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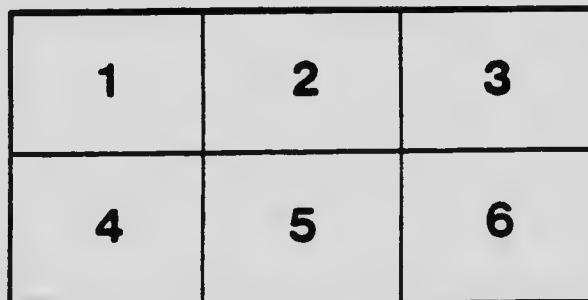
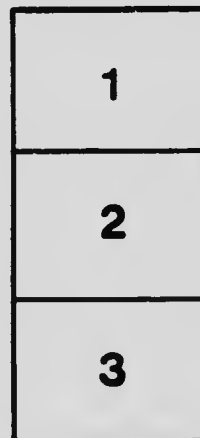
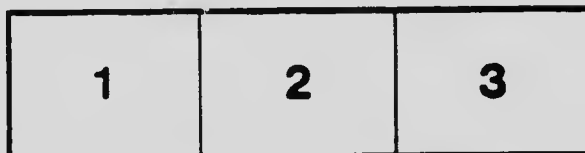
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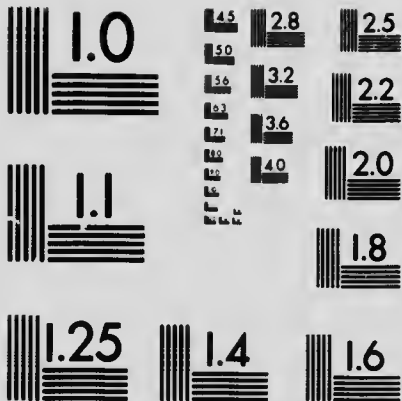
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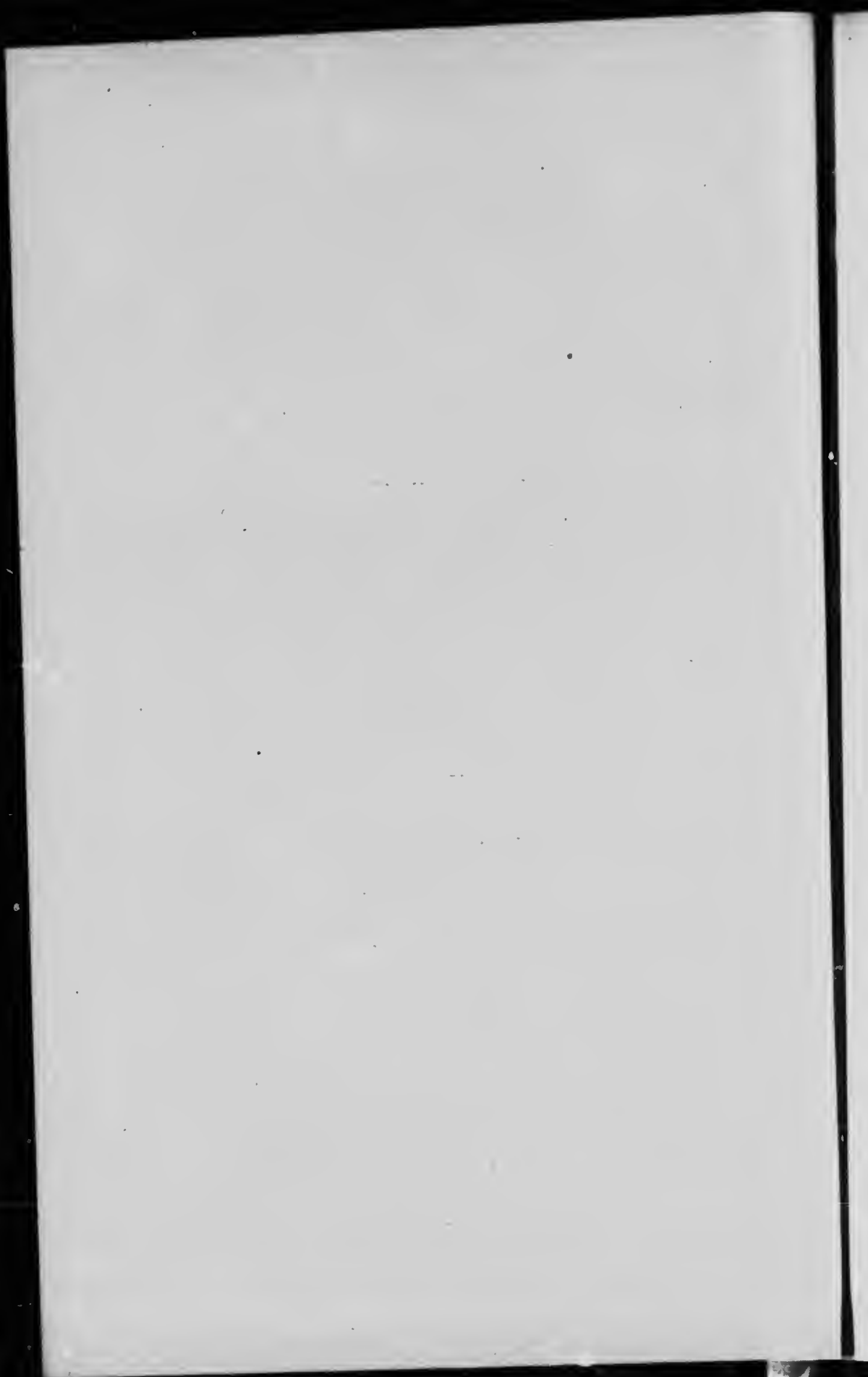
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REPRINTED FROM
TRANSACTIONS AND PROCEEDINGS
OF
THE BOTANICAL SOCIETY OF
EDINBURGH

VOL. XXVIII., PART I.



THE PHARMACOPOEIA OF ANOTHER BOTANICAL PHYSICIAN.
By The Hon. WILLIAM RENWICK RIDDELL, B.Sc.,
LL.D., etc.

(Read 3rd October 1919.)

In two papers read before this Society, 13th November 1913 and 14th January 1915 (Trans. Bot. Soc. Edin., vol. xxvi, pp. 226 sqq., pp. 411 sqq.), there were enumerated the remedies recommended by Samuel Thomson, founder of the Thomsonian School of Medicine, and by certain of his followers.

It was most natural that many divergencies from the original teaching of the Master would appear in the course of time—anything so fundamental as health and its conservation inevitably leads to divagations from the path laid out by a first discoverer: accordingly we find the textbooks and health manuals purporting to be founded on the teaching of the empiric Thomson differing widely from those of Thomson and from each other.

The subject of the present paper is one of the most valued and best known of these manuals, published at Boston, Massachusetts, in 1836. The book is a 12mo of 176 pages, whose title-page reads as follows:—

"Every man his own Physician"

THE VEGETABLE FAMILY PHYSICIAN

CONTAINING

A DESCRIPTION

OF

'The Roots and Herbs Common to this Country
with their Medicinal Properties and Uses

ALSO

DIRECTIONS

For the Treatment of the Diseases Incident to
Human Nature by Vegetables Alone

EMBRACING

MANY VALUABLE INDIAN RECIPES

By SAMUEL B. EMMONS

BOSTON

GEORGE T. OAKES

Pemberton Hill, opposite the head of Hanover Street

1833

The author was the editor of the Botanical Journal, a monthly magazine published at Boston, Mass., devoted to spreading the doctrines of the Reformed Thomsonian method of cure. He seems to have known considerable about the botany of his district, and most of his descriptions of plants are clear and readily recognisable.

He begins by a description of about 125 plants, adding their medicinal properties; then he enumerates a number of diseases and gives a number of "useful and valuable recipes," almost all of purely vegetable composition. He adds short chapters on Diseases of Children (where, by the way, we miss the familiar "salts and senna" and castor

oil); Collecting and Curing Herbs, Barks, and Roots; the Manufacture of Decoctions, Defusions, and Syrups; the Steam and Vapour Bath (borrowed from the Indians); the Medical Treatment of George Washington's last illness (he was attacked with croup, a bleeder took 12 to 14 ounces of blood from him almost at once, and then two more copious bleedings followed—some 20 to 25 ounces each; a physician came and administered two doses of calomel; next morning another bleeding, making in all 80 to 90 ounces of blood drawn, then 10 grains more of calomel and 5 or 6 grains of tartar emetic, then blisters to the extremities and a cataplasm of bran and vinegar to the throat—and, after all that, the stubborn Father of his Country was so ungrateful as to die); a chapter on Cleanliness follows, and one on the Pernicious Effects of Mercury; a satirical chapter on How to get Dyspepsia, and a chapter on Fevers (which ends thus—"There is no other way to cure a fever but to increase the heat, drive out the cold, open the pores, clear the stomach and bowels, and bring a proper balance in the system; then the patient is in health with no torment left behind," which is as sententious and about as valuable as anything Sydenham ever wrote).

As with the Vermont practitioners whose treatise was discussed in the later of the papers already mentioned, little attention is paid by this author to Thomson's Courses of Physic—Emmons does not even give the formula for the celebrated "Six Numbers"; his system is based to a great extent on Thomson's, but it has a right to the title "Reformed Thomsonian" at all events, if the rather common definition is applied here to the word "Reformed," making it synonymous with "changed."

In the following list Nos. 1-58 are given by Thomson himself; Nos. 59-128 by the Vermont Thomsonian Physicians; Nos. 129 sqq. are given by Emmons—those in the former two lists, but not used by Emmons, are placed in parenthesis. The name given by the author to a plant is in italics, the nomenclature is that of Dr. Asa Gray's Field, Forest, and Garden Botany; for convenience sake all the plants named in the three lists are here classified. It will be seen that Emmons does not employ Nos. 26, 28, 29, 36,

40, 50, 52, 53, 58 of Thomson's list, or Nos. 66, 67, 69, 74, 90, 94, 95, 99, 108, 109, 112, 116 of the Vermont list; but he adds ninety-five plants—he therefore uses 202 plants in all.

RANUNCULACEAE.—1. *Golden Seal, Indian Paint, Yellow Root, Hydrastis Canadensis*, a powerful tonic, good for jaundice, inflamed eyes, and sore legs.

59. *Goldthread, Coptis trifolia*, a pure intense bitter, promoting digestion and strengthening the system—the root only used. Made into a tea with Live-for-ever (No. 136) is a good gargle.

60. *Black Cohosh, Rattle Weed, Squaw Root, Black Snake Root, Cimicifuga racemosa*, much used in rheumatism and to settle stomach.

129. *Garden Peony, Paeonia officinalis*, the root dried and pulverised, of considerable efficiency in the cure of epilepsy and fits in children.

130. *Liver Wort, Hepatica triloba*, for bleeding at the lungs, consumptions, coughs, and liver complaint, also for jaundice—the roots and leaves made into a tea and drunk cold.

131. *Crowfoot, Yellow Weed, Ranunculus acris*, made into a tea, with brandy, for dysentery (see Nos. 187, 48).

MAGNOLIACEAE.—61. *Whitewood, Tulip Tree, White Poplar, Whitewood Tree, Liriodendron tulipifera*—bark of both body and root a tonic bitter, useful in dysentery, hysterics, dyspepsia, worms, and general debility; also with Nos. 23, 107, and 162 in erysipelas.

BERBERIDACEAE.—132. *Barberry, Berberis Canadensis*. Root a good bitter tonic, beneficial in fevers, diarrhœa, and dysentery.

133. *Blue Cohosh, Blue Berry, Pappoose Root, Blue Gensing, Caulophyllum thalictroides*. Roots used for rheumatism, dropsy, cramps, epilepsy, etc.; an emmenagogue and useful in specific diseases.

134. *Mandrake, May-Apple, Podophyllum peltatum*, a mild purge, vermifuge, and the juice used in deafness. (This has been adopted as a cholagogue by the regular profession.)

NYMPHAEACEAE.—2. *White Pond Lily, Nymphaea odorata* or *N. tuberosa*, excellent applied to tumors and inflammation to ease pain and promote suppuration.

PAPAVERACEAE.—62. *Celandine*, *Chelidonium majus*, an ointment made of the root simmered in lard used for many purposes. Good for jaundice given as a "tea alone or with a little chimney soot added." (See No. 21.)

63. *Bloodroot*, *Sanguinaria Canadensis*, juice good for an emetic, powder used to destroy proud flesh, snuffed up will cure polypus; good for croup, rheumatism, and jaundice.

CRUCIFERAE.—3. *Mustard*, *Brassica nigra*, used with other plants to make a decoction which "has saved many lives" in dropsy.

4. *Horseradish*, *Nasturtium Armoracia*, an appetiser and cures colds, coughs, etc.; also useful in jaundice, biliousness, etc.

64. *Raddish*, *Raphanus sativus*, juice useful in cases of renal calculi.

65. *Cabbage*, *Brassica oleracea* a leaf used in making a salve for felons, whitlows, etc.

(66. *Scurvy Grass*, *Barbarea praecox*.)

135. *Shepherd's Purse*, *Capsella Bursa-Pastoris*, an astringent good for all kinds of fluxes: in a poultice used for external inflammations, especially erysipelas.

136. *Water-cresses*, *Nasturtium officinale*, quickens the appetite and purges the blood, "exceeding useful in scrofula and consumptive disorders."

222. (See post.)

VIOLACEAE.—137. *Blue Violet*, *Viola cucullata*, used with Mandrake root and Blood root to make cathartic powders.

CISTACEAE.—138. *Frost Weed*, *Scabious*, *Helianthemum Canadense* (or *A. corymbosum*), relieves chronic diarrhoea, dysentery, dysury, gout, dropsy, etc. Made into a syrup is good for hacking cough and bleeding at the lungs.

HYPERICACEAE.—139. *John's Wort* (the common St. John's wort), *Hypericum pyramidatum*, in a tea relieves the lungs and breast, removes hysterical, hypochondriacal, and maniacal disorders.

CARYOPHYLLACEAE.—140. *Pink*, "the common garden pink" *Dianthus Chinensis* (and other species) is "a fine carminative and internal anodyne."

141. *Cockle, Cuckold, Lychnis Githago*, the leaves, seeds, and roots with other ingredients in a tea for erysipelas.

142. *Soapwort, Saponaria officinalis*, "good for the jaundice and obstructions of the liver, and is thought by some to be superior to sarsaparilla for the cure of lues venerea."

143. *Mouse-ear, Cerastium vulgatum*, made into a tea with brandy (forming one-fourth by bulk) good for dysentery.

PORTULACACEAE.—144. *Purslain* (the common purslane), *Portulaca oleracea*, should be used as a common drink for epileptic fits, cramps, convulsions, etc.; also the juice with No. 41 in snakebites.

MALVACEAE.—145. *Red Rose Willow* (apparently a mere mistake for *Mallow*), *Hibiscus Moscheutos* (and perhaps other species), "a fine tonic and astringent . . . bracing up weak women."

146. *Marsh Mallow, Althaea officinalis*, a decoction to be given "when the gout attacks the kidneys."

(TILIACEAE.—67. *Basswood, Tilia Americana*.)

LINACEAE.—68. *Flaxseed, Linum usitatissimum*, in tea for cholera morbus, etc.

GERANIACEAE.—(69. *Wood Sorrel, Oxalis Acetosella*.)

70. *Cranesbill, Geranium maculatum*, valuable "for wounds, ulcers, . . . the lues venerea, . . . cholera infantum, . . . bleeding of the lungs, . . . this root with gentian will cure intermitting fevers more effectually than Peruvian bark."

RUTACEAE.—5. *Prickly Ash, Zanthoxylum Americanum*, "a good remedy for chronic rheumatism, . . . produces perspiration, . . . the berries are as good as the bark, . . . good for cold hands and feet, and for fits of the ague."

71. *Rue, Ruta graveolens*, an ingredient in Restorative Bitters with unicorn root, blood root, ginseng, tamarisk (tamarack) bark, nanny bush, devil's bit, Seneca snakeroot, sassafras bark, and golden seal. This made with Jamaica spirits (alias rum) "is celebrated for its fine restorative and strengthening qualities in indigestion, rheumatism, dropsy, pain in the breast, etc."

72. *Lemon, Citrus Limonium*, used in lemonade (the *Orange, Citrus Aurantium*, seems to be used only in the

peel to give a flavour to teas, etc.), either as a refreshing drink or to prevent vomiting.

ANACARDIACEAE.—6. *Sumach*, *Rhus typhina* or *R. aromatica*, makes a gargle for sore throats or sore mouths, an antiseptic, makes good poultices for ulcers, good for hectic fever, scrofula, and lues venerea; used also in dying black and making ink.

RHAMNACEAE.—147. *Buckthorn*, *Rhamnus catharticus*, an ingredient in a tea to be given in cases of hernia.

CELASTRACEAE.—73. *Bittersweet*, *Celastrus scandens*, a tea good for liver complaint, will remove spots in the skin, good for cancers—when made into a poultice, good for swellings.

(SAPINDACEAE.—74. *Striped Maple*, *Acer Pennsylvanicum*.)

POLYGALACEAE.—148. *Seneca Snakeroot*, *Polygala Senega*, an "active stimulus," cures rattlesnake bites, good in croup, pleurisy, catarrh, asthma, coughs, and an effective emmenagogue.

LEGUMINOSAE.—7. *Red Clover*, *Trifolium pratense*, made into a tea for chlorosis.

75. *American Senna*, *Cassia Marilandica*, a simple cathartic.

76. *Indigo Weed*, *Baptisia tinctoria*, valuable for all kinds of ulcers, either as a wash, fomentation or poultice; also internally in gangrene, scarlet fever, sore throat, typhus and putrid fevers.

149. *White Beans*, *Phaseolus nanus*, a poultice for inflammations and swellings.

223. See *post*.

ROSACEAE.—Plum Family.

10. *Peach*, *Prunus Persica*, flowers and leaves made into a tea, a vermifuge; the meats in brandy a powerful tonic in debility, chlorosis, fever and ague, etc.; the bark in a tea with brandy, good for weak stomach.

11. *Wild Cherry*, *Prunus Pennsylvanica*, bark in a strong decoction to be applied to scrofulous tumors; in a tea with brandy for a weak stomach.

80. *Black Cherry*, *Prunus serotina*, the bark an ingredient in jaundice bitters.

Rose Family, proper.

150. *Hardhack*, *Spiraea tomentosa*, used to cure wounds.
 8. *Avens Root*, *Chocolate Root*, *Geum rivale*, a wholesome drink used instead of chocolate, which it resembles in flavour, very strengthening for the sick, used in consumption.

151. *Cinquefoil*, *Five-finger*, *Potentilla Canadensis*, the root very beneficial in debility, lassitude, and night sweats.

9. *Red Raspberry*, *Rubus triflorus* or *R. strigosus*, frequently eaten, dissolves the tartarous concretions on the teeth.

77. *Blackberry*, *R. villosus*, the bark an ingredient in an ointment for scald head.

78. *Strawberry*, *Fragaria Virginiana*, fruit equally efficacious with raspberries in removing calcareous concretions on the teeth: much used in fevers, gout, gravel, scurvy, and consumption, relieves diseases of the bladder and kidneys; as a wash cures chilblains; both plant and leaves employed in tea for sore throat, swelled gums, jaundice, fevers, etc., etc., as cooling and astringent.

79. *Roses*, *Rosa*, of various species, as a decoction, fomentation or poultice allay inflammation, and as a tea are astringent and tonic.

152. *Agrimony*, *Agrimonia Eupatoria*, roots excellent for wind in the stomach and create an appetite, given as a powder or an infusion of roots and seeds.

Pear Family.

153. *Hawthorn*, *Crataegus Oxyacantha*, used with sage (*Salvia officinalis*) and balm (*Monarda punctata* or *M. didyma*) to make British herb tea, "an excellent and pleasant sanative tea, particularly wholesome to nervous people."

81. *Apple*, *Pyrus Malus*, the cider used for a drink in jaundice.

SAXIFRAGACEAE.—154. *Gooseberry*, *Ribes Grossularia* the bark in decoction good for gravel; green berries scalded and baked procure appetite; young leaves made into a tea applied as a lotion to allay inflammation.

155. *Black Currant*, *Ribes nigrum*, bark has the same qualities as that of the gooseberry.

CRASSULACEAE.—156. *Live-for-ever*, *Sedum Telephium*,

with sage (*Salvia officinalis*, No. 97) or gold thread (*Coptis trifolia*, No. 59), in a tea good for sore throat; the blossoms chewed and the juice swallowed of great benefit in quinsy and sore throat.

HAMAMELACEAE.—12. *Witch Hazel*, *Hamamelis Virginica*, the leaves made into a tea, excellent for bowel complaints, bleeding at the stomach or lungs; as a snuff, a styptic for nose, etc.; a poultice of the bark removes painful inflammation of the eyes.

(HALORAGEAE.—82. *Marestail*, *Hippuris vulgaris*.)

CUCURBITACEAE.—157. *Wild Cucumber*, *Sicyos angulatus* (?) "strengthening, cooling, and nourishing, . . . the fresh root eaten early in the morning affords much relief in consumptive and debilitated cases."

158. *Watermelon*, *Citrullus vulgaris*, a handful of the seeds put in gin and allowed to stand for a week in a warm place, drink half a wineglassful two or three times a day—this is excellent for renal calculus, gravel, etc.

159. *Pumpkin*, *Cucurbita Pepo*. Pumpkin seed oil, a valuable remedy for hæmorrhoids.

UMBELLIFERAE.—83. *Carrots*, *Daucus Carota*, with flour and butter, an excellent application for sores, swellings, ulcers, etc.

160. *Sweet Cicely*, *Osmorrhiza longistylis*, used in making aromatic bitters.

161. *Caraway*, *Carum Carui*, German domestic remedy against hysterics.

84. *Parsley*, *Carum Petroselinum* (*Petroselinum sativum*), a powerful diuretic.

13. Archangel, called here *Angelica*, *Archangelica atropurea*, roots excellent for wind in the stomach, and cause an appetite.

162. *Masterwort*, *Heracleum lanatum*, the root ingredient in a brandy decoction for erysipelas with Nos. 14, 107, and the bark of No. 61.

ARALIACEAE.—14. *Gensing*, *Aralia quinquefolia*, the root with No. 162, etc., for erysipelas; also with No. 119 and nutmegs for St. Vitus's Dance.

85. *Spikenard*, *Aralia racemosa*, roots and berries in a tea good for coughs, weakness, and a general tonic; bruised and made into a poultice applied to wounds, ulcers, and

ringworms; made into a cordial recommended for gout; the juice for earache and deafness.

86. *Sarsaparilla*, *Aralia nudicaulis*, in a decoction good for all diseases of the skin, scrofulous sores, rheumatism, gout, mercurial diseases, and lues venerea.

CORNACEAE.—87. *Boxwood* or *Dogwood*, *Cornus florida*, the bark astringent, antiseptic, and stimulant either as a powder or as tea; used also berries, bark, and flowers for fevers and colics; with *Sassafras officinale* (No. 110) in a poultice to clean foul ulcers.

88. *Green-osier*, *Cornus sericea* (Kinnikinnik or Indian Tobacco), bark an ingredient in erysipelas tea and cancer tea—(it is possible, however, that the *Salix cordata* is meant).

CAPRIFOLIACEA.—89. *Elder*, *Sambucus Canadensis* or *S. pubens*, flowers in a tea for scurvy and bowel complaints; inner bark in dropsy, diuretic; made into an ointment cures eruptions of the skin; flowers in decoction useful in erysipelalous fevers; the berries for the same purposes as bark and flowers.

(90. *High Cranberry*, *Viburnum Opulus*.)

163. *Nanny Bush*, *Black Haw*, *Viburnum prunifolium*, "the bark is an excellent tonic and is considered superior to Peruvian bark."

RUBIACEAE.—15. *Cleavers*, *Goosegrass*, *Galium Aparine*, diuretic, crumbles calculi of kidneys or bladder, but "being of a cold nature it is not proper in dropsies or other diseases of cold and debility."

(91. *Partridge Berry*, *Mitchella repens*.)

164. *White Ball*, *Butterwood Shrub*, *Little Snowball*, *Swampwood*, *Dogwood*, *Globe Flower*, *Cephalanthus occidentalis*, tonic, cathartic, diaphoretic, flowers, leaves, bark of stems and roots; a fine fragrant syrup made of the leaves and roots a mild laxative and tonic; a decoction of the bark of the roots cures intermittent fevers and is useful in diarrhœa.

VALERIANACEAE.—16. *Valerian*, *Valeriana officinalis* or *V. sylvatica*, an excellent medicine in nervous complaints, epilepsies, hysteria, and hypochondria, one or two teaspoonfuls of the powdered root two or three times a day. (This plant is called "White Snake Root" in this work;

that name is more commonly used of the *Eupatorium ageratoides*.)

COMPOSITAE. — 17. *Frostweed*, *Senecio aureus*, relieves chronic diarrhoea, dysury, gravel, gout. etc., etc.; used externally in wound tumours, etc.

18. *Elecampane*, *Inula Helenium*, for diseases of the lungs, coughs, asthmas, and consumptions—a good diuretic and diaphoretic, laxative, alterative, and tonic.

165. *Yarrow*, *Achillea Millefolium*, a detergent, has cured cancer of the breast, stops spitting of blood and dysentery.

166. *Ox-eye*, *Sneezewort*, *Achillea Ptarmica*, tonic and febrifuge, produces sneezing; good for headaches, deafness, etc.

19. *Mayweed*, *Maruta Cotula*, useful in colds, fevers, rheumatism, and asthma; if given with an emetic promotes vomiting; very sudorific; externally used in fomentations.

20. *Wormwood*, *Artemisia Absinthium*, used in stomach complaints, fevers, dropsy, and jaundice, and as a vermifuge; an antiseptic, as a poultice relieves pain from a bruise, and prevents discoloration and swelling.

167. *Mugwort*, *Artemisia vulgaris*, a tea given in chlorosis.

168. *Southernwood*, *Artemisia Abrotanum*, vermifuge, as a salve cures sciatica, gout, and rheumatism.

21. *Tansy*, *Tanacetum vulgare*, leaves and seed for worms; decoction or juice drunk in wine useful in "strangury" and in weakness of the kidneys; used in jaundice with Nos. 25 and 62.

22. *Chamomile*, *Anthemis nobilis*, a cheap and pleasant bitter; flowers excite vomiting when taken in tea; boiled in cow's milk good for diseased eyes; bruised and moistened with vinegar applied to sprains and bruises.

23. *Burdock*, *Lappa officinalis*, diuretic and diaphoretic, also to purify the blood; seeds good for dropsy, scurvy, rheumatism, gout, inflammation of the kidneys, and lues venerea; leaves good applied to the feet in fevers. The root used with No. 162 for erysipelas.

24. *Thoroughwort*, *Boneset*, *Eupatorium perfoliatum*, an intense bitter, an emetic as a warm decoction, a powerful tonic as a cold infusion—the cold infusion in large doses is cathartic, cleanses the stomach and throws off disease;

for colds a complete remedy, useful in indigestion of old people, excellent in bilious colic, etc., in fact it seems as great a panacea as its sister *E. purpureum*, the famous Joe-Pye weed.

25. *Feverfew*, *Chrysanthemum Parthenium* a decoction with celandine and tansy drunk plentifully will cure jaundice.

(26. *Golden Rod*, *Solidago nemoralis*.)

27. *Wild Lettuce*, *Lactuca Canadensis*, used as an ingredient in a decoction for curing "canker."

(28. *Bitter Thistle*, *Silybum Marianum*.)

(29. *Cardis benedictus*, *Cnicus benedictus*.)

92. *Coltsfoot*, *Tussilago Farfara*, good for scrofula, a consumptive cough, a warming stimulant, diaphoretic; "a snuff made of the leaves is good for the eyes and head, and the whole plant made into beer is very grateful and medicinal in colds," obstructions, whooping-cough, asthma, pains in the breast, etc.; an infusion is good for the ague.

169. *Marigold*, *Calendula officinalis*, leaves mixed with vinegar ease pain in any swelling and in inflammations.

170. *Sunflower*, *Wild Sunflower*, *Helianthus giganteus* or *H. divaricatus*, carminative, antispasmodic, and laxative, the most efficacious remedy for bilious colic known.

171. *Garden Sunflower*, *Helianthus annuus*, an ingredient with No. 170 and several other native and foreign plants in "Dr. Hull's Genuine Bilious Physic."

172. *Succory*, *Cichorium Intybus*, juice "of service in obstructions of the viscera, jaundice, cutaneous eruptions, intestinal weakness, and hypochondriacal affections,"

173. *Rattlesnake Root*, *Nabalus altissimus* or *N. albus*, in canker in the mouth and intestines, especially in children.

102. *Dandelion*, *Taraxacum Dens-leonis*, "an excellent article for the real affection of the liver," the roots are bruised and boiled, a good sudorific; also good for the kidneys, a diuretic.

174. *Wild Lettuce*, *Lactuca Canadensis*, with *Cranesbill* (No. 70), *White Lily* or *Goldthread* (No. 52) in a decoction for canker.

175. *Scabious*, *Fleabane*, *Erigeron Philadelphicum*, for chronic diarrhoea, dysury, dropsy, etc.

223. (See *post*.)

LOBELIACEAE.—30. *Lobelia*, *Lobelia inflata*, a cure-all as with all the Thomsonian School, chiefly as an emetic or clyster.

ERICACEAE.—31. *Pipsissewa*, *Prince's Pine*, *Chimaphila umbellata*, "valuable internal medicine for fevers, rheumatism, diseases of urinary organs, scrofula, cancer, dropsy, and nervous debility; externally for bathing rheumatic joints, ulcers, and hard swelling; the tops and roots made into a tea for both internal and external use.

93. *Wintergreen*, *Checkerberry*, *Mountain Tea*, *Deer-berry*, *Spice-berry*, *Tea-berry*, *Ground Ivy*, *Hill-berry*, *Gaultheria procumbens*, "stimulant, anodyne, astringent, sudorific, milky, and cordial"; in an ointment for blows and bruises; the oil relieves toothache. ("Wintergreen" sometimes means the *Pyrola* genus.)

(94. *Uva Ursi*, *Arctostaphylos Uva-ursi*.)

(95. *Cranberry*, *Vaccinium* of different species.)

176. *Black Alder*, *Ilex verticillata*, berries steeped in wine or brandy an excellent bitter and a good anthelmintic, the bark in a tea good for diseases of the skin, and a good wash for bad ulcers and sores. (The name "Black Alder" is sometimes given to the *Silex nigra*, but the description given by the author identifies this with the *Ilex verticillata* or common Winterberry.)

PLANTAGINACEAE.—96. *Plantain*, *Plantago major*: the roots and branches with those of the hoarhound (No. 41) bruised and the juice squeezed out, given internally for snake-bites.

OROBANCHACEAE.—177. *Cancer Root*, *Beech Drops*, *Epiphegus Virginiana*, a powerful astringent, the fresh bruised root has cured cancer; beneficial in the cure of St. Anthony's Fire; a decoction "a certain cure for wounds, bruises, scalds, and for members nipped by frost."

(PLUMBAGINACEAE. — 33. *Marsh Rosemary*, *Statice Limonium*.)

PRIMULACEAE. — 178. *Water Pimpernel*, *Brookweed*, *Brooklime*, *Samolus Valerandi*, var. *Americanus*, in a drink antiscorbutic, diuretic, febrifuge, and an excellent emmenagogue and ecbolic, good also in fevers and coughs.

SCROPHULARIACEAE. — 32. *Snakehead*, *Brook Aloes*, *Chelone glabra*, vermifuge.

179. *Brinton Root, Black Root, Bowman Root, Culver's Root, Veronica Virginia*, "the favourite medicine of the famous Indian doctor Hough; he used it to cure disorders of the stomach and bowels, to destroy humours in the blood, to remove costiveness, and to cool fevers"; very useful in pleurisy, typhus, and bilious fevers.

(The author is in error in calling this Bowman's Root, that is *Gillenia trifoliata* of the Rosaceae, Plum Family.)

180. *Scrofula Plant, Scrophularia nodosa*, in a tea or poultice useful in scrofula or King's-Evil.

34. *Mullein, Verbascum Thapsus*, in a tea sweetened with molasses for hæmorrhoids.

VERBENACEAE.—35. *Vervain, Verbena hastata* or *V. incisa*, an excellent sudorific, used for colds; also a vermifuge and "a good article in gravelly complaints."

(36. *White Vervain, Verbena urticifolia*.)

LABIATAE.—181. *Lavender, Lavandula vera*, the flowers with sage (No. 97) and balm (No. 101) to make a British tea as a substitute for foreign tea.

(37. *Spearmint, Mentha viridis*.)

182. *Bugleherb, Lycopus Virginicus*, an excellent astringent, good for bleeding at lungs and stomach.

38. *Peppermint, Mentha Piperita*, a carminative in heartburn.

29. *Pennyroyal, Hedioma pulegioides*, in a tea for chlorosis.

(40. *Summer Savory, Satureia hortensis*.)

41. *Hoarhound, Marrubium vulgare*, with plantain (No. 96) in snakebites.

183. *Hyssop, Hyssopus officinalis*, for asthma, coughs, and all diseases of breast and lungs.

184. *Thyme, Thymus vulgaris*, a good tonic and stomachic, strengthens the lungs also.

97. *Sage, Salvia officinalis*, "stimulant, carminative, sweating, and tonic . . . excites the appetite," dried leaves made into a tea. The tea taken cold checks night sweats; an ingredient in British Herb Tea. (See No. 181, *supra*.)

98. *Origanum marjoram, Origanum Majorana*, the oil used in toothache dropped on lint and applied to the tooth.

(99. *Rosemary, Rosmarinus officinalis*.)

185. *Heal-all*, *Brunella vulgaris*, tonic, carminative, diuretic and stimulating, externally applied to sores, swellings, poison, headache, etc.; internally for headache, colic, cramp, dropsy, and indigestion.

100. *Sculleap*, *Scutellaria laterifolia*, "said to be a specific against the bite of a mad dog . . . long used with great success by a man of the name of Lewis in Westchester County, New York State, for the bite of mad dogs"—administered in a powder made of the dried herb. "Dr. Black, of New York City, says he has cured numbers of chorea or St. Vitus's Dance with one infusion of the herb . . . a good medicine . . . in convulsions, lockjaw, and all cases of nervous irritations."

101. *Balm*, *Monarda didyma*, an ingredient in British Herb Tea with hawthorn leaves (No. 153) and sage (No. 97.)

186. *Horsemint*, *Monarda punctata*, the juice "almost a specific for gravel or stone."

103. *Catnip*, *Nepeta Cataria*, a poultice for swellings, internally for headache, colic, hysterics, worms, and spasms—an emmenagogue, "If catnip was more used than it is, the services of the doctors would be less frequently required."

187. *Ground Ivy* (misprinted "Toy") *Gill*, *Nepeta Glechoma*, purifies the blood, promotes expectoration, snuffed up the nose cures the headache; good in consumption, jaundice, asthma, kidney complaints; the root ground makes with butternut root (No. 48) and crowfoot root (No. 131) a good poultice for rheumatism and gout.

188. *Motherwort*, *Leonurus Cardiaca*, relieves hysteria and insomnia, abates delirium and allays spasms, cramps, and convulsions; a good emmenagogue.

189. *Betony*, *Betonica officinalis*, "if gathered when just going to flower has the taste of tea and all its good qualities without its bad ones, and it, moreover, cures inveterate headaches."

POLEMONIACEAE.—190. *Jacob's Ladder*, *Polemonium caeruleum*, good for the gravel and stone.

BORRAGINACEAE.—104. *Comfrey*, *Symphytum officinale*, as a syrup good for internal injuries and soreness, diarrhoea, dysentery, etc.; also useful in pulmonary affections, relieving

coughs, etc. The fresh root bruised beneficial when applied to bruises, wounds, ulcers, and all local inflammations.

SOLANACEAE.—42. *Cayenne*, *Capsicum annum*, good for cold hands and feet, rheumatism, etc.; powder sprinkled on old sores dries them up; steeped in brandy or vinegar and applied externally helps colic and dysentery; "cures ague in the face."

191. *Apple Peru*, *Nicandra physaloides*, leaves simmered in lard a topical application for burns.

43. *Bitter Sweet*, *Solanum Dulcamara*, a tea good for liver complaint, removes blotches from the face; applied topically is good for cancer and sores of all kinds.

192. *Henbane*, *Hyoscyamus niger*, in a salve with fresh butter or lard rubbed on the parts affords speedy relief in hæmorrhoids.

193. *Nightshade*, *Atropa Belladonna*, "Dr. Elisha Smith of New York says that nightshade . . . is almost a specific in the scarlet fever and putrid sore throat and in the black canker so called."

194. *Tobacco*, *Nicotiana Tabacum*, in a poultice with vinegar for the bite of poisonous reptiles; "a linen rag soaked in sweet oil, butter or lard and sprinkled over with yellow Scotch snuff is said to have performed wonderful cures in the quinsey and croup."

GENTIANACEAE.—195. *Gentian*, *Gentiana quinquefolia* and other varieties; an ingredient in Stoughton's Bitters.

196. *Columbo*, *Frasera Carolinensis*, the root an ingredient in strengthening syrup; "an excellent stomachic and strengthens the system generally."

APOCYNACEAE.—105. *Indian Hemp*, *Apocynum cannabinum*, an emetic and cathartic for rheumatism given in prickly ash (No. 5) tea.

ASCLEPIADACEAE.—44. *Milkweed*, *Asclepias phytolacoides*, or *A. verticillata* (probably the latter), an emetic, cures dropsy; infused in gin useful in gravelly disorders.

106. *Pleurisy Root*, *Butterfly Weed*, *Flux Root*, *Wind Root*, *White Root*, *Asclepias tuberosa*, "highly extolled for the cure of pleurisy, difficulty of breathing and all diseases of the lungs, colics, and griping pains in the stomach"; a mild purge.

OLEACEAE.—197. *White Ash*, *Fraxinus Americana*. "The

Indians when bitten (by a snake) after sucking the wound apply a strip of white ash bark above it to prevent the extension of the poison. The bites of spiders and such venomous insects require a similar treatment."

198. *Primhage*, *Ligustrum vulgare*, the bark an ingredient of cancer tea.

ARISTOLOCHIACEAE.—45. *Canada Snakeroot*, *Asarabaca*, *Asarum Canadense*, in a powder with lavender flowers (No. 181) and marjoram leaves (No. 98) dried for a sneezing powder to cause a copious discharge of the mucus; also with coltsfoot (No. 92), bayberry bark (No. 49), and blood root (No. 63) for a catarrh snuff—if wandering milkweed (No. 44) is added it cures the headache.

107. *Virginia Snakeroot*, *Seneca Snakeroot*, *Aristolochia serpentaria*, "first introduced in Virginia as a specific for the bite of a rattlesnake," useful also in pleurisies and catarrhs—with Nos. 14, 61, and 162 for erysipelas. (See No. 162.)

PHYTOLACCACEAE.—199. *Garget Poke Root*, *Phytolacca decandra*, the root as a poultice for swellings, ulcers, and rheumatism; "the juice dried in the sun to a salve has cured cancers"; recommended for the itch, ringworm, etc.

(CHENOPODIACEAE.—108. *Jerusalem Oak*, *Chenopodium ambrosioides*, var. *Anthelminticum* or *C. Botrys*, is repudiated by the author.)

POLYGONACEAE.—(109. *Smartweed*, *Polygonum aviculare*.)

46. *Curled Dock*, *Narrow Dock*, *Sour Dock*, *Yellow Dock*, *Rumex crispus*, root purgative, both seeds and root good for dysentery; roots pulverised or made into an ointment or wash good for all diseases of the skin; a decoction used as a drink—excellent for scurvy, bad ulcers, and hard tumours; large doses are emetic.

200. *Sheep Sorrel*, *Rumex Acetosella*, useful in scurvy and inflammation, leaves roasted applied to tumours, wens, boils, etc., bring them steadily to a head.

201. *Water Dock*, *Rumex orbiculatus*, a wash for foul ulcers, spongy and putrid gums; internally for scorbutic tumours, rheumatism, and costiveness.

202. *Rhubarb*, *Rheum Rhaponticum*, a warm stomachic purge useful in gout.

LAIACEAE.—110. *Sassafras*, *Sassafras officinale*, mucilage from bark leaves and pith useful in dysentery; bark bruised and made up into a poultice with meal, a powerful antiseptic; the oil will generally cure tumours, wens, and inflammations.

203. *Feverbush*, *Spice Bush*, *Lindera Benzoin*, cooling and cordial, used by the Indians in all inflammatory complaints.

THYMELEACEAE.—204. *Low Wickup*, *Moosewood*, *Leather Bush*, *Dirca palustris*, "a powerful emetic and cathartic."

URTICACEAE.—47. *Slippery Elm*, *Ulmus fulva*, the mucilage made from the bark infused in water for dysentery, coughs, pleurisy, quinsy, etc.; useful in poultices for all purposes.

202. *Nettle*, *Urtica dioica*, leaves and seeds dried made into a snuff, a good remedy for polypus.

111. *Hops*, *Humulus Lupulus*, an excellent stomachic bitter for dyspepsia, and also in inflammation of the kidneys and gravelly complaints; externally as a poultice made with hot vinegar for all pains, especially spasmodic pains, a poultice or ointment an anodyne to cancers and painful ulcers.

JUGLANDACEAE.—48. *Butternut*, *Juglans cinerea*, "the bark, particularly that of the root, an excellent cathartic taken in extract pill or cordial." With *Crowfoot* (No. 131) and ground ivy (No. 187) for rheumatism or gout poultice.

(112. *Hickory*, *Carya alba*.)

CUPULIFERAE.—113. *White Oak*, *Quercus alba*, the bark "nearly equal to the Peruvian bark in its tonic and astringent powers. In checking mortification it has succeeded where Peruvian bark had failed"; useful as an infusion topically applied in hernia.

114. *Red Oak*, *Quercus rubra*, potash made of ashes applied to cancers, the bark used as No. 113; acorns of all oaks roasted used for acorn coffee, a "wholesome, nourishing, strengthening instrument for mankind."

(115. *Beech*, *Fagus ferruginea*.)

205. *Chestnut*, *Castanea vesca*, var. *Americana*, "chewing chestnut twigs and swallowing the juice will give relief" in heartburn.

MYRICACEAE.—49. *Bayberry*, *Myrica perifera*, bark of the root mad into a tea an excellent remedy for dysentery, pulverised "an excellent sneezing or headache snuff."

(50. *Meadow Fern*, *Comptonia asplenifolia*.)

(116. *Sweet Gale*, *Myrica Gale*.)

BETULACEAE.—51. *Black Birch*, *Betula lenta*, a tea drunk with milk, a galactagogue and emmenagogue. The sap drunk freely good for gravel, to purify the blood and heal canker in the mouth; as a syrup restorative after dysentery.

206. *Swamp or Tag Alder*, *Alnus incana*, bark in a tea good for all diseases of the skin and as a wash for bad ulcers and sores; the "tags" bark and boughs made into a beer cleanse the blood; as an ointment good for bruises and all inflammations.

SALICACEAE.—(52. *White Poplar*, *Populus alba*.)

(53. *Stinking Poplar*, *Populus balsamifera*.)

54. *Balm of Gilead*, *Populus balsamifera*, var. *candicans*, the buds with several other ingredients boiled into a syrup and sweetened, an excellent stomachic and strengthening syrup.

207. *Red Rod, Red Willow*, *Salix purpurea*, with several other ingredients in a tea "cleanses the system from all cancerous and scrofulous affections."

CONIFERAE.—56. *Hemlock*, *Abies Canadensis*, the inner bark with bayberry, ginger, cayenne, etc., for "composition powders" to cure colds, rheumatism, "relax," etc.; also the boughs in a tea with other ingredients good for chlorosis.

55. *Balsam Fir*, *Abies balsamea*, the balsam cures sore nipples.

208. *White Pine*, *Pinus Strobus*, the bark made into a tea with Seneca snakeroot, burdock seed and prickly ash bark, good for rheumatism.

209. *Tamarisk* (apparently a misprint for *Tamarack*, as this tree is certainly meant), *Larix Americana*, bark aperient and corroborant, leaves used in jaundice, bleeding at the lungs, and some skin diseases, ulcers, bruises, dropsy; also an emmenagogue.

117. *Cedar*, *Thuja occidentalis*, "cedar boughs" an ingredient in a tea for chlorosis.

210. *Savine*, *Juniperus Virginiana* or *J. Sabina*, var. *procumbens*, leaves applied externally in powder or in-

fusion to warts, carious bones and old ulcers, itch, gangrene, and scald head; the oil cures toothache.

128. *Juniper*, *Juniperus communis*, the oil cures toothache. (These species do not seem to be accurately distinguished by this author.)

ARACEAE.—57. *Skunk Cabbage*, *Symplocarpus foetidus*, roots and seeds useful in asthma, coughs, consumption, etc.; a good vermifuge when taken in powder.

118. *Wild Turnip*, *Indian Turnip*, *Dragon Root*, *Wake Robin*, etc., *Arisaema triphyllum*, roots in a tea good for coughs, colds, consumption, cramps in the stomach, quickens the circulation and is a useful stimulant; a poultice made of green roots and leaves useful in scrofula; as an ointment cures scald head.

211. *Sweet Flag*, *Acorus Calamus*, useful in colic taken as a bitter.

ALISMACEAE.—212. *Water Plantain*, *Alisma Plantago*, an astringent in dysentery. The Wyandot Indians use it externally for old sores, bruises, and wounds. "The roots boiled and mashed into a poultice remove inflammation, reduce swelling, cleanse and heal the most foul and inveterate ulcers."

ORCHIDACEAE.—119. *Lady's Slipper*, *Mocassin Flower*, *Yellow Umbil*, *American Valerian*, *Nerve Root*, etc., *Cypripedium pubescens* (and other species), a nerve tonic useful in nervous irritation, hysteria, spasms, fits, derangement of the brain, madness and delirium, roots infused.

120. *Crawley Root*, *Fever Root*, *Corallorhiza odontorhiza* or *C. innata*, "cannot be given amiss in any species of colic."

IRIDACEAE.—213. *Water Flag*, *Blue Flag*, *Flower-de-Luce*, *Iris versicolor* (and probably other species). "Dr Elisha Smith, formerly President of the Society of Botanic Physicians in New York," considered the root a perfect substitute for mercury for any of its purposes.

CHENOPODIACEAE.—214. *Wormseed*, *Chenopodium ambrosioides*, oil an anthelmintic. The juice may be administered to children of two or three, or the powdered seeds mixed with molasses.

215. *Garden Beet*, *Beta vulgaris*, with hoarhound, spikenard, elecampane roots, a honey syrup for coughs and consumption.

LILIACEAE.—(58. *Wake Robin*, *Trillium erythrocarpum*.)

N.B.—This author calls the Indian Turnip (No. 118) *Wake Robin*.

121. *Beth Root*, *Trillium grandiflorum*, the root astringent and tonic; the Indians use it also to cure snakebites.

122. *Red Beth Root*, *Trillium erectum*, a snuff stops bleeding at the nose.

122. *Unicorn Root*, *Blazing Star*, *Star Root*, *Helonias bullata*, root is used as a tonic and corroborant, an ecbotic and an "excellent female bitter." ("Blazing Star" is in my experience usually applied to the Devil's Bit, No. 216, or to the *Liatris Squarrosa* or *L. cylindriaca*.)

216. *Devil's Bit*, *Chamaelirium luteum*, the root a good astringent and tonic, cures scrofula and makes a good gargle for putrid sore throat (Diphtheria).

127. *Saffron*, *Colchicum autumnale*, a "stimulant to guard the stomach" in gout.

217. *Dogtooth Violet*, *Erythronium Americanum*, used as the *Iris versicolor* (No. 213).

218. *Garlic*, *Allium sativum*, "two ounces infused in a bottle of Madeira wine and a glassful taken night and morning is a good remedy" for coughs.

219. *Onion*, *Allium Cepa*, roast in the fire, squeeze out the juice and sweeten with honey, molasses, or sugar," an excellent remedy for coughs in teaspoonful to tablespoonful doses." The juice of red onions is almost a specific for gravel and stone.

123. *Solomon's Seal*, *Polygonatum giganteum* or *P. biflorum*, the root a mild and very healing restorative in consumption, general debility, etc., used in syrup, tea, or cordial. The mucilage of the roots is good in inflammation and hæmorrhoids applied as a poultice. (It may be that the author means the *False Solomon's Seal*, *Smilacina bifolia*, *trifolia*, *stellata* or *racemosa*, all of which I have heard called *Solomon's Seal*.)

GRAMINEAE.—124. *Oats*, *Avena sativa*, a fomentation made of oats fried in vinegar used in colic applied to the pit of the stomach.

220. *Wheat*, *Triticum vulgare*, used in flour; also the bran stirred in coffee, tea, or milk a certain remedy for costiveness.

221. *Indian Corn, Zea Mays*, the meal used as a poultice covered with young hyson tea laid on burns will generally perform a cure by one application.

FILICES.—125. *Winter Brake, Pteris aquilina*, a powerful astringent, "good to bind blood vessels and to prevent the leaking of sinews."

There is not much, if any, doubt as to the foregoing identifications; I am not sure of the following.

222. *Sciatica Cresses, Nasturtium palustre* of the CRUCIFERAE made into a salve with lard and applied to the hip will cure sciatica and gout, equally effective in rheumatism.

223. *Tory Weed, Canada Burr, Desmodium* of various species of the LEGUMINOSAE, the leaves allay inflammation and extract "the soreness and virulence from irritated, galled or bruised parts."

(This may be *Bidens frondosa* of the COMPOSITAE.)

I cannot even guess at *Rupturewort, Camwood, High Wickup, Septfoil, Vine Maple, Castor*.

No more than the writers formerly quoted does this writer confine himself to native plants, although the whole system is based upon the theory that the Almighty has provided in the plants of a country a complete remedy for any disease which can appear in the country. Nor indeed are remedies from the animal or even the mineral kingdom excluded.

Of exotic plants we find young hyson tea, copaiva (the balsam), coffee, cinnamon, ginger, camphor, assafoetida, myrrh, black pepper, nutmegs, guiacum, galbanum, bergamot, cardamon, aloes, allspice, mace, cloves, jalap, cork (the ashes), olive (the oil). Certain vegetable products are also used, gin, rum, brandy, "spirits," turpentine, charcoal, rosin, white rosin, molasses, sugar, tar, black pitch, port wine, vinegar, castile soap, pearl ash.

The animal kingdom is drawn upon for honey, lard, eggs, yellow wax, suet (beef and mutton) spermaceti, beef's gall, black snake's skin ("procure a black snake's skin and tie it round the patient's waist, the flesh side next to the skin, and wear it continually," a perfect preventative against epileptic fits, cramps, and convulsions). Rattlesnake oil ("rattlesnake's oil, four or five drops given on sugar has saved life when the breath was almost totally

stopped" with croup. "It cuts up the phlegm and frees the passages almost instantaneously," and is equally effective in "hooping cough". Fishworms ("an ointment of fishworms simmered in linseed oil till they crisp and the liquid applied is very powerful in cases of rheumatism").

The mineral kingdom supplies quicklime, caustic potash, ammonia, sal ammoniac, verdigris, alum, chalk, magnesia, rock salt, copperas, saleratus, sulphur, borax.

While our author was a Botanical Physician, he was not bigoted.

