a person is in this situation he is in health. Our bodies are so constructed by nature, as to have a constant tendency to throw off whatever is useless or offensive, which is done by alvine evacuations, urine, sweat, expectoration, &c. ; and to cleave to that which is agreeable and useful. When a physician has duly attended to the foregoing standard of health, and the construction, and evacuations from the human body; if it is by any means diseased, it will not be difficult to understand the cause of the disease, whether occasioned by cold, intemperance or excess; or whether it exists in the mind, or whether the regular movement in the bowels is obstructed. When a physician has duly inquired into every particular circumstance relating to the case, then, and not till then, he may be competent to prescribe and assist nature to

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throw off the offending cause. If cold is the cause, and is attended with all the symptoms of an approaching fever, it may be thrown off by sitting by a lively fire, covered with a blanket, and taking some hot medicine, or if none is at hand, half a pint of hot water drank as hot as can be borne. Sit till pretty warm and perspiration starts freely. Then draw back a little at a time till the sweat has dried up; then throw off the blanket and move toward the fire. This, in most cases, will throw off a cold, and prevent much sickness and pain.

When the regular movement of the bowels is obstructed from costiveness, give a strong decoction of the bitter root bark, or a fine powder of the bark in water: if this should not answer the purpose, give a strong tea of thoroughwort, and an injection of the same, and repeat it if necessary. This I never knew fail to give relief; but if it should, the patient should be carried through a course of medicine as quick as possible.

When the regularity of the bowels is disturbed by a relax, give a dose of composition powder, or No. 3, but no more should be given than barely sufficient to regulate the bowels; more would be injurious. A powerful dose of physic would be weakening, and a powerful astringent would prove hurtful by stopping the relax too suddenly. But if the disorder is caused by intemperance, or excess in eating, or exists only on the mind, let the cause be removed, and the effect will usually cease. When a person is bilious it is generally owing to errors in diet. Let these be reformed and the complaints will cease. But if a person take a fancy to be always bilious, let him be always or often taking calomel, or blue pill, or active purges, such, as Lee's pills, &c. and surfeit himself with high living, and he will certainly succeed. The soundest liver will not be proof against such abuse. The unnecessary or imprudent use of medicine, has ruined many constitutions. A dose of medicine, taken with a view of preventing an attack of disease, not unfrequently invites one which would otherwise not have occurred.

The absurd practice of bleeding, or taking purgatives, or other medicines, in the spring and autumn, under the erroneous idea that by so doing the blood is rendered more pure, should be carefully avoided.

Let it be recollected that the health and strength of the body are not supported by the quantity of food that is consumed, but only so much as is capable of being digested and converted into pure chyle and blood. If more food is taken into the stomach than is well digested, it will turn rancid and viscid, and will weaken the body instead of strengthening it.

To prove the importance of strict temperance in diet, we might appeal to many illustrious examples. Franklin, in his life, written by himself, relates the particulars of his dietetics. His drink was pure water, and his food the most simple fare. No man ever enjoyed better health than Franklin. He always had a clear head, and was ever ready for any emergency. He acquired a reputation as a statesman and a philosopher, which has given his name currency over the whole civilized world.

Cornaro is another example of the advantage of temperance. If we would adopt his simple mode of living we should undoubtedly be rewarded with a long and happy life. Cornaro was given over by his physicians at the age of 38: he found that if he continued to swallow the trash they were in the habit of giving him, there was no chance for his life. He dismissed them, and adopted a regimen of his own: he allowed himself twelve ounces of food per day, and no consideration could prevail on him to exceed it. His appetite was rather keen, and he enjoyed the simplest food with the greatest relish. When eating a piece of dry crust, he was heard to say, "How delightful it is; it is so delicious, that I am almost induced to exceed my allowance." But this he never did but on one occasion, by the advice of his friends; he quickly returned, however to his former allowance, having suffered by the deviation. His life was one continued scene of health from that time till his death. At the age of eighty or ninety he observed that company was delightful to him, especially the company of children. But Cornaro could not live always; he went down to the grave at the age of one hundred and five years, as stated by his niece, a Nun at Padua. His history records a complete pattern of self government, well worthy of imitation. I would not recommend to every person to weigh his food as Cornaro did, nor to allow himself but twelve ounces per day. That was undoubtedly sufficient for him, and all his constitution required; but there are probably many who need more. The best rule is, for every one to eat that kind of food that agrees with him best, and have his meal consist of one dish only — always to leave the table with a good appetite. If you do not feel quite satisfied when you leave the table, in a few minutes you will feel better than if you had indulged to the full. If you wish to have your sleep sweet and refreshing, be sure to take a light supper.

The laws of nature alter not; they are omnipotent, and must be obeyed. If they are attempted to be contravened, we are sure to suffer in consequence.

Health is seldom properly valued till lost. To know how to

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preserve it is of more importance, than to restore it when lost. Health cannot be preserved by taking medicine. Strict temperance in all things, and proper exercise, can only effect it. A temperate life is not one of privation, but of real enjoyment. No man can enjoy himself to the highest degree, without being strictly temperate. The moderate use of the good things of this life, is not to be condemned. But we ought to be extremely cautious not to be misled by a disorder'd or inordinate appetite, and pronounce that good which is absolutely injurious.

DISORDERS,

Which may be Cured by a Regular Course of Medicine, if taken in the First Stages of the Complaint.

Apoplexy,
 Asiatic Cholera,
 Bilious Cholice,
 Canker,
 Catarrh,
 Chicken Pox,
 Cholera Morbus,
 Cold and Cough,
 Cholic,
 Consumption,
 Convulsions,
 Cramp,
 Diarrhœa,
 Dropsy,
 Dysentery,

Epilepsy,
 Fever and Ague,
 Fluor Albus,
 Gout,
 Hectic Fever,
 Hysteria,
 Hydrophobia,
 Inflammation on the Liver,
 Influenza,
 Lockjaw,
 Measles,
 Menses Obstructed,
 Nervous Fever,
 Pleurisy,
 Palpitation,

Palsy,
 Phrensy,
 Piles,
 Poison,
 Recent Deafness,
 Rickets,
 Rheumatism,
 Spotted Fever,
 Saint Vitus' Dance,
 Stone, or Gravel,
 Stranguary,
 Small Pox,
 Tetters,
 Venereal,
 Yellow Fever.

When a patient is carried through a course of medicine, for any one of the above complaints, and is afflicted with other chronic complaints, such as rheumatism, catarrh, asthma, &c. if he has sufficient strength to bear the operation, they will all be removed at the same time, if even of twenty years standing. —In such cases the steam may be raised as high as can be borne without scalding, with safety by giving cayenne, composition or powders, to keep the internal heat above the external.

MEDICINES,

Which may be used with safety in the Cure of Diseases.

THE medicines which I shall take the liberty to recommend to the public, are those of Dr. Samuel Thompson, as contained in his course of medicine. Experience has taught me that they are safe, salutary and efficacious. I have added some articles of my own, discovered to be valuable, in my course of practice.

SPEARMINT.

This is a well known herb, and makes a very pleasant tea, which may be freely used in sickness. The most valuable property which it possesses is, to stop vomiting. If the emetic herb, or any other cause should produce violent vomiting, a strong tea made of this herb will stop it, and sit pleasantly on the stomach.

THOROUGHWORT.

This herb is very common, and is often made use of for many complaints. It is of a warming nature, and is good for costiveness, and also for coughs and other complaints of the lungs.

BLUE VERVINE.

This is a well known herb. It ranks next to the emetic herb, for a puke; and may be used for that purpose, either alone, or combined with thoroughwort. It is good to prevent a fever in its first stages: it has been used with considerable success in consumption, having effected cures where the physicians had given over,—it may be used in a tea, made of the dry herb, or it may be prepared in powder like the emetic herb.

CCCASH, OR SQUAW WEED.

This herb is known in this country by the name of Frost Weed, or Meadow Scabish; it is a wild weed, and grows in wet land by the side of brooks—it has a stalk that grows four or

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five feet high, rough and woolly, with a narrow leaf — bears a blue blossom late in the summer, which remains till the frost kills it. The root lives through the winter, and in the spring puts forth a new stalk ; the roots and top are used for medicine ; it has a taste and smell like lovage. Take the green roots and tops, bruise them and pour on hot water. Give the tea sweetened. It may be kept by adding a little spirit. It is good for rheumatism, and nervous affections : it is perfectly harmless, (unless too much spirit is taken with it,) and may be used freely — is an excellent medicine for canker, cholick, dizziness in the head, cold hands and feet, and if persisted in, will remove obstinate cases.

CAMOMILE.

An herb well known ; the flowers are sold by the apothecaries, and are much used in tea for different complaints. It is good for bowel complaints, and externally applied will relieve sprains, bruises, and remove callouses, and restore shrunk sinews.

HELEBORE.

Hippocrates, the most noted ancient physician that history gives account of, made much use of white and black helebores, as medicine, particularly the white helebores, which he used as an emetic. He made much use of it for delirium, in so much that the saying, such a one needed helebores, became proverbial, for the loss of their senses. Physicians, in the present day, make use of it for rheumatism, and some use it in all cases where an emetic is necessary, and consider it the easiest that can be given, as it was never known to cause cramp. It is prepared in two ways, viz. by boiling it to a gum, and giving a small pill the size of a wheat corn ; also by filling a junk bottle with the roots, washed clean, and adding a pint of alcohol — dose, a teaspoonful to an adult, and repeat it if necessary. Adding a little water to this tincture makes an excellent eye water which will cure almost every case of sore eyes. It is also a sure cure for the itch, by making a strong decoction of the roots and adding fresh butter or lard and simmering it to an ointment. The bruised roots are an excellent poultice for a felon, or the ague in a woman's breast. The fresh roots pulverized, and applied to the bowels, promote the discharge of urine ; and applied to the region of the liver, remove schirrosities and other affections, though of long standing.

RED WILLOW.

The bark of the red willow is one of the best articles for cancer known, and may be used as a substitute for the bayberry root bark in the composition powder, or No. 3.

EMETIC HERB—LOBELIA.

This herb may be found in the first stages of its growth, at all times through the summer, from the bigness of a six cent piece to that of a dollar and larger, lying flat on the ground, in a round form like a rose pressed flat, in order to bear the weight of snow which lays on it during winter, and is subject to be winter killed like wheat. In the spring it looks yellow and pale, but as summer advances it shoots forth a stalk to the height of from twelve to fifteen inches, with a number of branches. In July it puts forth small pointed pale blue blossoms, which is followed by small pods about the size of a white bean, containing numerous very small seeds. This pod is an exact resemblance of the human stomach, having an inlet and outlet higher than the middle; from the inlet it receives nourishment, and from the outlet discharges the seeds. It comes to maturity about the first of September, when the leaves and pods turn a little yellow; this is the best time to gather it. It lives but two years. Wherever the land is fertile enough to yield support to the inhabitants, this plant may be found. In hot and wet seasons it is most plenty on dry and warm lands — in hot and dry seasons, on clayey and heavy lands. When the season is cold, either wet or dry, it rarely makes its appearance: and if the summer and fall is very dry the seed does not come up, and of course there will be but very little to be found the next season. This plant is different in one very important particular, from all others that I have a knowledge of, that is, the same quantity will produce the same effect, in all stages of its growth, from its first appearance till it comes to maturity; but the best time for gathering it, as before observed, is when the leaves begin to turn. Then it should be cut and kept clean, and spread out in a room to dry, where it may be open to the air in the day time and be shut from the damp air at night. When perfectly dry shake out the seed and sift it and preserve it by itself; then beat off the leaves and pods from the stalk and preserve them clean.

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PREPARATION OF MEDICINES.



TO MAKE DYSPEPTIC DROPS.

Take bitter herb or balmony, sufficient to fill a kettle, put in water and boil it till the strength is out of the herb—strain, and boil down the liquid to the consistence of tar; dry a beef's gall to gum, and dissolve a quantity of the gum in alcohol or spirit, and add as much of this to the extract as will make it sufficiently thin to be conveniently used in drops. These drops are an excellent medicine in cases of dyspepsia or indigestion. By taking a few drops before or after eating, they cause the food to sit easy on the stomach.

The above herb is about the size of mint, the leaves a little longer; the stalk is four square; the leaves are of a dark green color, and a sweetish bitter taste—it bears a white blossom resembling a snake's head, with the mouth open.

BITTER ROOT, OR WANDERING MILK WEED.

This valuable herb grows in meadows and in hedges; in appearance it is something like buck-wheat, having similar white blossoms; when the stalk is broken it discharges a milky substance; it has two small pods about the size of the cabbage seed pod, containing a silky substance. This herb is wandering, that is, the roots run under ground to a considerable distance, springing up and producing many stalks, which rise about two feet from the ground. The kind most commonly known by the name of wandering milk weed, grows only on up-land; there is another kind which grows near rivers, which is some different in appearance from the other; the roots run deep in the sand—its leaves and pods are like the first—both are good for medicine. The bark of the root is used—the root should be dug and washed clean and perfectly dried, and pounded in a mortar, when the bark is easily separated from the woody part. This root is very bitter, and is one of the greatest correctors of the bile known—it should be used in all cases of costiveness, as it will cause the bowels to move in a natural manner. The first stages of a fever may often be thrown off by it. Dose, a teaspoonful of the powder in water.

BROWN'S DROPS FOR FITS, ETC.

Take one pint of spirits of turpentine and add two ounces of sulphur. Simmer them over a moderate heat till one third reduced. Add as much Camphor as it will dissolve, and it will make Stranguish Balsam. To two ounces of the balsam add one ounce beef's gall, one ounce spirits of hartshorn, and one ounce sweet oil, and it will make the famous Kitridge Ointment.

The drops are good to cure fallen sickness, cramp-convulsion or hysteric fits, and also to expel worms. For a dose take from ten to forty drops, on sugar, night and morning. To cure green wounds take lint or cotton wool and fill it with the drops, and apply it to the wound, and keep it from the air, and it will soon get well with very little, if any, soreness.

NERVE POWDER.

Of the American Valerian, or Male and Female Nervine, there are four species, one male, and three female; the male is called Yellow Umbel, and grows in swamps and wet land—has a large cluster of fibrous roots matted together, joined to a solid root, which puts forth several stalks that grow about one foot high; it has leaves something like the poke leaf. The female kinds are distinguished by the color of the blossoms, which are red, red and white, and white; the red has but two leaves, which lean over to the right and left, between which a single stalk shoots up to the height of from eight to ten inches, bearing on the top a red blossom: the red and white grows only in swamps, and is found in larger clusters than the yellow. The yellow and red are the best for medicine. The roots should be dug in the fall, or in the spring, before the tops put forth—they should be washed clean, and carefully dried, and pounded or ground to a fine powder—sifted and preserved from the air for use. This powder is a valuable and safe medicine, and may be used in all cases without injury, and where there are nervous symptoms, it must not be dispensed with. For a dose, take half a teaspoonful in hot water, sweetened; or the same quantity should be put into a dose of the other medicines, and into the injections in all nervous cases. It is good in cases of night-mare.

No. 1. — EMETIC HERB.

This herb is prepared and used in three different ways, viz.

1. The powdered leaves and pods. This is the most com-

mon form of using it; and from half to a teaspoonful may be taken in warm water, sweetened; or the same quantity may be put into either of the other numbers when taken; to cleanse the stomach, over-power the cold, and promote a free perspiration.

2. A tincture made from the green herb in spirit. This is used to counteract the effects of poison; to be either externally or internally applied; and for asthma, and other complaints of the lungs. For a dose, take a teaspoonful, adding about the same quantity of No. 2, in half a teacup full of warm water, sweetened, and in all cases of nervous affection, add half a teaspoonful of nerve powder. For the external effects of poison, take the above dose, and wash the part affected with the tincture, repeating it till cured.

3. Reduce the seeds to a fine powder, and take half an ounce of this powder, or a large spoonful, and the same quantity of No. 2, and put them in a gill of No. 6, adding a teaspoonful of nerve powder; to be kept closely stopped, in a bottle, for use. This preparation is for the most violent attacks, such as lock-jaw, bite of a mad dog, drowned persons, fits, spasms, &c. In all cases of suspended animation, where the vital spark is nearly extinct, it will go through the system like electricity, giving heat and life to every part. In cases where the spasms are so violent that the patient is stiff and the jaws are set, by pouring some of this liquid into the mouth, between the cheek and teeth, and crowding it back of the teeth, as soon as it touches the glands of the tongue, the spasms will relax, and the jaws become loosened, and the mouth will open without any efforts of the muscles. Then give a dose of the liquid, and as soon as the spasms have abated, repeat it, and afterwards give a tea of No. 3. This I never knew to fail of giving relief. It is good in less violent cases, to bring out the measles and small pox; and if applied to warts or pimples will remove them.

For children the dose must be regulated according to their age. If very young, steep a dose of the powder in a half a teacup full of warm water, or tea of raspberry leaves, and give a teaspoonful at a time of the tea, strained through a fine cloth and sweetened, repeating the dose every ten minutes, till it operates; and give pennyroyal, or some other herb tea to drink.

No. 2. — CAYENNE.

This is a medicine of great value in the practice, and may be safely used in all cases of disease, to raise and retain the internal vital heat of the system, cause a free perspiration, and

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keep the determining powers to the surface. The only preparation is to have it reduced to a fine powder. For a dose take from half to a teaspoonful, in hot water, or a tea of No. 3, sweetened; or the same quantity may be mixed with a dose of either the other numbers when taken. The dose should be repeated every ten or fifteen minutes till the desired object is effected, and continued occasionally till health is restored. When this number is given the patient should be kept warm, by sitting by the fire, covered with a blanket, or in a warm bed.

No. 3. — FOR CANKER.

Take Bayberry root bark, or red Willow bark, white pond Lilly root, and the inner bark of Hemlock, equal parts of each, pounded and well mixed together; steep one ounce of the powder in a pint of boiling water, and give for a dose a common wine glass full, sweetened.

If the above cannot be had, take as a substitute sumach bark, leaves or berries, red-raspberry or witch-hazle leaves, marsh-rosemary, bark of red willow, or either of the other articles described under the head of No. 3, they are all good for canker and may be used together or separate.

When the violence of the disease requires a course of medicine, steep one ounce of the above mentioned powder, No. 3, in a pint of boiling water, strain off a wine glass full while hot, and add a teaspoonful of No. 2, and the same quantity of sugar: when cool enough to take, add a teaspoonful of No. 1, and half that quantity of nerve powder. Let this dose be given three times, at intervals of fifteen minutes; and let the same compound be given by injection, and if the case require it, again repeated. If mortification is apprehended a teaspoonful of No. 6, may be added to each dose and to the injections.

After the patient has recovered sufficiently from the operation of the medicine, which is usually in two or three hours, place them over the steam.

This operation is sufficient for one time, and must be repeated each day, or every other day, as the circumstances of the case may require, till the disorder is removed. Three times will generally be sufficient, and sometimes once or twice will answer the purpose; but in bad chronic cases it may be necessary to continue to carry them through a regular course two or three times a week, for a considerable length of time.

Great care must be taken to keep up an internal heat, so as to produce perspiration, after they have been through the operation, by giving occasionally No. 2, or the composition powder;

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for if this is not attended to, the patient may have a relapse, in which case it will be very difficult to raise it again, as they will fall as much below a natural heat as they have been raised above it by artificial means.

During the operation give milk porridge, or gruel, well seasoned, with a little cayenne in it; and after it is over the patient may eat any kind of nourishing food that his appetite shall crave.

A tea-cup full of the tea of No. 3, should be taken night and morning to prevent a relapse of the disease, and during the day, drink frequently of a tea made of poplar bark; and if costive use the bitter root.

As soon as the disorder is removed use the bitters, No. 4, to correct the bile and restore the digesture; and half a wine glass full of the syrup, No. 5, may be taken two or three times a day, which will strengthen the stomach and assist in regulating the digestive powers.

The foregoing directions are calculated for the more violent attacks of disease, and such as have become settled; but those of a less violent nature must be treated according to circumstances. In the first stages of a disease it may be most generally thrown off by a dose of the emetic herb, with No. 2, to raise a free perspiration, followed by a tea of No. 3, to remove the canker, and the bitters or a tea of poplar bark to regulate the digesture. For a sudden cold take a dose of the composition powder on going to bed, and put a hot stone wrapped in wet cloths, at the feet, which will in most cases remove the complaint; but if these applications do not answer the purpose, the patient should be carried through a regular course as soon as possible. Steaming is safe and will always do good, and the injections must not be neglected, particularly where the bowels are disordered. In consumption, and all old lingering complaints, give the composition powder for two or three days before going through a regular course.

No. 4. — BITTERS.

Take the Bitter Herb, or Balmony, Barberry and Poplar bark, equal parts, pulverized, one ounce of the powder to a pint of hot water and half a pint of spirit. For a dose take half a wine glass full. For hot bitters add a teaspoonful of No. 2.

This preparation is calculated to correct the bile and create an appetite by restoring the digestive powers; and may be freely used both as a restorative and to prevent disease.

When the above articles cannot be had, either of those that

have been before described under No. 4, which are all good for the same purpose, may be used as a substitute.

No. 5. — SYRUP.

Take Poplar bark and bark of the root of Bayberry, one pound each, and boil them in two gallons of water, strain off and add seven pounds of good sugar; then scald and skim it, and add half a pound of Peachmeats, or the same quantity of Cherry-stone meats, pounded fine. When cool add a gallon of good Brandy; and keep it in bottles for use. Take half a wine glass full two or three times a day.

Any other quantity may be prepared by observing the same proportion of the different articles.

This syrup is very good to strengthen the stomach and bowels, and to restore weak patients; and is particularly useful in the dysentery, which leaves the stomach and bowels in a sore state. In a relax or the first stages of the dysentery, by using a tea of No. 3 freely, and giving this syrup, it will generally cure it, and will also prevent those exposed from taking the disease.

No. 6. — RHEUMATIC DROPS.

Take one gallon of good fourth proof Brandy, or any kind of high wines, one pound of gum Myrrh pounded fine, one ounce of No. 2, and put them into a stone jug and boil it a few minutes in a kettle of water, leaving the jug unstopped. When settled bottle it up for use. It may be prepared without boiling, by letting it stand in the jug for five or six days, shaking it well every day, when it will be fit for use.

These drops are to remove pain and prevent mortification, to be taken, or applied externally, or to be put into the injections. One or two teaspoonfuls of these drops may be given alone, or the same quantity may be put into a dose of either of the medicines before mentioned; and may be also used to bathe with in all cases of external swellings or pains. It is an excellent remedy for rheumatism, by taking a dose and bathing the parts affected with it. In the head-ache by taking a swallow, and bathing the head, and snuffing a little up the nose, it will remove the pain. It is good for bruises, sprains, swelled joints, and old sores; as it will allay the inflammation, bring down swelling, ease pain, and produce a tendency to heal — in fact there is hardly a complaint, in which this useful medicine cannot be used to advantage. It is the best preservative against mortification of any thing I have ever found.

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For bathing, in rheumatism, itch, or other humours, or in any swelling or external pain, add one quarter part of spirits of turpentine and for sprains and bruises, a little gum camphor may be added.

COMPOSITION OR VEGETABLE POWDERS.

Take two pounds of the Bayberry root bark, or red Willow bark, one pound of the inner bark of Hemlock, one pound of Ginger, two ounces of Cayenne, two ounces of Cloves, all pounded fine, sifted through a fine sieve, and well mixed together. For a dose take a teaspoonful of this powder, with an equal quantity of sugar, and put to it half a tea-cupful of boiling water; to be taken as soon as sufficiently cool, the patient being in bed, or by the fire covered with a blanket.

This composition is calculated for the first stages and in less violent attacks of disease. It is a medicine of much value, and may be safely used in all complaints of male or female, and for children. It is good for relax, dysentery, pain in the stomach and bowels, and to remove all obstructions caused by cold, or loss of inward heat; by taking a dose on going to bed and putting a hot stone to the feet, wrapped in wet cloths, it will cure a bad cold, and will generally throw off a disease in its first stages, if repeated two or three times. If the symptoms are violent, with much pain, add to each dose a teaspoonful of No. 6, and half a teaspoonful of No. 1; and in nervous symptoms add half a teaspoonful of nerve powder; at the same time give an injection of the same. If these should not answer the purpose, the patient must be carried through a regular course of the medicine, as has been before described.

COUGH POWDERS.

Take four teaspoonfuls of Skunk Cabbage, two of Hoarhound, one of Wake-rebin, one of No. 1, one of No. 2, one of Baberry bark, one of Butter root, and one of Nerve Powder, all made fine and well mixed together. When taken to be mixed with molasses. Take half a teaspoonful of the powder on going to bed; keep warm, and continue taking it till relief is obtained, particularly on going to bed.

Where the cough has been of long standing, it will be best while taking this prescription, to go through a regular course of the medicine, and repeat it if necessary.

CANCER PLASTER.

Take the heads of red clover and fill a brass kettle, and boil them in water for one hour; then take them out and fill the kettle again with fresh ones and boil them as before in the same liquor. Strain it off and press the heads to get out all the juice; then simmer it over a slow fire till it is about the consistency of tar, when it will be fit for use. Be careful not to let it burn. When used it should be spread on a piece of bladder, split and made soft. It is good to cure cancers, sore lips, and all old sores.

SALVE.

Take one pound of Bees-wax, one do. of salt Butter, one and a half do. of Turpentine, twelve ounces of Balsam fir: mei: and simmer them together; then strain it off into a basin, and keep it for use. It may be used to heal fresh wounds, burns, scalds and all bad sores, after the inflammation is allayed, and the wound cleansed.

STRENGTHENING PLASTER.

Take Burdock leaves and Mullen leaves, bruise them and put them in a kettle, with a sufficient quantity of water, and boil them well; then strain off the liquor, press or squeeze the leaves, and boil it down till about half as thick as molasses; then add three parts of Rosin and one of Turpentine, and simmer well together, until the water is evaporated; then pour it off into cold water and work it with the hands like shoemaker's wax, if too hard put in more turpentine, when it will be fit for use. It should be spread on soft leather and applied to the part affected; and it is good to strengthen weakness in the back and other parts of the body.

VOLATILE SALTS.

Take crude Sal Amoniac one ounce, Pearlash two ounces, and pound each by itself, mix them well together, and keep it close stopped in a bottle for use. By damping it with spirit or essence will increase the strength. This applied to the nose is good for faintness and to remove pain in the head; and is much better than what is generally sold by the apothecaries.

NERVE OINTMENT.

Take the bark of the root of Bitter-sweet two parts; of Worm

wood and Chamomile, each equal, one part, when green, or if dry moisten it with hot water; which put into horse or porpoise oil, or any kind of soft animal oil, and simmer them over a slow fire for twelve hours; then strain it off, and add one ounce of spirits of Turpentine to each pound of ointment. To be used for a bruise, sprain, calice, swelling or for corns.

POULTICE.

Make a strong tea of Raspberry leaves, or of No. 3; take a cracker pounded fine and slippery Elm bark pulverized, with Ginger, and make a poultice of the same. This is good for old sores, whitlows, felons, and for bad burns, scalds, and parts frozen. Apply this poultice and renew it at least as often as every twelve or twenty-four hours, and wash with soap suds at every renewal; wetting it in the interim with cold water, or a tea of Raspberry leaves, till it discharges; then apply the salve till a cure is effected.

INJECTIONS OR CLYSTERS.

This manner of administering medicine is of the greatest importance to the sick; it will frequently give relief when all other applications fail. It is supposed that the use of them is of great antiquity; whether this be true or not, the using them to relieve the sick, was certainly a very valuable discovery; and no doubt thousands of lives have been saved by it. The doctors have long been in the practice of directing injections to be given to their patients, but they seem to have no other object in administering them, than to cause a movement in the bowels; therefore it was immaterial what they were made of.

According to the plan which I have adopted, there are certain important objects aimed at in the administration of medicine to remove disease, viz. to raise the internal heat, promote perspiration, remove the canker, guard against mortification, and restore the digestion. To accomplish these objects the medicine necessary to remove the complaint, must be applied to that part where the disease is seated; if in the stomach only, by taking the medicine it may be removed; but if in the bowels, the same compound must be administered by injection. Whatever is good to cure disease when taken into the stomach is likewise good for the same purpose if given by injection, as the grand object is to warm the bowels, and remove the canker. In all cases of dysentery, choleric, piles, and other complaints where the bowels are badly affected, injections should never be dispensed with. They are perfectly safe in all cases, and better

that they be used ten times when not needed, than once neglected when they are. In many violent cases, particularly where there is danger of mortification, patients may be relieved by administering medicine in this way, when there would be no chance in any other. I do, therefore, most seriously advise that these considerations be always borne in mind; and that this important way of giving relief, be never neglected, where there is any chance for it to do good. In many complaints peculiar to females they are of the greatest importance in giving relief, when properly attended to; for which some verbal instructions will be necessary, which will readily be given to all those who purchase the right.

The common preparation for an Injection or Clyster, is to take a tea cupful of a strong tea made of No. 3, strain it off when hot, and add half a teaspoonful of No. 2, and a teaspoonful of No. 6; when cool enough to give, add half a teaspoonful of No. 1, and the same quantity of nerve powder. Let it be given with a large syringe made for that purpose, or where this cannot be had, a bladder and pipe may be used. They must be repeated as occasion may require till relief is obtained.

Many other articles may be used to advantage in the injections; a tea of witch-hazle and red-raspberry leaves, either or both together, are very good in many cases. For canker a tea of either the articles described under the head of No. 3, will answer a good purpose. When the canker is removed the bowels will be left sore, in which case, give injections of witch-hazle or raspberry leaves tea, with slippery-elm bark. When injections are used to move the bowels only, No. 1, should be left out. It is always safe to add the nerve powder, and if there is nervous symptoms it must never be omitted.

STOCK OF MEDICINES FOR A FAMILY.

- 1 oz. of the Emetic Herb,
- 2 oz. of Cayenne,
- $\frac{1}{3}$ lb. of Bayberry root bark in powder,
- 1 lb. of Poplar bark,
- 1 lb. of Ginger.
- 1 pint of the Rheumatic Drops.

This stock will be sufficient for a family for one year, and with such articles as they can easily procure themselves when wanted, will enable them to cure any disease, which a family of common size may be afflicted with during that time. The expense will be small, and much better than to employ a doctor and have his extravagant bill to pay.

GENERAL DIRECTIONS,

IN CURING OR PREVENTING DISEASE.

BE careful always to keep the determining powers to the surface, by keeping the inward heat above the outward, or the fountain above the stream, and all will be safe.

2. It must be recollected that heat is life and cold death; that fever is a friend and cold an enemy; it is therefore necessary to aid the friend and oppose the enemy in order to restore health.

3. That the construction and organization of the human frame, is in all men essentially the same, being formed of the four elements. Earth and water constitute the solids of the body, which is made active by fire and air. Heat in a peculiar manner gives life and motion to the whole, and when entirely overpowered from whatever cause by the other elements, death ensues.

4. All disorders are caused by obstructed perspirations, which may be produced by a great variety of means; that medicine, therefore, must be administered that is best calculated to remove obstructions and promote perspiration.

5. The food taken into the stomach and being well digested, nourishes the system and keeps up that heat on which life depends; but by constantly taking food into the stomach which is sometimes not suitable for nourishment, it becomes foul, so that the food is not well digested; this causes the body to lose its heat, and disease follows.

6. Canker is caused by cold, and there is always more or less of it in all cases of disease; continue to make use of such articles as are calculated to remove it, as long as there is any appearance of disorder.

7. When the disease is removed, make free use of those things that are good to restore the digestive powers, not forgetting to keep up the inward heat by giving occasionally No. 2.

8. Keep always in mind that an ounce of preventive is better than a pound of cure, and give medicine on the first appearance of disorder, before it becomes seated; for it may be then easily thrown off, and much sickness and expense prevented.

9. In case of a fever increase the internal heat by giving hot medicine so as to overpower the cold, when the natural heat will return inwardly, and the cold will pervade the whole surface of the body as the heat had done before; this is what is called the turn of the fever.

10. If No. 1 should sicken and not puke, there may be two causes for it, viz: the coldness or acidity of the stomach; for the first give No. 2 more freely, and for the latter dissolve a piece of pearl-ash about the size of a large pea in a wine glass of water and let them take it, which will counteract the acidity. If this fails make use of the steam, which will open the pores, extract the cold, and set the medicine into operation.

11. In giving medicine to children, give about one half, a little more or less according to their age, of the quantity directed for a grown person. Be particular to offer them drink often, especially young children who cannot ask for it.

12. Dysentery is caused by canker on the bowels, for which make free use of the tea of No. 3, with No. 2. and give the same by injection, in the first of the disease, and afterwards give the syrup (No. 5,) to strengthen the stomach and bowels, and restore the digestive powers.

13. The piles is canker below the reach of medicine given in the usual way, and must be cured by using a wash of No. 3, made strong, and by giving injections of the same, with No. 2. What is called bearing down pains in women, is from the same cause, and must be relieved by injections made of witch-hazle or red raspberry leaf tea, steeped strong, with No. 2, strained. If this does not give relief, go through a regular course of medicine.

14. Women in a state of pregnancy, ought to be carried through a regular course of the medicine, especially when near the time of delivery. When in travail, give raspberry leaf tea, with a teaspoonful of the composition powders, or No. 2, and keep them in a perspiration. After delivery keep up the internal heat, by giving the composition powder, or No. 2. This will prevent cold and after pains; if there should be symptoms of fever, carry them through a regular course of the medicine, which will guard against all alarming complaints, peculiar in such cases.

15. In all cases of a burn, scald, or being frozen, wrap up the part in cloths wet with cold water, often wetting them with the same, to prevent their becoming dry, and be careful to give hot medicine, such as No. 2, or the composition powders, to keep up the inward heat. Pursue this plan for twelve hours; and then, if the skin is off, apply the poultice or salve. If there should be

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convulsions, or fever, a regular course of the medicine must without fail be attended to.

16. When a scald is over the whole or greatest part of the body, apply cotton cloth of several thicknesses to the whole body, wet with a tea of raspberry leaves, thoroughly wetting it with the same to prevent it from becoming dry, and give the hot medicine. When the scald is under the stocking or any other tight garment, let it remain on, adding more cotton cloths, and wet the whole with cold water as often as the smart of the burn returns.

17. If the skin is off, or in case of an old burn, to guard against canker, apply a poultice of cracker and slippery elm bark, made with a tea of raspberry leaves; washing it with soap suds when the poultice is changed, and then with the same tea. When any part is frozen, the same method must be taken, as for a burn.

18. For a fresh wound, cut, or bruise, wash immediately with cold water and bind up in cloths wet with the same; keep a hot stone at the feet, and take medicine to raise a gentle perspiration; continue this till the inflammation is allayed and the wound perfectly cleansed, then apply the poultice or salve till healed. The air must be kept from all wounds or sores, as it will cause pain and prevent them from healing.

19. In sudden and deadly attacks, such as spotted or yellow fever, fits, drowned persons, croup, &c. the heat and activity of the patient is so much diminished, that the common administration will not give relief; the determining power to the surface, being so small, through the loss of internal heat, that it will not give the medicine operation, as its effect is resisted and counterbalanced by the pressure of external air. To counteract this pressure, keep the room, by aid of a good fire, about as warm as a summer heat; and more fully to rarify and lighten the air, and aid the operation of the medicine, make a free use of the steam bath; and keep the patient shielded by a blanket, at the same time give occasionally Nos. 1 and 2. This course should be unremittingly persevered in till the patient is relieved.

20. If the glands are dry, so that there is no moisture in the mouth, or if the patient is much pressed for breath, give a strong tea of No. 2, sweetened, and repeat it till the mouth becomes moist. No. 3 should not be used while the mouth is dry; if any is used, add a large portion of No. 2.

21. Be careful not to have the outward heat too high, by too many clothes or fire; for if this is the case, it will cause a balance of the outward and inward heat, and will prevent the

medicine from operating, by stopping the circulation ; and the patient will be very much distressed. When this happens throw cold vinegar on the face and stomach, and give more hot medicine, which will let down the outward heat and raise the inward.

22. If the patient is restless, wet the head and body with cold vinegar ; and if there are convulsions or spasms, give the nerve powder with No. 2. Injections must also be used.

23. Never make use of physic in cases where there is canker inside, for it will draw the determining powers inward, and increase the disease. I have seen so many bad effects, from giving physic, that I have disapproved the use of it altogether, but if any is given, after the operation, be careful to keep up the inward heat, so as to cause a free perspiration.

24. Avoid all minerals used as medicine, such as mercury, arsenic, antimony, calomel, preparations of copper or lead ; and also nitre and opium. They are all poisons and deadly enemies to health.

25. Beware of bleeding and blisters, as they can never do any good, and may be productive of much harm ; they are contrary to nature, and strengthen the power of the enemy to health. Setons and issues should also be avoided, as they only tend to waste away the strength of the patient, without doing any good ; it is a much better way to remove the cause by a proper administration of medicine, which will be more certain and safe in its effects.

26. Never eat meat that is tainted, or any way injured, as it will engender disease ; for one ounce in the stomach, is worse than the effluvia of a whole carcase. Eat salt provisions in hot weather and fresh in cold.

27. Be careful about drinking cold water in very hot weather, as it will tend to let down the inward heat so suddenly as to give full power to the cold. If this should happen, its fatal effects may be prevented by giving the hot medicine to raise the inward heat above the outward. Be careful also not to cool suddenly, after being very warm in consequence of uncommon exercise.

28. Remember that regularity in diet is very important to preserve health ; and that if more food is taken into the stomach than is well digested, it clogs the system and causes disease. Therefore be cautious not to eat too much at a time, and have your food well cooked. This is very important to those who have weakly constitutions.

29. Ardent spirit is slow poison ; it is taken to stimulate, but this effect is soon over, and much use of it destroys the tone of

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the stomach, injures the digestive powers, and causes disease. It is therefore much better, when the feelings require any thing of the kind, to make use of stimulating medicine, such as Nos. 2 and 6, for these will answer a far better purpose.

By a strict observance of the foregoing directions, you may save much pain and expense, and enjoy good health and long life, which is the earnest wish of the writer.

TO MAKE MILK PORRIDGE.

Put a quart of water in a kettle, with a proper quantity of salt, and while heating mix a gill of flour in a bowl with water, made thick, and when the water is boiling hot, drop this into it with a spoon; let it be well boiled, then add half a pint of milk: This is to be eaten while under the operation of the medicine; and is also good food for the sick at any other time, especially while the stomach is weak.

TO MAKE CHICKEN BROTH.

Take a chicken and cut it in pieces; put the gizzard in with it, opened and cleaned, but not peeled. Boil it till the meat drops from the bone. Begin to give the broth as soon as there is any strength in it; and when boiled eat some of the meat. Let it be well seasoned. This may be given instead of the milk porridge, and is very good for weak patients, particularly in cases of the dysentery.

When the operation of medicine is gone through, I have said, that the patient may eat any kind of nourishing food his appetite should crave; but the best thing is to take a slice of salt pork broiled, or beef steak, well done, and eat it with pepper sauce; or take cayenne, vinegar and salt, mixed together, and eat with it, which is very good to create an appetite and assist the digestion.

DESCRIPTION

OF SEVERAL CASES OF DISEASE, WITH DIRECTIONS HOW THEY MAY BE CURED.

FELONS.

THIS sore always comes on a joint, and is often caused by some strain, or bruise, which makes a leak in the joint or muscle, and the sooner it has vent the better. If it is brought to a head by poulticing, the skin being so thick that it will often be caused to break through the back of the hand, before it can get through the skin on the inside. The best way to give it vent, that I have ever found, is to burn a small piece of spunk the bigness of half a pea, on the place affected. If you think the flesh is dead down to the matter, you may prick the point of a needle into the dead skin, and raise it up and cut out a piece under the needle sufficient to let out the matter, then apply poultice or salve. If painful, wrap it in cloths of several thicknesses, wet with cold water, and repeat this as often as it becomes hot or painful. Take the composition or warm medicine, to keep up an inward heat.

If the sore has been several days coming, and appears nearly ripe, apply a piece of unslacked lime to the part affected, wrap it up and wet the cloth with cold water, till the lime is slacked; and repeat this till the skin looks of a purple colour, then open it as before directed. This method is more safe and quick in causing a cure, than laying it open with a knife, as is the practice of some doctors. By cutting the live flesh, forms a leak and often spoils the joint; but by searing them by either of the above modes, it secures and prevents the leak, and makes a speedy cure.

FREEZES AND BURNS.

These two names of disorder are one and the same thing, and require the same treatment. Take a cloth wet in cold water, and wrap several thicknesses round or laid on to the part, to be kept wet as often as the pain increases. Give warm medicine inside. If the scald is dangerous, carry them through a regular course of medicine as though they had a fever, or any other acute disorder; keep the cloth and poultice on to secure it

from the air, from 12 to 14 hours, till the soreness or pain is entirely gone. If the skin is off, a poultice of flour bread wet with any of the articles composing No. 3, and keep it wet with this tea or water till the sore discharges, then wash with soap suds;—when dressed wash with the tea of No. 3, and continue the poultice or salve until a cure is effected.

A freeze is direct cold, and a burn is attracted cold; for as much as the heat opens the pores more than usual, the cold follows and closes them as much more than they were before the operation of the heat—this stops the perspiration from going through the surface, and the water collects under the grain of the skin, which is called blistering; the water applied in the cloth on the outside opens the pores and lets the water out by perspiration, and the grain adheres to the skin—the pain ceases, and the cure is completed.

CURE OF MY BROTHER'S SON OF A SCALD.

He was about 14 years of age, and was taking off from the fire a kettle of boiling cider, the leg of the kettle caught by the log, tipped it forward and poured the cider boiling hot into a large bed of live embers, which covered his bare feet with this hot mass; he was obliged to hold on till the kettle was set on the floor, and then jumped into a pail of cold water, and stood there until his father procured some cloths, which he immediately wrapt his feet up in; his father laid by the fire to attend to pour on water to keep the cloths filled, which keeps the air from the surface and eases the pain; for as the water wastes and lets the air to the burn, the pain will increase; but by pursuing this course for about two hours, the pain abated and the boy fell asleep. Water was poured on the cloth but two or three times during the rest of the night, and in the morning preparation was made to dress the wound, when to the surprise of all present no blister had arisen, nor a particle of skin broken. He put on his stockings and shoes as usual, and went about his work perfectly well.

CASE OF A BOY WHO WAS BADLY SCALDED.

A lady took off from the fire a tea-kettle filled with boiling water, when her little son, about six years old, stepped on the bail and turned the contents on to both his feet, and falling, one hand went into the tea-kettle; both feet and one hand were very badly scalded. I happened to be present, and immediately tore up cloth sufficient to do up each part, wetting them with

cold water. I then put him in bed and gave him some warm medicine, put a warm stone at his feet, and wet the cloths as often as he complained of pain. In about two hours he fell asleep, after which two or three times wetting the cloths, kept him easy through the night. In the morning on taking off the cloths there was no appearance of blisters, nor any skin broken; and he put on his shoes and stockings, and appeared as well as before the accident happened. It had been the declared opinion of the family the night before, that the boy would not be able to go to school for a fortnight; but on finding him well in the morning, were hardly willing to believe their own senses, or that the child had been scalded.

GENERAL REMARKS ON BURNS.

Burns are the most easily cured, if rightly managed and understood, of any wounds I ever attended; and are the most difficult, when not understood, and wrongly treated. How often have we seen these sores continue all winter and could not be healed; as also, burns caused by blisters made with Spanish flies, which amount to the same thing. By not being treated in a proper manner in season, the canker gets in and eats out the flesh, after which what is called proud flesh fills up the sore. The doctor applies his sugar of lead, vitriol and red precipitate to eat out the dead flesh, this affects the cords and draws them out of shape, and many times makes a sore that they cannot cure, which terminates in a mortifying canker sore. My friends, if you wish to avoid all this trouble, attend to what belongs to your peace and comfort, before it is hidden from your eyes; that is, to attend to the canker, which always awaits such cases, and where the skin is off in all cases of burns or blisters, apply a poultice of cracker, or elm bark wet with a tea of No. 3, until the canker is gone. Sometimes add ginger; if the inflammation is high add a little of No. 2, with the ginger, keeping the poultice wet with cold water, and when the sore discharges apply salve till a cure is effected.

I shall continue my remarks on burns, by shewing the evil consequences arising from blistering. Not long since I knew a case where a doctor drew a blister on a child's breast up to the neck, for being stuffed at the lungs. It lingered with this scald near its vitals, about a week; I was then called to visit the child, and found it to be dying. The mother asked me what I thought was the matter with it; I took off the dressing and shewed her the mortified flesh all over the blister, and told her that was the disorder. She seemed much surprised; and I then

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asked her if the child had been scalded, and it had mortified in like manner, whether she would have had any doubt of its being the cause of her child's death? She said that she should not. I gave her my opinion, that it was exactly a similar case, and that the child's death was caused as much by the blister as it would have been by a scald. The child died before morning. I had declined doing anything for it, as I was satisfied that I could do it no good; and if I had made the attempt, it would have been said that I killed it.

I have seen many cases where I was perfectly satisfied that the patients died in consequence of blisters, not only on the stomach, but on the head. In many cases that I have witnessed, where a blister was drawn on the head, as soon as it began to draw, their senses were gone and did not return till they died raving, or stupified. More than half the cases where the head was shaved and blistered, that have come within my knowledge have died. I never could see any reason why a scald on the head or body done on purpose, should have a tendency to effect a cure, when the person is sick, and the same thing happening to them by accident, when well, should destroy their health or cause their death. If a person should have their head and stomach so badly scalded as to take off the skin, we should consider them in the most dangerous condition; but nothing is said about it when drawn on purpose. I shall leave it to the reader to reconcile, if he can, this inconsistency. I have known most dangerous stranguries caused by blisters on the sides and limbs, and those who applied them did not know the cause, and I have been applied to for relief.

MORTIFICATION OF THE LIMBS.

I was called on to go on board a vessel at Easport, to see a young man, who had a block fall from mast head on his foot weighing $13\frac{1}{2}$ lbs. bruising all his toes to pieces except the little one. The accident happened on Friday and I did not see him till the Tuesday following; during which he had neither ate nor slept. His nerves were much affected, and had spasms and convulsions through the whole system. I took off the dressing from his foot and found it black, and the smell very offensive. The captain of the vessel appeared to be very anxious about him, asked me if I could help his foot. I told him that I must first try to save his life, for his whole body was as much disordered as his foot. He requested me to do what I thought best. I put a poultice of meal on his foot, and wet the cloth with cold water to allay the heat; then gave him medicine the

same as though he had been attacked with a nervous fever. The captain attended him through the night, and I went to see him the next morning, and found him much better. The captain said he was astonished at the operation of the medicine, for that his vomiting and sweating had carried off all the pain in his body and foot, and had also reconciled the nerves.

I undid his foot and found that the black and yellow streaks up the leg had disappeared, and on the foot all the flesh that was alive seemed to receive fresh support from the body; and the living and dead flesh appeared as though two colours were painted by the side of each other. I then made a ley of pearl-ash in warm water, and soaked his foot in it, which caused a slimy glaze all over his foot; this took away all the offensive smell; and I washed it with vinegar to kill the alkali and keep it from irritating the skin. The acid cleared off all the slimy matter, so that it wiped it clean. I then cut off the great toe at the middle joint, and the two next at the upper joint, and set the next which was broken. I cut none of the flesh but what was dead, to stop in part the putrefaction. I then put on another poultice and ordered it to be kept wet with cold water, and a warm stone wrapped in a wet cloth, to be put to his feet, to keep a steam, giving him warm medicines inside to keep up the inward heat; and by wetting the foot with cold water it kept the determining power to the surface; thus raising the fountain and lowering the stream. By this treatment it becomes impossible that mortification can go from the limbs to the body, any more than a log that floats over the dam, can go back again into the pond, when the fountain is kept full. The next day I dressed his foot and found that the dead flesh had digested very much; I again soaked it in pearl-ash and then washed in vinegar as before, which was of great service in allaying the bad smell. I then caused him to be carried through a regular course of medicine, which completely restored his bodily health; his appetite was good, and all pain and soreness abated, so that he took food regularly and lost no sleep afterward, till he got entirely well, which was in about four weeks. The captain was a very good nurse, and was faithful in attendance on the young man till he got well; and expressed the highest gratitude for my attention and success; and as a proof of his confidence in the medicine, he purchased a right, for which he paid me twenty silver dollars, observing at the same time, that he never paid for any thing with more satisfaction.

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OLD CANKER SORES ON THE LEGS.

When I was a young man, I was much troubled through the winter, for many years, with sores on my legs. At the commencement of cold weather, if I broke the grain on my shin, it would become a bad sore and continue through the winter; the canker would get into it and eat to the bone, and sometimes spread under the grain like a burn and feel the same, being extremely sore, with stings and twinges like a cancer. These sores were so troublesome, that it led me to invent a cure; finding the cause to be canker, I took some of the articles composing No. 3, steeped strong, and washed the part affected, with it; if there was a bad smell, I first washed the sore with strong soap suds, taking off all the loose skin, which was blistered with canker humour, and then washed with a tea of No. 3, to destroy the canker and harden the sore; sometimes wetting it with the drops. If the inflammation run high and the sore spread fast, I put into it a pinch of fine No. 2; then put on a poultice of white bread and ginger, wet with the above tea, wrapping it up with several thicknesses of cloths wet with cold water; wetting them as often as dry, so as to be painful; and not let the sore come to the air for 24 hours. In this time, if kept well wet and warm, it will discharge ripe matter, and the inflammation and canker will abate. When next dressed wash first with soap suds as before, then with the tea; if the soreness is gone you may apply the healing salve, with the wet cloths, if going to bed, to keep out the air; put occasionally a hot stone wrapped in wet cloths, to the feet to keep up a steam, and wetting the sore if painful with cold water. Take medicine to keep up the inward heat; such as composition, or hot bitters, and when these do not answer the purpose, go through a course of the medicine, and repeat it as occasion may require. This method, if persevered in, I seldom knew to fail of success.

I was called to attend a case of this kind, not long since, where the inflammation and pain was very great, and fast spreading under the grain of the skin; there had been applied an elm and ginger poultice, made with tea of No. 3, I opened it and only added a pinch of No. 2, and laid on the poultice again, putting on a wet cloth, and ordered it kept wet with cold water till next morning; when on dressing it I found the inflammation abated, the sore discharged ripe matter, and by two dressings more of the same, the cure was completed.

CASE OF THE BITE OF A RAT, SUPPOSED TO BE MAD.

Not long since I was sent for to attend a man who had been bitten on one of his eye-brows by a rat, supposed to be mad. The wound healed in a few days, then turned purple round it, as though the blood had settled and turned more black, until he was blind. He was sick at the stomach, and had a high fever. I carried him through a course of medicine, with but little advantage. The swelling and dark colour progressed till he was about the colour of a blackberry pie. These appearances led me to suspect that the madness of the rat was caused by eating ratsbane, and communicated this poison to the man by the bite, as he appeared the same as a person I had once seen who had been killed by taking that poison. I then washed his face with a strong tea of No. 1 and 2, and gave the same inward with No. 3, carried him through another course of medicine, keeping a cloth on his face wet with the tea as before, to keep out the air when under the operation of the medicine, to sweat his face and throw the poison out. I kept him in a sweat for several days, occasionally with his face secured from the air, which method had the desired effect by bringing the poison out. By continually keeping up the perspiration, the swelling abated; but whenever this was not well attended to, so as to keep the determining powers to the surface, the spasms would increase to such a degree that his life was frequently despaired of. He was carefully attended in this manner about one month, before I could determine in my own mind whether the disease or nature would gain the victory; after which time he began gradually to gain his health, and in about six months he appeared to be clear of the poison. This man was sixty years of age; and the accident happening in the fall of the year, it was much more difficult to conquer this cold and deadly poison, than it would have been in warm weather. This case convinced me that the cause of mad rats and mad cats, is owing to the rats having been poisoned by ratsbane, the cats eat them and become affected by the poison, which makes them mad, and by biting the people communicate the poison, from which many fatal consequences have frequently happened.

BAD WOUND IN THE EYE CURED.

While I was at Eastport, Maine, a man was cutting turf about twelve miles from that place, and accidentally had a pitchfork stuck into one of his eyes, by a person who was pitching the turf near him. It passed by the ball and stuck fast in the

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skull, so that it was with considerable exertion that he could draw it out. The eye swelled and closed up immediately, and the people were much frightened and sent for me; but it so happened that I could not go. I gave directions to the man who came after me, to return and carry him through a course of medicine as soon as possible, keeping several thicknesses of cloth wet with cold water on his eye, and not open it for twelve hours; and to keep him in a perspiration the whole time. This was faithfully attended to, and on opening the wound after the above time, the swelling was all gone, the eye was open, and a large quantity of blood was in the wet cloth, which had been drawn from the eye. They continued the wet cloth, and gave him warm medicine inside, keeping him in a gentle perspiration for the next twenty four hours, which cleared the eye of all the blood, restored the sight, and amended his health, so that he was well in about a week, to the astonishment of all who saw him.

CANCER SORES.

A concise and general treatise on this violent and often fatal disease, may convey some useful ideas on the subject. The cause of this sore is very little understood. In all sores of an eating nature there is more or less canker according to their violence. A cancer in the highest degree of canker, being the most powerful effects of cold and consequently the greatest degree of inflammation, therefore the remedies ought to be those of a warming nature, as the greatest preventives against canker. Whenever a violent inflammation is discovered, it is supposed that heat causes the difficulty; but the fact is, it is only evidence of a war between heat and cold; for there is no inflammation where there is perfect health, because heat then bears complete rule; and no disease can take place until the cold makes an attack on the body, which causes an unnatural heat to oppose an unnatural cold; wherever the cold takes possession the inflammation shews itself, by stopping the circulation; the effect is swelling, inflamed calous, arising from some leak, caused by the natural course being stopped. If it suppurates and discharges, it is called ulcer, bile, and the like, and the canker goes off with the putrefaction. If the leak is so slow as to calous as fast as they discharge, it becomes a hard, dead lump of flesh, and not having circulation enough to support it, it begins to rot; here the canker shows its eating nature; being seated in the dead flesh, and eating on the live flesh, which is intermixed with it, causes pain and distress, in proportion as the body is filled with coldness and canker; if this is sufficient to keep the power above the na-

tural circulation, the patient will continue in this distressed situation, being eaten up alive, until worn out with the pain, death comes as a friend to relieve him. This is the natural termination of this dreadful malady; which is far better than to combine with it the common form of practice in using arsenic, which only helps to eat up and distress the patient.

In order to give a more correct idea of the dangerous effect of making use of arsenic in cancers, I shall make a short extract from Thatcher's Dispensatory, on the subject. — "Arsenic has long been known to be the basis of the celebrated cancer powder. It has been sprinkled in substance on the ulcer; but this mode of using it is excessively painful, and extremely dangerous; fatal effects have been produced from its absorption. This fact I have known in several instances, where Davidson's agents, and others, have undertaken to draw out cancers when the patient would absorb enough of this poison, which seating on the lungs, caused them to die of consumption in the course of one year." My wish in exposing this nostrum, is to benefit those who may be ignorant of the imposition; for it may be relied on as a truth, that there is more or less poison in all these burning plasters, used to cure cancers; and I would advise all to beware of them; as it will be much safer to risk the cancer than the cancer quack.

The principal object aimed at is to take out the bunch, and in doing that by the above method, a worse evil is inoculated, which is more fatal than the cancer. The tumour is a mixture of live and dead flesh, and is often under a live skin; if it is necessary to make an incision through the live skin in order to dissolve the dead flesh, the best way is to burn a piece of punk on the place, and repeat it till the flesh is dead enough to suppurate. The smart will be but two or three minutes, and not so painful as the arsenic for the same time, which will last for twelve hours. Where the tumour is small the cancer balsam, will be found sufficient, by repeating the plaster for two or three weeks, to take out the dead flesh and remove the canker; after this is done, apply a ginger and elm poultice wet with a tea of No. 3. If the system appears to be generally affected with the cancer humour, carry them through a common course of medicine, and repeat the same while attending to the sore.

I had a cancer on my foot, about the bigness of an indian corn, which has troubled me twice, by acute darting pains and twinges. I cured it by applying a plaster of the cancer balsam; repeating it twice at each time. Where there is dead flesh under the skin, it is best to burn the punk first and then apply the poultice or balsam; and it is also recommended to always

give medicine to eradicate the canker from the system, both before and after the operation on the sore.

Three cancers on the breast have come under my care, that I could not cure. One of them was as large as a half peck measure, and grew fast to the breast bone. I carried the woman through a course of medicine several times and applied a poultice of butternut shucks to dissolve the dead flesh, and continued this course for some months, until the bunch had half dissolved, and had grown off from the bone, so that it was quite loose; and I was in hopes to have effected a cure; but she was taken with a fever in my absence, and died. The other two I could relieve and keep them free from pain, making them comfortable as long as they lived; but nature was too far exhausted to complete a cure. I have had under my care, many other cases of cancers on the breast and other parts of the body, which I had no difficulty in curing in the manner before stated.

I shall conclude this subject by a few general remarks, viz. : Guard thoroughly against canker and coldness. Attend to the canker by a course of medicine, and repeat it. Use the ginger poultice if the inflammation is great, putting some No. 2, raw in the sore, then apply the poultice keeping it wet with cold water — not forgetting the composition and No. 2 inside, at the same time. Let all poisonous drugs, burning plasters, and caustics alone — attend faithfully to the directions here given — honour your own judgment — keep your money — and bid defiance to doctors.

PILES — HOW CURED.

I was called to attend an elderly man in South Reading, who had been confined to the house, and much of the time to his bed, for seven weeks with the piles. Seven doctors attended him before I was sent for, and he had continued to grow worse. The doctors had operated on one side, and said they must on the other; it was their opinion as well as his, that he was in a decline. The side that they had operated upon was much worse to cure than the other. I carried him through a regular course of medicine twice in three days, when he was able to go out of doors. The injection composed of No. 3, steeped, and a small quantity of No. 2, was used; warm tallow was applied freely several times in the day, sometimes washing externally with the same tea. He had been dieted very low; I restored his digestive powers, and recovered his appetite; his sores healed, his general health amended to such a degree, that he was no more confined with that complaint. A little tallow used when going to bed, prevents piles and chafes in young and old. Remember this.

SORE HEADS IN CHILDREN, (SCALD HEADS.)

This sore often comes after having had the itch; kernels form in the neck; it is contagious, being caused by canker and putrefaction. The most effectual way to cure this disease, is to carry them through a regular course of medicine several times, as the case may require, previous to which, the head should be oiled, and covered with cabbage leaves; or draw a bladder over the head, to keep out the cold air. The head should be covered so as to make it sweat as much as possible, in order to dissolve the hard scabs. After laying all night the smell will be offensive; wash the head in soap-suds, when clean wash it also with a tea of No. 3, after which wash with a tea of No. 1. Sometimes annoint it with the rheumatic drops and nerve ointment — let it come to the air by degrees. Be careful to guard the stomach by giving composition, warm bitters, &c. The ointment, drops and No. 1, in powder or juice, may be occasionally used together or separate. Continue to wash with soap-suds, and then with No. 3, occasionally, until a cure is effected.

SORE BREASTS.

Some women suffer very much from this complaint, which is caused by cold, occasioning obstructions in the glands of the breasts. When they are swelled, bathe with the rheumatic drops, or pepper vinegar; if this does not remove the swelling, and it should be necessary to bring it to a head, apply a poultice of lily root made thick with ginger, or slippery elm bark; at the same time give the composition powder or No. 2, to keep up the inward heat. If the woman is sick carry her through a regular course of the medicine, which will remove the complaint and restore her to health in a short time. I have cured many who were very bad, by pursuing the above plan, and never met with difficulty. I attended a woman in Portsmouth, who had both breasts badly swelled. She was sitting by the window with it up, and could hardly get her breath; she could not bear to have any fire in the room, complaining that it made her faint. I told her that if I could not make her bear heat, I could do her no good. I gave her some No. 2, to raise the inward heat, and caused a good fire to be made in the room. The inward heat gained as fast as the outward, and in one hour she could bear as warm a fire as I could. I carried her through three regular courses of the medicine in five days, and at the same time applied the lily poultice, which brought them to a head without pain; and she was soon well.

TO STOP BLEEDING.

Internal bleeding is from the stomach or lungs, and is caused by canker, or soreness of the stomach; it often takes place very suddenly, and creates much alarm. The patient sometimes trembles with fright and often has fits of the ague, which is caused by the cold increasing in proportion to the loss of blood. In the first place shield them from the air with a blanket, by the fire, and give the hottest medicine you have; if nothing better can be had give hot water or any kind of hot tea; and get a perspiration as soon as possible; then apply the steam bath; giving ginger tea, or No. 2, if you have it, if not black pepper. As soon as there is an equilibrium in the circulation, there will be no more pressure of the blood to the stomach or lungs than to the extremities, and the bleeding will cease. It has been my practice in cases of this kind, to give some of the rheumatic drops, shield them from the air with a blanket, placed by the fire; then give a dose of the composition powders, and No. 2; and if this does not answer the purpose, give a dose of No. 1, which with the steam, I never knew fail of stopping the blood; and by giving medicine to remove the canker and restore the digestive powers, I have always been able to effect a cure. The same applications will answer for other weakening and alarming complaints in women.

External bleeding caused by wounds in the limbs, may be stopped by placing the wound higher than the body. One of my sons cut his leg very badly; I placed him on the floor and took his foot in my lap; as soon as the wound was higher than the body the bleeding ceased. I then poured on cold water till the wound was white; then put in a few drops of No. 6, took two or three stitches to bring the wound together, dressed it with salve, and it soon got well with very little soreness. Another case of a little girl, who cut off the main artery of the middle finger, and it bled very fast. I put my thumb above the wound and stopped the blood; then poured on cold water with my other hand and washed the wound well; then placed her hand above her head, which prevented it from bleeding, till I could get ready to dress the wound. It bled no more and soon got well.

RUPTURE.

This difficulty is caused by a hurt or strain, which makes a breach in the tough film, or membrane, that supports the bowels in their place, and the intestines come down into the cavity between this membrane and the skin; being sometimes very

painful and difficult to be got back ; and have to be kept from coming down by a truss. When the bowels come down and remain any length of time, they become swelled, and are very painful, causing great distress and danger ; and sometimes have proved fatal, as they cannot be got up again till the swelling is removed. This may be effected by a course of medicine without danger.

A Mr. Woodbury of Durham, was troubled with a rupture ; his bowels came down, swelled and was very painful ; a doctor was sent for from Portsmouth, who applyed a bag of snow, which drove the pain to the stomach and caused puking. The swelling increased and became very hard. The case now becoming desperate, and the family being alarmed, I was sent for, and on hearing the circumstances, sent some medicine, and gave directions to sweat him as soon as possible. My directions were faithfully attended to, and as soon as he became warm, the nerves slackened, the swelling abated, all appearance of mortification disappeared, the bowels went back, and in twelve hours he was restored from a dangerous situation, to almost his usual state of health. In this case may be seen the difference between the artificial doctor, and nature's physician, which is the same as between fire and snow.

AGUE IN THE FACE.

This is caused by cold in the glands of the mouth, which keeps back the saliva till it causes swelling and soreness, the canker becomes prevalent at the same time, which causes severe pain in the face and throat. The sooner a cure is attempted the better ; to effect this, take a dose of the tea of No. 3, with a teaspoonful of No. 6 in it, for the canker ; then tie a small quantity of No. 2 in a fine piece of cloth, wet with No. 6, and put it between the teeth and cheek, on the side where the pain is ; sit by the fire covered by a blanket, and breathe the warm air from the fire ; this will prick the glands and cause the saliva to flow very freely, which will take out the soreness and relieve the pain. The face may be bathed at the same time with No. 6. If the case is of long standing, so that the system is effected, and this does not remove the complaint, give a dose of No. 1. If it is caused by decayed teeth, fill the hollow with cotton wool, wet with oil of summersavory, or spirits of turpentine, which will deaden the nerve, and stop its acning. This is good in all cases of the teeth ache, and will generally effect a cure without extracting.

TO RELAX THE MUSCLES IN SETTING A BONE.

This may be done by bathing the part with warm water, and is much better than the method that is generally practised, by extending the muscles by the strength of several persons, which weakens the part so much that the bones are liable to get out of place again; besides the operation causes severe pain to the patient and much trouble to the operator, which is all obviated by my method. In cases where a joint is put out or a bone broken, give a dose of No. 2, or the composition powder, with half a teaspoonful of nerve-powder, which will promote a perspiration, prevent fainting, and quiet the nerves: then wrap the part in cloths wet with water, as hot as it can be borne, and pour on the warm water placing a pan underneath to catch it, for a short time, when the muscles will become relaxed, so that the bones may be put in their place with little trouble.

I was once called to a woman who had put her elbow out of joint by a fall from her horse. It was badly out, being twisted about one quarter of the way round. I ordered some water to be made hot immediately, stripped her arm, and as soon as the water was hot, put a towel in a large tin pan and poured the hot water on it till well wet, as soon as cool enough, wrapped it round her arm from her wrist to her shoulder; then placed the pan under her arm, and poured on the water from a pitcher, as hot as she could bear it, for about fifteen minutes. I then took off the towel, and directed one person to take hold of the arm above the elbow and another below, to steady it; and then placed my fingers against the end of the bone on the under side, and my thumb against that on the upper side, and by a gentle pressure each way set the joint without pain, or force on the muscles, to the astonishment of all present, who calculated that it would require the strength of several men. I then wrapped it up with the same towel, which had become cold; this brought the muscles to their proper tone and kept the joint firm in its place; put her arm in a sling, and she walked home that night, about a mile, and the next day was well enough to knit all day.

In case a shoulder is out of joint, I relax the muscles in the same manner, and put the arm over my shoulder and lift up, which has always put the joint in its place, without any danger and with very little pain to the patient; and then by applying cold water, the muscles become braced, so that there will be no danger of its getting out again. I knew of a case where a man had his hip turned out, and several doctors had exhausted all their skill in vain to set it; when one of my agents being present, un-

dertook it by my plan of treatment, and after he had relaxed the muscles sufficiently, put his knee against the hip joint, and placing his hand on the inside of the knee, turned the leg out and crowded the joint into its place without any difficulty.

POISON BY IVY OR DOGWOOD.

Many people are troubled with this difficulty every season, and I have been much afflicted with it myself in my younger days, often being poisoned in such a manner as to swell and break out very badly, and knew no remedy but to let it have its course, which was almost as bad as the small pox. One of my sons was often afflicted in this way, and one season was poisoned three times, so as to be blind for several days. I long sought a remedy without success, till I found it in the emetic herb. By washing with a tincture of the green plant, as directed in the second preparation of the emetic herb, on the first appearance of the disease, is a certain remedy. If the complaint has been for any length of time and has become bad, it will be necessary to take a dose of the powdered emetic, (first preparation) to clear the system of the poison, at the same time of washing with the tincture. A tea made of the powdered leaves and pods will do to wash with, when the tincture, or green plant cannot be had. The powdered seeds, with Nos. 2 and 6, (third preparation) may also be used for the same purpose.

MEASLES.

This disease is very common, especially among children, and is often attended with bad consequences, when not properly treated. It is a high state of canker and putrefaction; and if the determining powers are kept to the surface, it will make its appearance on the outside, and go off of itself; but if cold overpowers the inward heat, so as to turn the determining powers inwards, the disease will not make its appearance, and the patient will become much distressed, frequently producing fatal consequences, if some powerful stimulant is not administered to bring the disorder out. To give physic in cases of this kind is very dangerous, as it strengthens the power of cold and keeps the canker and putrefaction inside, which sometimes seats upon the lungs and causes consumption; or turns to the stomach and bowels, when they die suddenly, as has been the case with hundreds, for the two years past. I have attended a great many cases of the measles in the course of my practice and never lost one; and never have known of any that have died of this disorder, who were attended by any of my agents. When

the symptoms make their appearance, give a dose of the composition powder, or of No. 2; then give the tea of No. 3 to guard against canker, and add some No. 2 to overpower the cold; and when the second dose is given add No. 1, to clear the stomach and promote perspiration; as soon as this takes place the disorder will show itself on the outside. By continuing to keep the determining powers to the surface, nature will take its regular course, and the disease will go off without injuring the constitution. If the bowels appear to be disordered give an injection; and be careful to keep the patient warm.

I once had a case of a young woman who had the measles; she lingered with the symptoms four or five days, and then became very sick, turned of a dark purple colour, and a high fever, when I was called to attend her. I gave her a strong dose of No. 3 steeped, and put in a spoonful of the third preparation of No. 1, which caused such a violent struggle that I had to hold her in the bed; but it was soon over, for in about ten minutes she vomited and there was a perspiration, which was followed by the measles coming out, so that she was completely covered with the eruption. She was soon well and about her work.

SMALL POX.

This disease is the highest state of canker and putrefaction, which the human body is capable of receiving, and is the most contagious, being taken in with the breath, or may be communicated by inoculation, in which case it is not so violent and dangerous as when taken the natural way. The distressing and often fatal consequences that have happened in cases of the small pox, are more owing to the manner in which it has been treated than to the disease. The fashionable mode of treatment in this disease has been to give physic and reduce the strength by starving the patient and keeping them cold. This is contrary to common sense, as it weakens the friend and strengthens the enemy; and the same cause would produce similar effects in any other disorder. All that is necessary is to assist nature to drive out the canker and putrefaction, which is the cause of the disease, by keeping the determining powers to the surface, in which case there will be no danger. The same manner of treatment should be used in this complaint as has been directed for the measles. The canker-rash, and all kinds of disease that a person is not liable to have but once, such as chicken-pox, swine-pox, &c. are from the same cause and must be treated in a similar manner.

COUGH.

The general opinion is that cough is an enemy to health, and ought to be treated as such; but this idea I hold to be altogether an error, for it is the effect and not the cause of disease. When the lungs are diseased there will be a collection of matter which must be thrown off, and the cough is like the pump of a ship, which discharges the water and prevents her from sinking; so also the cough throws off what collects on the lungs, which if suffered to remain there would soon putrify and cause death. It is a common saying, that I have a bad cough and can get nothing to stop it; and the doctor often says, if I could stop your cough, I should have hopes of a cure; but this is as unreasonable as it would be to stop the pumps of a ship, which would cause her to sink the sooner. Ask a sailor what he would do and he would say, keep the pump going until you can stop the leak, and when that is stopped the pump will become useless, as there will be nothing to throw off. Such medicine should be given as will promote the cough, till the cause can be removed, which is cold and canker on the lungs; after this is done there will be no more cough. If a cough is caused by a sudden cold it may be removed by taking the composition powder on going to bed, with a hot stone wrapped in wet cloths put to the feet to produce a perspiration, and at the same time taking the cough powder, which will make the patient raise easy, and also help to remove the cause. When the cough has become seated and the lungs are diseased, they must be carried through a regular course of the medicine, repeating the same as occasion may require and a cure is effected, at the same time giving the cough powder, especially on going to bed.

Whooping-cough must be treated in the same manner; continue to give the cough-powders till cured.

JAUNDICE.

Much has been said about the bile, or gall, being an enemy in case of sickness; but this is a mistake, for it is a friend and should be treated as such. It is the main-spring to life and the regulator of health, as without it the food could not be digested. When people have what is called the jaundice it is the prevailing opinion that they have too much bile, and it is said they are bilious; this is a mistaken notion, for there is no such thing as being too much gall, it would be more correct to say there was not enough. The difficulty is caused by the stomach being cold and foul, so that the food is not properly digested; and the bile

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not being appropriated to its natural use, is diffused through the pores of the skin, which becomes of a yellow colour. The symptoms are want of appetite, costiveness, faintness and the patient will be dull and sleepy; these are evidences of bad digestion and loss of inward heat. The only way to effect a cure is to promote perspiration, cleanse the stomach, and restore the digestive powers, which will cause the bile to be used for the purpose nature designed it.

Nature has contrived that each part of the body should perform its proper duty in maintaining health, and if there is no obstructions there would never be disease. The gall bladder grows on the liver and is placed between that and the stomach, so that when the latter is filled with food, the bile is discharged into the stomach to digest it. The bile never makes disorder, for it is perfectly innocent, being nature's friend; and those appearances called bilious, show the effect of disease and not the cause. The gall is a very bitter substance, and it is the practice of the doctors to order bitter medicine to cure the jaundice, and this seems to be the universal opinion which is correct; but it certainly contradicts the notion that there is too much bile, for if there is too much, why give medicine to make more? I have attended many cases of this kind and never had any difficulty in effecting a cure. My method is to give No. 2, or the composition powders, to raise the internal heat, and No. 1, to cleanse the stomach and promote perspiration; then give the bitters (No. 4.) to regulate the bile and restore the digestive powers. If the complaint has been of long standing and the system is much disordered, they must be carried through a regular course of the medicine and repeat it as occasion may require, at the same time give the bitters two or three times a day till the appetite is good and the digestion restored. Any of the articles described under the head of No. 4, are good, and may be freely used for all bilious complaints.

WORMS.

A great deal is said about worms causing sickness, and there is scarcely a disease that children are afflicted with, but what is attributed to worms. The doctors talk about worm complaints, worm fevers, worm cholics, &c. and give medicine to destroy the worms; by so doing they frequently destroy their patients. There never was a greater absurdity than their practice, and the universal opinion about worms causing disease. The fact is they are created and exist in the stomach and bowels for a useful purpose, and are friendly to health, instead of being an

enemy; they are bred and supported by the cold phlegm that collects in the stomach and bowels, this is their element; and the more there is of it the more there will be of the worms; they never cause disease, but are caused by it. Those who are in health are never troubled with worms, because they are then quiet and exist in their natural element; every one has more or less of them; and the reason why children are more troubled with what is called worm complaints, is because they are more subject to be disordered in their stomach and bowels than grown persons. When children are sick and their breath smells bad, it is said they have worms and every thing is laid to them; but this is owing to disease caused by canker, for there is nothing in the nature of worms that can effect the breath. In cases of this kind the only thing necessary is to cleanse the stomach by getting rid of the cold phlegm, and restoring the digestive powers, when there will be no difficulty with the worms.

The common practice of the doctors is to give calomel and other poisons to kill the worms; this must appear to any one who examines into the subject to be very wrong and dangerous; for the worms cannot be killed by it without poisoning the whole contents of the stomach. I once knew of a case of a child who after eating a breakfast of bread and milk, was taken sick; a doctor was sent for, who said it was caused by worms, and gave a dose of calomel to destroy them, which caused fits: the child vomited and threw up its breakfast; a dog that happened to be in the room eat what the child threw up; he was soon taken sick and died; the child got well. The fortunate accident of the child's throwing off its stomach what it had taken, probably saved its life, for if there was poison enough to kill a dog, it must have killed the child. The absurdity of such a practice is like the story related by Dr. Franklin, of a man who was troubled with a weasle in his barn, and to get rid of the weasle, he set fire to his barn and burnt it up. I had the following relation from the doctor who attended the cases; three children had what he called a worm fever; and he undertook to kill the worms. One of them died and he requested liberty to open it to see what would destroy worms, in order to know how to cure the others; but the parents would not consent. The second died and the parents consented to have it opened; but after searching the stomach and bowels, to their surprise no worms could be found. The third soon after died. The fact was their death was caused by canker on the stomach and bowels, and the medicine given increased the difficulty by drawing the determining powers inward, which aided

the cold to promote the canker. Where children die of such treatment the blame is all laid to the worms, and the doctor escapes censure.

I have had a great deal of experience in what are called worm complaints, and after having become acquainted with the real cause, I have had no difficulty in curing all that I have undertaken with. I began with my own children. One of them was troubled with what are supposed to be worms; I employed a doctor, who gave pink root, and then physic to carry it off with the worms. It would shortly after have another turn which would be worse; he went on in this way and the worms kept increasing, till I became satisfied that he was working on the effect, and neglected the cause; when I dismissed him and undertook the cure myself. I first gave the warmest medicine, I then knew off to clear of the cold phlegm; and gave bitter medicine, such as poplar bark, wormwood, tanzey, and physic made of the twigs of butternut, to cleanse the stomach and to correct the bile. By pursuing this plan the child soon got well and was no more troubled with worms. A child in the neighbourhood where I lived, about six years old, was taken sick in the morning, and the doctor was sent for, who gave medicine for worms; soon after it had fits, and continued in convulsions during the day, and at night died. I was satisfied that its death was hastened if not caused by what was given. When the stomach is diseased, or when poison is taken into it, the worms try to flee from their danger, which causes distress, and they sometimes get into knots and stop the passages of the stomach. Much more might be said on this subject; but enough has been stated to put those who attend to it on their guard against the dangerous practice of giving medicine to kill the worms.

My practice has been and shall recommend to others to do, in case of what is called worm complaints, to give the composition powders, or No. 2, to warm the stomach, a tea of No. 3, to remove the canker, and the bitters, or either of the articles described under No. 4, to correct the bile. If they are bad carry them through a course of the medicine, and give the bitters. When there are nervous symptoms give the nerve powder. Injections should also be frequently given. The butternut syrup is very good. If there should be danger of mortification make use of No. 6, both in the medicine given and in the injections.

The tape-worm is from the same cause as other worms, and may be cured in the same manner. They are when single about half an inch long and one third as wide; they join toge-

ther and appear like tape, and often come away in long pieces of several yards. I was once troubled with them, and used to be faint and had no appetite; I cured myself by taking the butternut physic, which brought away several yards at a time; and by taking the bitter medicine to correct the bile, was never troubled with it again.

I have often heard about people having a greedy-worm; but this is a mistaken notion, for there never was any such thing. The difficulty is the stomach being cold and disordered, so that the food is not properly digested, passes off without nourishing the system, and this creates an unnatural appetite. Remove the cause by warming the stomach and correcting the digestive powers, and there will be no further difficulty. In the year 1805 I was called to see a young woman who it was supposed had a greedy-worm. It was thought to be very large, and would frequently get into her throat and choke her, almost stopping her breath. Her mother told me that the day before one of the neighbours was called in and told a story about a person having a monster in her stomach, which was taken in by drinking at a brook: this terrible account so frightened her daughter, that the worm rose into her throat and choked her so bad that she had fits. I took the girl home with me and gave her a dose of hot bitters, with some of the nerve powder that night; the next morning I carried her through a course of the medicine as well as I knew at that time, which cleared the stomach and bowels and strengthened the nervous system. I told her there was no worm that troubled her, and she had faith in what I said. I gave her medicine to correct the bile and restore the digesture and she soon got well, being no more troubled about the worm. The difficulty was caused by a disordered stomach and want of digesture, which produced spasms in the stomach and throat.

CONSUMPTION.

This complaint is generally caused by some acute disorder not being removed, and the patient being run down by the fashionable practice, until nature makes a compromise with disease, and the house becomes divided against itself. There is a constant warfare kept up between the inward heat and cold, the flesh wastes away in consequence of not digesting the food, the canker becomes seated on the stomach and bowels and then takes hold of the lungs. When they get into this situation it is called a seated consumption, and pronounced by the doctors to be incurable. I have had a great many cases of this kind and have in all of them, where there was life enough left to build

upon, been able to effect a cure by my system of practice. The most important thing is to raise the inward heat and get a perspiration, clear the system of canker, and restore the digestive powers, so that food will nourish the body and keep up that heat on which life depends. This must be done by the regular course of medicine, as has been directed in all violent attacks of disease, and persevering in it till the cause is removed.

The complaint is called by the doctors a hectic fever, because they are subject to cold chills and hot flashes on the surface; but this is an error, for there is no fever about it; and this is the greatest difficulty, if there was it would have a crisis and nature would be able to drive out the cold and effect a cure; the only difficulty is to raise a fever, which must be done by such medicine as will raise and hold the inward heat, till nature has the complete command. When the patient is very weak and low they will have what is called cold sweats; the cause of this is not generally understood: the water that collects on the skin does not come through the pores, but is attracted from the air in the room, which is warmer than the body, and condenses on the surface; the same may be seen on the outside of a mug or tumbler on a hot day, when filled with cold water, which is from the same cause. It is of more importance to attend to the preventing this complaint than to cure it. If people would make use of those means which I have recommended, and cure themselves of disease in its first stages, and avoid all poisonous drugs, there would never be a case of consumption or any other chronic disorder.

FITS.

These are produced by the same cause as other complaints, that is, cold and obstructions; and may be cured by a regular course of the medicine, which overpowers the cold, promotes perspiration, and restores the digestive powers. Poison, or any thing else, which gives the cold power over the inward heat, will cause fits because the natural power is thereby destroyed, which produces violent spasms on the whole system. So much has already been said on this subject, that it is unnecessary to say more, to give a correct idea of the manner of cure.

ST. ANTHONY'S FIRE, NETTLE SPRING, OR SURFEIT.

These are caused by overheating the system and cooling too suddenly, which leaves the pores obstructed, and then by taking more cold will bring on the warfare between cold and heat,

when they break out and itch and smart, as if stung by an insect. When the heat gets a little the upperhand, so as to produce perspiration, it will disappear till they get another cold. The only way to effect a cure is to give the hot medicine, and steam till they are brought to the same state of heat as that which first caused the disease, and then cool by degrees. This I have proved in several instances, and never had any difficulty in entirely removing the cause in this way. Make use of a tea of No. 3, for canker, and the bitters to correct the bile, and a little nerve powder to quiet the nerves, and they will soon be restored to perfect health.

STRANGUARY, OR GRAVEL.

This disorder is often caused by hard labour, and exposure to cold, in the early part of life; and when they grow old their heat diminishes, the bile becomes thick, and a sediment collects in the bladder, which obstructs the passages; the glands through which the urine passes, are clogged and become diseased, so that there is a difficulty in voiding the water, which causes great pain. It is seldom that there is a cure in such cases; but relief may be obtained, by a course of medicine, and making free use of the poplar bark tea. A tea of the hemlock boughs is very good; and I have also known great relief from using the wild lettuce and pipsisway, the tops and roots bruised and steeped in hot water. Many other articles that are good to promote the urine, may be used to advantage.

DROPSY.

There are two kinds of this complaint; one is caused by losing the inward heat so as to stop the natural perspiration, which causes the water that is usually thrown off in this way to collect in the body and limbs. This may be cured by raising the internal heat and causing a profuse perspiration, when the water will pass off in a natural way; then make use of such medicine as will remove canker, and restore the digestive powers, when the food being digested will keep up the natural heat of the body and continue the perspiration. The other kind is caused by cold and obstruction; but instead of the water collecting and remaining in the body and limbs, a leak forms in the glands and lets it into the trunk of the body, where there is no vent to let it off. This cannot be cured without tapping, and is very seldom completely cured. I have never known but two who were in this situation, to be completely cured.

One was a girl whom I attended; I tapped her and took away seventeen pounds of water; then swathed her up close, and gave medicine to keep a perspiration, she did not fill again and was completely cured. The other was a man, he had been tapped twice. I carried him through a course of medicine several times, and gave the juniper ashes with molasses and gin, which carried off large quantities of water and he entirely recovered from the disorder. I have cured a number who had the first mentioned complaint, by the common course of medicine; one woman was cured by taking the wild lettuce, bruised and steeped in hot water.

BILIOUS CHOLIC.

The name given this complaint is erroneous, for bilious means the bile, and no one ever heard of a bile cholic, or pain caused by gall, as it is a friend to health and never caused disease or death. This pain is caused by a disordered stomach and want of digestion; the stomach is filled with canker, which gets into the narrow passages from the stomach, when the action of the bowels ceases; after the pain subsides those parts where it was are very sore. To cure it raise the inward heat by giving hot medicine, remove the canker with No. 3, and give the bitters to correct the bile, and repeat it till a cure is effected. If the case is bad carry them through a course of medicine, and often give injections.

PLEURISY.

This is a distressing complaint and is caused by cold, or want of inward heat; I never had any difficulty in curing it by my common practice. The remedy made use of by the doctors is to bleed; this only increases the disease, by reducing the strength of the patient, without removing the cause. I was once called to a soldier at Eastport, who had a violeat pain in his side; the doctor that attended him had bled him five times without relieving the pain, which made him so weak that it was with difficulty he could be held up in the bed. I relieved him in one hour by a common course of medicine and bathing his side with the rheumatic drops. It took three weeks to get up his strength, which might have been done in three days if he had not been bled. I was called to another case of the kind, of a soldier at the same place. He had been bled and a large blister put on his side to remove the pain, which caused a stranguary, and he was in great distress. I declined doing any thing for him without the consent of the commanding

officer, who was not present. The soldier begged of me to tell him what to do for the latter complaint, as he could not live so. I told him to take off the blister, which was immediately done, and it gave instant relief. By carrying them through a course of medicine, as has been directed for other violent attacks, will cure all cases of this complaint, without danger; and is much better than bleeding or blisters, which increase the difficulty.

RELAX.

This complaint is caused by indigestion, or loss of the powers of the gall, which becomes thick, in consequence of cold, or loss of inward heat, when the stomach will be sour. The best remedy is to give No. 2, which will dilute the gall; cleanse the stomach with No. 1, and give the bitters to correct the digestion. A dose of the composition powders with a teaspoonful of No. 6 in it, will in most cases effect a cure. The bayberry and poplar bark is good, and also many other articles that have been described as good to restore the digestive powers.

DYSENTERY.

This is a distressing complaint, and is very common, especially among children; although much has already been said upon the subject; yet its importance will justify some further directions. It is caused by cold, which gets the ascendancy over the inward heat so as to draw all the determining powers inward; the stomach is disordered, the digestive powers are lost, the bowels become coated with canker, the food is not digested so as to afford nourishment or heat to the system, and all the juices flow inward and pass off by the common passage. The canker makes the bowels very sore, and when any thing passes them it causes excruciating pain. The best plan of treatment is to carry the patient through a course of medicine, and repeat it if occasion require, every day, till relief is obtained. During the operation give the chicken broth, and after the disease is checked, give occasionally a little brandy and loaf sugar burned together, and a strong tea of poplar bark. Give the syrup, (No. 5,) two or three times a day until nearly recovered; and the bitters (No. 4,) may be given night and morning to restore the digestion. Care must be taken to keep up the inward heat in the interim, by giving occasionally No. 2 in a tea of No. 3, sweetened. Steaming is very important in this complaint, and injections must be often administered.

RHEUMATISM.

This complaint is caused by the cold obstructing the natural circulation, which causes pain and swelling. It often affects the joints so that they grow out of shape. A cure is easily effected if timely and properly attended to, which must be done by such medicine as will cause perspiration and remove obstructions. In common cases by taking the rheumatic drops, and bathing the part affected with the same, will remove the complaint. When the case is bad, carry them through a course of the medicine and bathe with the drops, repeating it as occasion may require, till cured. At the same time give a tea of poplar bark or hemlock boughs; and many other articles which have been described as good for this complaint, may also be used to advantage.

The gout is from the same cause, and the stomach being greatly disordered, and very sour, which produces a burning sensation. I have cured several cases by the common course of medicine, and giving the bitters to restore the digestive powers.

SORE LIPS.

They are common in hot or cold weather, when there is nearly a balance of the power of outward and inward heat, or outward and inward cold, which produces canker. To cure it take a strong dose of tea of No. 3, with a teaspoonful of No. 2, in it when going to bed, and wash them with the same, then wipe them dry to take off the matter collected; then wet them again with the tea, and put on as much ginger as will stick, repeat the same again for two or three times, till the coat is sufficient to keep out the air, when this comes off, repeat the same process again, until the soreness is gone, then wash again with the tea and wipe them dry, and apply warm tallow till a cure is completed.

SORE EYES.

This is generally caused by being exposed to sudden changes of cold and heat, which produces canker, and where this is there will be inflammation. There are many things good for this complaint; but the best that I have found is white pond-lily root, marshrosemary, witch-hazle and red raspberry leaves; make a strong tea with all or either, and add one third as much of No. 6, with a little of No. 2; bathe the eyes several times in a day; every morning put your face in cold water, open and

shut the eyes till well washed ; repeat this till a cure is effected. At the same time take the tea to clear the system of canker.

HEAD-ACH.

This pain proceeds from a foul stomach, the bile loses its power, the food clogs by not being digested, and the effect is felt in the head, which is the fountain of sense. Sometimes there is sickness at the stomach ; when this happens it is called sick head-ach, and when they vomit the head is relieved. This proves that the cause is in the stomach. It must be cured by cleansing the stomach and restoring the digestive powers. A dose of the composition powders, sitting by the fire wrapped in a blanket, will generally give relief ; but if it should not, take a dose of No. 1, in a tea of No. 3, and take the bitters to correct the bile ; No. 2 should be taken to warm the stomach, and if it is sour take the pearlash water.

CORNS.

These come on the joints of the toes and are very troublesome. They may be cured by soaking the foot in warm water till the corn is soft, shave it thin ; take a strip of bladder or skin of suet, eight or ten inches long, and half an inch wide, rub it till soft ; then supple it well in rattle-snake's oil, or the nerve ointment ; wrap it round the toe and keep it on till worn out ; if this does not cure repeat the same till the corn is removed. I have seldom known this to fail of a cure.

VENEREAL.

The disease that is known by this name is more common in seaports than in the country, because there is a more promiscuous and illicit intercourse of the sexes than in other places. It is a very high state of canker and putrefaction, which takes hold of the glands of those parts that are first affected by it ; and if not checked the whole system will become diseased by the venereal taint. It is more common among seafaring men, because of their long absence at sea, and on coming on shore, they give free scope to their passions, without being very scrupulous about the manner of their indulgence. It originates probably with those women, who have connection with many different men, and going beyond the impulse of nature ; this impure connection causes uncleanness, which produces the disease, and when seated, becomes contagious.

The reason why this disease causes so much fright and alarm, is owing to two causes; the first is the disgrace that is attached to the dishonesty in getting it; and the other is the manner in which it has generally been treated in giving mercury to cure it; the remedy is worse than the disease. That this disorder cannot be cured by any other means is altogether an error; for I have cured a number of cases by very simple means. The first symptoms felt is a scalding sensation and pain when voiding the urine; and within 24 hours after this is experienced, it may be cured in that time by applying cold water and making use of the rheumatic drops; if there is much soreness make use of the tea of No. 3, with the drops in it, which must be taken as well as applied to the parts. If the disease has been of long standing, and the whole system has become affected, they must be carried through a course of the medicine. Where there has been mercury made use of, and there is all the attendant consequences of such treatment, it is much more difficult to effect a cure; and is only done by a full course of the medicine, and repeating it for a number of times; raising the heat by steam each time as high they can bear, to throw out the mercury and remove the canker, at the same time applying the poultice; then give the bitters to correct the bile.

I had a case of a woman who was brought to me on a bed fifteen miles. She was in a very putrid state and as bad as she could well be, with all the consequences that are caused by being filled with mercury. Different doctors had attended her for eleven months, and she had been constantly growing worse. She had been kept ignorant of her disease till a few days before she was brought to me on account of her husband. I carried her through five courses of the medicine in two weeks, and applied a poultice of white bread and ginger made with a tea of No. 3. This completely broke up the disorder, and by giving medicine to correct the bile and restore the digestion, she was cured and returned home in three weeks after coming to me. By taking things to restore her strength she has enjoyed good health ever since. Another woman was cured in the same manner, who had been in this way for six years, and unable to do any business. I attended her three weeks when she was restored to health and returned home. In less than a year after she had two children at a birth, and has enjoyed good health to this day.

This disease may be produced by other means than what have been described. It may be taken in with the breath by being much exposed in attending on those who are in a very

putrid stage of the complaint; or may be communicated to parts where the skin is broken, and in many other ways; when they will have many of the symptoms the same as when taken in the common way. Children will sometimes be affected with the venereal taint, whose parents have had the disease. A disease similar in appearance, with much the same symptoms, may be brought on by overdoing and being exposed to the cold. I once had a case of a young married man, who by straining himself in loading mill-logs and being exposed to wet and cold, caused a gleet, and an inflammation, with all the symptoms common in the venereal. His wife became affected in the same manner, and they continued in this situation three months, when I was called to attend them; and by making use of such things as I then had a knowledge of, to strengthen the loins and remove the canker, was able to cure both in a short time. The man had all the symptoms that appear in the venereal except hard bunches in the groins called buboes. These I am satisfied are caused by mercury, for I never knew any to have them except they had taken mercury. By syringing with mercury and sugar of lead, dries the glands and contracts the passage, and stops the discharge, when the putrid matter instead of going off, collects in the groin and forms hard tumors, which remain a long time and have to be brought to a head to let off the putrid matter. Bunches of a similar kind often come on different parts of the body caused by mercury.

Much more might be written on this subject, but it is difficult to find proper terms to convey all the directions that may be necessary in all cases. Enough has been said to give to those who are so unfortunate as to have the disease, a general knowledge of the nature of the complaint and the best manner of effecting a cure; and to those who are fortunate enough to escape it any thing further will be unnecessary. Those who purchase a right, or who may apply for assistance, will have such verbal directions as will enable them to effect a cure in all cases of the venereal by a safe and simple method of treatment.

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STEAMING.

AFTER a patient has gone through a course of medicine, and has sufficiently recovered from its operation which is usually in about two or three hours, let him be placed over the steam. Take several stones of different sizes, and heat them red hot, then take the smallest first, and put it in a pan or kettle of hot water, with the stone about half immersed. The patient must be undressed, and a blanket put around him so as to shield his body from the air, and then place him over the steam. Change the stones as often as they grow cool, so as to keep up a lively steam, and keep him over it; if they are faint, throw a little cold water on the face and stomach, which will let down the outward heat and restore the strength. After remaining over the steam fifteen or twenty minutes, wash the patient all over with cold water, spirit or vinegar, and put him to bed or dress, as circumstances may permit. When the patient is too weak to stand over the steam, it may be done in bed by heating three stones and putting them in water till done hissing, then wrap them in a number of folds of wet cloth and put one on each side, and one at the feet, occasionally wetting the face and stomach with cold water when faint. To steam small children, the best way is to let them sit in the lap of some one covering both with a blanket and sit over the steam, pouring a little vinegar on the stone; or it may be done in bed with a hot stone, wrapped in cloths, wet with water, putting on a little vinegar; covering them both loosely with the bed clothes; but in this way you cannot exercise so good judgment in tempering the steam, as when you are steamed with them. If the child appears to be languid and faint, the outward heat is high enough. Put a little cold water on the face or breast, which will restore the strength; then rub them with a cloth wet in vinegar, spirit or cold water, put on clean clothes, and put them in bed or let them sit up as their strength will permit. Be careful to give a child drink often when under the operation of medicine or when steaming.

ON NURSING.

To all conditions, to both sexes, and to every age, let exercise be the watch word. It is the main-spring to health,

and the main point in nursing, and the strength of the body and mind, and doubtless every enjoyment of life. Wherefore, the nurses ought to use, and exert all their ability, to have all under their care to exercise, all that is possibly consistent with their circumstances; the more the better. And they never should be suffered to sit, or lie long, in the same situation; but should be assisted to move often. I have known some who have been suffered to sit, or lie long with their legs crooked, till they became stiff, and thereby lost the use of walking for years; which might have been prevented with very little care. Want of care many times does us more damage than want of knowledge. Wherefore, the nurses ought to be the carefulest people in the world; and not suffer any under their care, to be so long neglected. The fearful and the lazy, should be thrust out of bed. If they are too weak to walk, they should be led, and have their limbs rubbed with a coarse cloth, or flesh brush, The room for a sick person, ought not to be warmer, than would be comfortable for a well person; with a constant supply of fresh air admitted into the room, by raising a window a little opposite the wind; or a door left open into another room. When patients are recovering from long sickness, and their appetite is very keen, they ought to eat but very little at a time, even not more than a teaspoonful; and that may be any thing the appetite may crave. If they want more in the space of an hour, it is an evidence that what they had eaten did not hurt them, and they may take a little more; and as the strength gains, the food may be increased gradually, with safety. No more food ought to be carried into their sight than is proper for them to eat at a time; and they never ought to have the care of their medicine, for, being anxious to get well soon, they will frequently take too much of that. Bleeding to cure disorder, in any case, male or female, appears to me, both unnatural, and injurious; and as contrary to nature, as it would be to cut away part of the flesh. Who ever heard of an Indian's bleeding to cure disorder; yet there are many of them expert in curing disorder. Nature never furnished a man with more blood than is necessary, for the maintenance of health, any more than it did, with too much brains, or too many bones. But the case is different with a female. When the males and females are children together, they are alike healthy. But from fifteen to fifty years of age, the females have a redundancy of blood, which is designed by nature, for useful purposes. But there is a natural evacuation for that redundancy. In a state of pregnancy, it serves to support the growth of the child, after delivery, it turns to milk, to nourish the child. To bleed

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a woman in time of pregnancy, deprives the child of the support that nature designed for it. After they grow old, and the blood diminishes, they are again healthy without it, and can frequently endure more hardship than the males. A married woman, ought to be provided with white Cohush roots, white Solomon-Seal roots, and Lady Slipper roots, equal parts; they should be dug in the fore part of September, washed clean, carefully dried, put into a box, and kept from the air for use. In a time of pregnancy, steep a few of the roots; and take a little of the decoction occasionally for about six weeks previous to confinement; and they will not need a Doctor, in one case to a hundred—a woman would do quite as well. Mothers may give a little of the above decoction to their daughters, who are women grown, if they are unhealthy or not regular, and it will make them healthy. It is good if they have taken cold, and to prevent taking cold when exposed; and if this medicine was fully known, women would never be without it.

CAUTION TO YOUNG NURSES.

An infant should never be grasped too firmly in the arms, lest its *bones* which are soft and easily bent, become distorted; never place it on the arm so as to oblige it to support itself or endanger its falling backwards, and give such support to its head, as will prevent its rolling about or becoming bent upon the shoulder. An infant should never be carried constantly on the same arm. By its being in this manner confined too long, to one position, it may contract a habit of leaning to one side; or its body may become permanently crooked.

ON WOUNDS.

When a wound has been received, the first thing that claims attention, is the presence of any forcing substance; as splinters of wood, portions of stone, glass, or bits of cloth, &c., should, if possible, be at once extracted, and the wound washed with a soft sponge or rag, and water. But when the flow of blood is profuse, whatever foreign substance may be contained in the wound, must be suffered to remain until the bleeding has ceased, before it may be safe to attempt its extraction. The bleeding from a wound, though at first profuse, will often in a short time cease spontaneously; and if the injured part be kept at perfect rest, will not again return. Should this, however, not be the case, and the flow of blood very considerable, especially if it be a continued stream, or in jets, it should be arrested without delay, by making pressure upon the divided

vessels, between the heart and the wound. When the injury has been received in either of the limbs, a strong broad garter, sufficiently slack to allow of a short stick being introduced under it, and by which it is to be twisted until it is sufficiently tight to arrest its bleeding. Of course, this is merely a temporary expedient, as the continuance of such a bandage for any length of time, would be productive of injury. In wounds situated in a part of the body, where the above means cannot be resorted to, the bleeding may be arrested by applying the hand firmly over the wound, or by the finger passed within the wound, pressure may be made directly on the orifice, from which the blood proceeds. When the bleeding proceeds from a wounded limb, and is very profuse, it will frequently cease, by placing the wound higher than the body. In a case of a sudden fall, sprain or bruise, even where the breath has been beaten from the body, the best way is, to give a dose of composition powders, or cayenne, if you have it, if not give any kind of hot herb-tea; if nothing better can be had, give hot water, as hot as it can be sipped, and get a perspiration as quick as possible, by placing them by a lively fire, covered by a blanket. And as quick as a free perspiration takes place, there will be no more pain, or soreness, than as though the accident had never happened. In such case no blood will settle. All cases of wounds or sores of any kind, should be kept from the air, or cold, as much as possible, for it will prevent the healing process of nature; for cold is like a powerful enemy, always ready for an attack, the moment we are off our guard.

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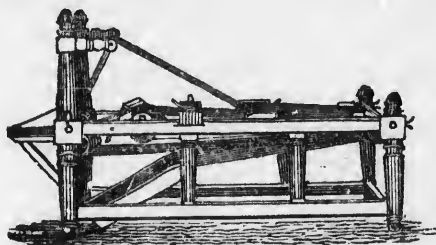
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