

THE GOOD CANADIAN ;

OR,

HOUSEHOLD PHYSICIAN.

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

TEA.

It is generally understood that there are two species of tea, viz:—black and green. Both are produced by the same plant, and the difference between the two results from peculiarities of manufacture. The shape of the tea leaf is slender and narrow, with the edges deeply serrated, and the end sharply pointed. The texture of the leaf is very delicate, its surface smooth and glossy; its color is a lively pale green. The leaves of some kinds of tea differ in size, but the shape is the same in all, for all the different kinds of China teas are the produce of one plant, and the difference between green and black tea depends in some part on the soil, climate, culture, age and mode of drying the leaves. The adulteration of tea by the admixture of blackthorn leaves and sloe leaves, may be detected by comparing the botanical characters of the different leaves. The sloe leaf and blackthorn leaf are more rounded and the points not so sharp; serratures on the edges not so deep, and the surface of the leaves are more uneven, the texture not so delicate, and the color is a dark olive green; these characters may be tested after the leaves have been soaked in water some hours. Let the women spread out the leaves when wet, which come from their grocers' stores, and be able to distinguish tea from sloe and blackthorn leaves by their forms, colors, flavors and scent. I may say that if there were no worse adulterations than these in teas there would not be much harm done, for in

many constitutions the sloe and blackthorn would prove a medicinal improvement, and in my opinion many common and serviceable herbs would be far more beneficial to us if we were to use them; for instance, sage is good, and savory, marjoram, lavender, &c., in proper quantities make delightful refreshing drinks; these with many other shrubs and plant leaves should be used in changes. I believe that in tea drinking the refreshment afforded arises more from the diluting warm water than from the particular quality of the herb steeped in the water, although I am fond of a cup of tea myself, but we may consider that copperas is used in the manufacture of tea. To test tea so as to know if it contains copperas or carbonate of copper, it is only necessary to shake up in a well stopped bottle for a few minutes, a teaspoonful of the suspected leaves with about two tablespoonful of liquid ammonia, diluted with half its bulk of water; after which the liquid will be of a fine blue color, if the minutest quantity of copperas be present. Green tea colored with carbonate of copper, when thrown into water impregnated with sulphurated hydrogen gas, immediately acquires a black color. Genuine green tea suffers no change from these tests. I have known the herbs mint and balm to be used together instead of tea. There are indeed many useful herbs that would be more beneficial to us than tea, if they were in general use. Habit has fixed us to tea, the same as habit has fixed us to other things. Tea drinkers and smokers, snuff takers and tobacco chewers are classed amongst the habitualists, and they tell us that they could not do without it, or it would be a hard matter to leave it off. Drinks are various in their properties and effects, the same as food, and if we used ourselves to change of drink, as we do to dietary change of food, taking by interchange the various pot herbs, and tonic herbs, &c., that are designed as much for our general use as the many kinds of food are, I maintain with unmistakable certainty there would not be so much disease prevalent (read *Voice of Nature*, page 23 and 24) amongst us. Modern habit is advancing in a direction opposite to the preservation of health; whilst looking back we see the habits of our forefathers (simple and natural as they appear to have been, and less enlightening as they were upon topics of importance) who enjoyed health, bore fatigue

and pursued the business avocations of life, upon the strength of water, milk, herbal drinks and salads, less subject to diseases and of stouter growth than this generation. More might be said on this topic, but it sufficeth at present to say that genuine tea is not hurtful if drank in proper moderation, and should be tested by every family that uses it.

Since most folks like a cup of tea,
They should take advice by me,
And for themselves test and see,
It from adulteration free.

ANIMALS AND VEGETABLES.

Animals are those living things which derive their nutriment from an internal cavity, (the stomach.)

Vegetables are those living things which derive their nutriment from without.

Herbs are easily mistaken, so that a thorough knowledge of them is requisite for persons gathering and using them. Many are deadly poison, and have been mistakably used by the ignorant to fatal consequences; but all kinds of roots can be bought of druggists and botanists, and the dried herbs also.

MEDICINAL ROOTS AND THEIR PROPERTIES.

Roots should be gathered in dry weather. In drying them the softer ones should be dried in the sun or warmth of the stove, but the hard kind you may dry anywhere. Large roots will keep longer than small ones, yet most of them will keep a year.

STRAWBERRY ROOTS are stoloniferous or stole bearing. The decoction of the root or of the leaves and roots together, will cleanse and cure ulcers by being dropped therein; also for sore mouths and gums; it helpeth to stay catarrhs; it is good for red inflamed eyes, it removes redness in the face and all spots and deformities in the skin, and maketh it clear and smooth; being drank it is good to cool the liver and blood, assuageth inflammations of the bladder, &c., provoketh urine and allayeth

the heat and sharpness thereof; it also stayeth the bloody flux; it is a good help in cure of yellow jaundice. The distilled water of strawberry taketh away films or skins growing on the eyes, and all other defects of the eyes.

NETTLE Roots boiled, or the juice of them made into an electuary with honey is a safe and sure medicine to open the passages and pipes of the lungs, obstruction in which causeth shortness of breath, helpeth to expectorate phlegm that is tough, it is good for impostumated pleurisy, and used as a gargle it allayeth the swellings of the throat, if the forehead and temples are rubbed therewith it helpeth drowsiness. The decoction of the root taketh away all deformities of the skin, rotten or stinking sores, scab, itch, manginess, and if the limbs when wearied be bathed therewith, it refresheth and tendeth to strengthen them. The use of this root and its leaves are recommended in the spring.

MADDER Roots are of an opening quality, but afterwards binds and strengthens. Is a sure cure for the yellow jaundice, by opening the obstructions of the liver and gall, and cleansing those parts, it openeth the obstructions of the spleen and diminisheth the melancholic humors. It is good for palsy and sciatica, is effectual for inward and outward bruises. By being outwardly applied will take away all discolorings of the skin, as freckles, morpew, scurf, &c. For all the above-mentioned purposes the root should be boiled in water and a little honey added thereto, afterwards.

(TO BE CONTINUED.)

HERBS FOR MEDICINAL PURPOSES.

NETTLES, STINGING.—The tops of stinging nettles eaten in the spring consumeth the phlegmatic superfluities of the body, which the coldness and moisture of winter hath left behind. The decoction thereof is good for shortness of breath, provoketh urine and expelleth the gravel and stone marvelously. It killeth worms in children, expelleth wind from the body, rubbing the forehead and temples therewith; expelleth drowsiness, easeth all aching pains in the joints if they are bathed therewith.

PARSLEY is comfortable to the stomach and should be more often used in broth and soups, or in porridge. It helpeth to provoke urine, is a little opening to the body, (the root more so,) it is good for delicate persons and for falling sicknesses, it is good in a cough, and very good to give children that are frettish. The leaves thereof fried with butter and applied to women's breasts that are hard through the curdling of the milk quickly abateth the hardness; it also taketh away black and blue marks arising from bruises or falls. The juice dropped in the ears easeth the pains thereof, and for yellow jaundice and dropsies it may be mixed with other things.

PENNYROYAL thinneth tough phlegm, warmeth the coldness of any part that it is applied to; applied to the nostrils with vinegar it is very reviving to persons fainting or swooning, that is to boil the herb and use the decoction. Being dried and burnt it strengtheneth the gums, to wash with the decoction cureth the itch, the boiled herb applied as a poultice tightly bound upon the joints taketh away pains therein, and warmeth cold griefs therein; dropped in the eyes cleareth and quickeneth the eyesight; easeth pains in the ears if dropped therein. It should not be used by females except by a physician's advice.

ROSEMARY is an herb of great service in both inward and outward diseases. It helpeth all cold diseases of the head, stomach, liver and belly. The decoction thereof is good for giddiness or swimming in the head, drowsiness or dullness of the mind and senses, loss of speech and weak memory. If the decoction be drank regularly with regular exercise it is a sure cure for yellow jaundice. This herb is very good for a dull and melancholy man to make use of. It is a scent that reviveth, and the herb burnt in the house rectificeth the air.

WOOD BETONY helpeth those that loath their food, or that cannot digest it, and those that have weak stomachs and sour belchings therefrom; helpeth the jaundice, falling sickness, the palsy, convulsions, shrinking of the sinews, and those that are inclined to dropsy, and helpeth to remove continual pains in the head. The herb for the aforesaid purposes may be used familiarly, either green or dry, herb or root in conserve or syrup, water, electuary, or in powder according to choice. The

juice pressed out of the herb quickly healeth any fresh wound in head or body, and it is very profitably used with a little salt, in application to old sores or filthy ulcers. The juice or decoction dropped in the ears cureth running sores in them. The taste of the root will be found to be rather displeasing, whereas the leaves and flowers, by their sweet and spicy taste, are pleasant and comfortable to the stomach both in meat and medicine. It is a precious herb and should be kept in every house, both in syrup, conserve, oil, ointment and plaster. The flowers are usually conserved.

BURDOCK LEAVES are cooling and moderately drying and discussing; the boiled decoction is good for sores and cankers, provoketh urine and remedieth pain in the bladder; the seed bruised, and often taken, breaketh the stone and expelleth it by urine, and is often used with other seeds and herbs for that purpose.

CALAMINT OR MOUNTAIN MINT is excellent in all afflictions of the brain if outwardly applied. The decoction of the herb provoketh urine and courses; it is profitable for ruptures, convulsions or cramps, shortness of breath, torments or pains in the belly or stomach and the yellow jaundice; taken with salt and honey killeth all manner of worms in the body; if the green herb be applied outwardly to the place, boiled as a poultice, it takes away black and blue marks in the face, and maketh other unsightly places become well colored; the decoction drank provoketh sweat, and is very profitable to those who are troubled with overflow of the gall, also for a cough and shortness of breath; it is not very profitable for the use of females, for it works very violently upon them.

CAMOMILE, the decoction drank taketh away all pains and stitches in the sides; bathing with the decoction taketh away weariness and easeth pains wherever it is applied; helpeth sinews that are overstrained; mollifieth all swellings, and moderately comforteth all parts that have need of warmth; digesteth and dissolveth hard swellings, &c., by a wonderful speedy property; the flowers boiled in honeyed water, easeth pains of the cholic, and the stone and torments of the belly, and gently provoketh urine; helpeth to cure the jaundice and

dropsy. The oil of camomiles is mostly used for outward applications ; also, a poultice of flowers.

CELANDINE MAJOR is one of the best cures for the eyes, that is if it be made into an oil or ointment ; the most desperate sore eyes have been cured by it ; the herb boiled with a few anise-seeds and drank is good for dropsy, jaundice, itch and sores in the legs and other parts of the body. The juice dropped in to, or applied on, ulcers of all kinds, cankers and ring worms, cureth them cleanly and speedily ; it is good for tooth-ache, dropped therein.

CHERVIL, CALLED ALSO CEREFOLIUM, mirrhis chervil, sweet chervil and sweet cicely. The garden chervil being eaten as a salad doth moderately warm the stomach, and is a certain remedy to dissolve congealed or clotted blood in the body, or that which is clotted by bruises or falls, &c ; the juice or distilled water of chervil should be drank, and the bruised herb laid to the place ; being taken in broths it is held good to provoke urine, expel gravel and stone, and help to cure the pleurisy.

CHICKWEED.—The herb bruised and applied, removeth redness in the face, wheals, pushes, itch and scabs, convulsions, cramps, palsies, redness in the eyes, pains in the ears, sores in the legs and elsewhere ; it is very valuable applied as a poultice for running sores and hot diseases.

CLIVERS OR CLEAVERS, called also aparine, goose share and goose grass ; is very good if chopped small and boiled well ; in water gruel, to cleanse the blood and strengthen the liver, thereby keeping the body in health and preparing it for changes of season.

WATERCRESSSES are powerful against scurvy, and to cleanse the blood and humors, breaketh the stone, provoketh the urine and courses ; it is a restorative of color after sickness, they should be eaten as salad morning, noon and night ; the leaves bruised and applied to the face removeth freckles, pimples, spots or the like ; the juice mixed with vinegar and the forehead bathed therewith is good for dullness and drowsiness. Those who would wish to mend their health in the Spring should eat them as a salad ; it helpeth headaches and consumeth

the gross humors of winter that remain with the blood. A method of growing watercresses may be seen explained on page 46.

DANDELION.—Those who can eat the common wild dandelion leaves as a salad, should do so in the spring; they are of an opening and cleansing quality, and openeth all obstructions; it wonderfully openeth the passage of urine, cureth inward tumors in the urinary passages, for which the leaves may be boiled in broth or used with other pot herbs; persons consumptive should continue using it; the decoction is good to wash sores with, also to eat in pestilent fevers, or to drink the decoction will be found of good effect. The Dutch and French people use a great quantity of it as salad in the spring time.

DOCK.—The red dock leaves, commonly called blood wort, cleanseth the blood and strengtheneth the liver, but yellow dock is the best if a person is afflicted with choler, but as a pot herb the red dock is used the most; all the docks being boiled with meat maketh it boil the sooner. Docks are as wholesome a pot herb as any that grows in a garden.

ENDIVE is a fine cooling cleansing plant, the decoction of the leaves, or the juice or distilled water thereof serveth well to cool the excessive heat of the liver and stomach, also hot fits of ague and all inflammations; it cooleth the heat and sharpness of the urine; helpeth faintings and swoonings and the passions of the heart; outwardly applied it is good for ulcers, tumors and swellings, and pestilential sores; it wonderfully helpeth inflammation of the eyes, and dimness of the sight also; it also allayeth the pains of the gout; the syrup of it is a fine cooling mediciné for fevers.

ELECAMPANE PLANT.—The decoction of the leaves are used outwardly for skin diseases; the roots is used inwardly, see page 52.

SWEET FENNEL is good to break wind, provoketh urine, easeth pains caused thereby, breaketh the stone; boiled in barley water it is good to increase milk in the mother and make it wholesome; openeth the obstructions of the liver, spleen and gall; good for yellow jaundice, gout and cramps, shortness of breath, wheezings, &c. The juice pressed from

the leaves, if dropped in the eyes, cleanseth them from mist and film growing upon the sight thereof. The sweet fennel is much weaker in physical uses than the common fennel, and the wild is stronger than the tame, and therefore more powerful against the stone, but not so effectual to increase milk because of its dryness.

HEARTSEASE, also called pansies or pansy, is of a cold slimy and viscous nature. A strong decoction of the herb and flowers is an excellent cure for the venereal disorder, being an approved anti-venerean; it is very good for convulsions in children, falling sickness, inflammations of the lungs and breast, pleurisy, scabs, itch, &c. It will make an excellent syrup for the aforesaid purposes.

HAWKWEED is cooling and somewhat dry and binding and therefore good for the heat and gnawings of the stomach, for inflammation and hot ague fits. The juice thereof helpeth digestion, expelleth wind, preventeth crudities from clogging the stomach, and causes an easy evacuation of the urine; and outwardly applied is a sovereign cure for the stinging or biting of venomous things, and is good for all poisons. A scruple of the dried juice taken at a time is profitable for the dropsy; the decoction of the herb taken with honey digesteth thin phlegm in the chest and lungs, and mixed with hyssop it helpeth the cough; the decoction of wild succory mixed with it in equal parts and taken helpeth the wind cholic and hardness of the spleen, and procureth rest and sleep, tendeth to prevent venery, cooleth heat, purgeth the stomach, increaseth blood, and helpeth all diseases of the reins and bladder. Applied externally, it is a singular remedy for all defects and diseases of the eyes, especially if used with breast milk; the green herbs bruised and mixed with a little salt is effectual in helping burns, if it is used before the blisters rise,

Hyssop boiled with rue and honey, and drank, helpeth those who are troubled with coughs, shortness of breath, wheezing and rheumatic distillation of the lungs. It helpeth gross humors by stool and with honey killeth worms in the belly; it restoreth the natural color of the skin when discolored by yellow jaundice, and taken with figs helps the dropsy. The de-

coction is good to wash inflammations, and taketh away black and blue spots and marks proceeding from blows, bruises or falls, if applied warm; being boiled with figs it makes an excellent gargle for the quinsey or swelling in the throat, and boiled in vinegar and gargled in the mouth cureth the tooth-ache, dropped in the ears is good for diseases in them. The oil of hyssop killeth lice in the head. The green herb bruised and a little sugar mixed therein will speedily heal up any cut or green wound being thereto applied.

Hops are very advantageous for physicial purposes, opening the obstructions of the liver and spleen, cleansing the blood, loosening the belly, expelling the gravel, and provoking urine. The decoction of the tops of hops, whether tame or wild, worketh these effects. In cleansing the blood they help to cure the French disease and all manner of scabs, itch and other breakings out of the body, also tetter, ringworms, and spreading sores, the morpew and discoloring of the skin. The decoction of the flowers and tops helpeth to expel poison, killeth worms, bringeth down courses and expelleth urine. A syrup made of the juice and sugar cureth the yellow jaundice, easeth the headache proceeding from heat, and tempereth the heat of the liver and stomach, and is good for long and hot agues.

HOARHOVND.—A decoction of the dried herb or the juice of the green herb taken with honey is a certain remedy for those who are purse-y or short-winded, or have a cough, consumption, or long sickness, or thin distillations of rheum upon the lungs. Helpeth to expectorate tough phlegm from the chest; being taken with the roots of iris or orris, is an excellent medicine to expel poison or to cure the venomous bitings or stings of venomous things; the leaves used with honey purge foul ulcers stay running or creeping sores, and easeth pains of the side; the juice used with honey helpeth to clear the eyesight, it opens the obstructions of the liver and spleen, and purgeth the breast and lungs of phlegm; or outwardly applied cleaseth and digesteth; also by being drunk fasting it killeth worms. A serviceable ointment may be made thus: bruise the green leaves, and then boil them in olive oil with a little bees' wax and rosin sufficient to form an ointment, the same ointment is useful to abate the swellings of women's breasts.

HOUSELEEK.—The ordinary houseleek abateth all inward and outward heats, either in the eyes or any other part of the body; to drink a little with any other drink or broth is good in hot agues, cooling and moderating the blood and spirits and quenchemth thirst. The juice dropped in the eyes or ears cureth them of all hot diseases in them; taken inwardly it cooleth and abateth all hot inflammations, the crysipeas, scaldings, burnings, shingles, fretting ulcers, cankers, tetter, ringworms and the like, and easeth gout if it proceeds from a hot cause. By bathing the hands and feet with the juice of the herb, and laying the skin of the leaves on afterwards, cleanseth them of warts and corns; it easeth the headache and heat of the brain occasioned by want of sleep, if applied to the temples and forehead. The leaves bruised and laid on the head stayeth the bleeding of the nose quickly; the distilled water of the herb is serviceable for the above purposes. The leaves gently rubbed on the places stung with bees do quickly take away the pain.

BOTANY OR PHYTOLOGY. (CONTINUED.)

The seed is that important part which is the medium of all vegetable propagation and production; it is most intimately contained in this year's plant, and the next year's plant is most intimately contained in it. This is both the beginning and end of the vegetable state.

The parts of which the seed of a plant doth consist, are (1.) The embryo or plantule, being the future plant in miniature, and is called the germ or bud; this adheres to (2.) the placenta or cotyledon, which serves the same purpose as the secundines, *i. e.* the chorion and amnion in animals. (3.) The common tunicle inclosing the whole seed.

The seed receives its fecundity, as I before hinted, from the genital parts in the flower, and being now committed to the earth, proceeds to vegetate as follows.

The plantule or germ of the seed being acted upon and moved by the genial influence and warmth of the two great parents the sun and earth, begins to expand protrude, or shoot forth its radicle or tender root downward in the earth, and the plumule or infant plant upwards; the small radules absorb the nutriti-

ous juices, which causes the plumule to grow and increase to the destined size of the plants: but till the root is shot and able to procure nourishment, the plantule is nourished from the substance of the placenta or cotyledons, which is drawn to itself by an infinite number of little filaments called funes umbilicales, or naval-strings, and by botanists the seed root. By this means the embryo plant receives the cruder juices of the earth prepared and purified, being strained through the very substance of the placenta. When the root is able to provide for a plant, the cotyledons, or two lobes of the placenta, perish, and the plant may be said to be delivered of its young or fetal plant: so analogous is the process of nature in the vegetable and animal economy.

The fourth and last part of botany is concerned in the following particulars: (1.) To give an exact enumeration, and the names of all the plants yet known in every part of the world, which are at this time about 600,000 in number. (2.) To specify the peculiar notes, marks, properties and characters of each plant, by which it may be known and distinguished from any other. (3.) The place of its most common growth, as on land or water, wet or dry ground, on walls, trees, &c. (4.) The time of blooming, and their continuance in bloom. (5.) To recite their qualities, and give a just and true account of the medical virtues that are known to pertain to each. (6.) To teach the method of propagating each species in gardens, &c., for the various uses ornament, food, medicine, or natural philosophy. But, as I at first observed, these particulars are of too general a nature, and alone form the subject of the largest volumes, and consequently cannot be expected here.

The various kinds of fruits are next to be considered, and I think it advisable to explain the properties of the fruits as I come to them, and their service to us medicinally. My opinion is that fruits in their season cannot be dispensed with, for the sake of health, and if the moderate use of them was more particularly attended to, there would be not so much medicine required. Fruits are pleasant in general, and of all parts in the science of medical botany, fruit is the most refined, pure, virtuous and powerful, combined with quick assimilation to the

blood. I purpose, firstly, to take up the vulgar designation of fruits, and according to the common understanding show their use. Secondly, I shall attempt to show that many commonly termed fruits are not fruits at all. Thirdly, to show that many small plants bear fruit, &c., though not designated as such. The commonly understood meaning of fruit is a tastely serviceable production of trees, &c., adapted to our wants, and enjoyed by us in their seasons.

GOOSEBERRY, called also seap berry, dewberry and wine-berry. The berries, while unripe, if scalded or baked, are good to procure the return of appetite when lost, especially if the cause proceeds from a stomach afflicted with choleric humors; the decoction of the leaves of the tree cools hot swellings and inflammations, also the erysipelas; the ripe gooseberries being eaten, allayeth the heat of the stomach and liver, be it ever so violent, the young and tender leaves break the stone and expel the gravel both from the bladder and kidneys; like other fruits should not be immoderately used, or they would have a tendency to breed crude humors. To make gooseberry cream take two quarts of gooseberries, boil them, stirring quickly in as little water as necessary, to which add $\frac{3}{4}$ ounce of fresh butter, $\frac{1}{2}$ pint of fresh cream, strain it through a sieve, and then add the yolks of 6 eggs.

RHUBARB is inclined to purging; it purgeth the body of choler and phlegm, cleanseth the stomach, liver and blood; opening obstructions, and helping those complaints that come thereof; as the jaundice, dropsy, swelling of the spleen, agues, pricking pains in the sides, and stayeth the spitting of blood; the juice pressed out of rhubarb is good for ulcers in the eyes and eyelids, but it should be well strained; also, to assuage inflammations, and applied to black and blue spots helpeth to remove them. I have placed this with the fruits for this reason only; that it is now coming in season, and is used as a fruit.

(TO BE CONTINUED.)

PILES, BOTH BLIND AND BLEEDING.

A discharge of blood from the hæmorrhoidal vessels is called the bleeding piles. When the vessels only swell, and discharge no blood, but are exceeding painful, the disease is called the blind piles. This discharge, however, is not always to be treated as a disease. It is often more salutary than bleeding at the nose, and often prevents or carries off diseases. It is peculiarly beneficial in the gout, rheumatism, asthma, and hypochondrical complaints, but often proves critical in colics and inflammatory fevers. In the management of the patient regard must be had to his habits of body, age, strength and manner of living; a discharge which might be excessive and prove hurtful to some may be very moderate and even salutary to others; that only is esteemed dangerous which continues too long and is in such quantity as to waste the patient's strength, hurt the digestion, nutrition, and other functions necessary to life. The Peruvian bark is proper in this case, both as a strengthener and an astringent; half a drachm of the prepared powder of Peruvian bark may be taken in any convenient liquor, four times a day. The bleeding piles are sometimes periodical, and return regularly once a month or three weeks. In this case they are always to be considered as a salutary discharge, and by no means to be stopped. In the blind piles bleeding is sometimes of use. The diet in either case should be light and thin, and the drink cool, and the body should be kept gently open. When the piles are exceedingly painful and swelled, but discharge nothing, the patient must sit over the steam of onion or leek water, and afterwards apply a poultice made of leeks fried with butter, or a rag dipped in it. Another method that will help, and not hinder in business, is this: get a quantity of leeks; press the juice out of them, and mix the juice with a little bees' wax melted, apply with the finger, keeping the piles continually moist therewith. The juice pressed from blackberries are serviceable for the piles, both drank and outwardly applied; the condensate juice or the distilled water of blackberries may be obtained at some druggists. The herb plantane or plantain helpeth if outwardly applied. Great relief may be experienced, when necessary, by applying leeches upon the

piles; when leeches will not fix, they may be opened with a lancet, this would not be required but when the piles appear very large and discharge nothing.

For inward piles take a quarter of an ounce of black pitch and boil it well in some honey and water, and drink it down warm.

VEGETABLE ACRID POISONS.

They are very numerous, but I think it only necessary to make mention at first of those likely to be taken into the stomach designedly or mistaken.

BRIONY ROOT is a large spindle shaped root of a whitish yellow color and very fleshy; its taste being sweet, acrid and bitter; it causes cholic pains, and when it has been swallowed as poison, the throat should be irritated with a finger or feather, and drink large draughts of warm water, just warm enough to excite vomiting, after which milk with from a grain to two grains of opium every two hours until the violence of the cholic pains are removed.

(TO BE CONTINUED.)

MONTH OF MAY.

The month of May
Clothe all things gay
With fragrant flowers,
And sunny hours
And pleasant showers,
Delightful tours;
Both us and ours can always say,
We like the pleasant month of May.

The month of May
Doth well portray
Bright blooming health,
Better than wealth.
But oft by stealth
We neglect self
For sake of pelf, and for it pay,
For sprecing in the month of May.—V. B. H.

May is the month to be busy sowing seed, no time to be lost, waste not want not, every inch of ground should be in use, and that to the best profit.

CORRESPONDENCE.

No letters can be answered in the ensuing number which are received later than the third Saturday in the Month. Letters to be addressed to V. B. HALL, Post Office, Hamilton. Private residence Mountain View Cottage, Township of Barton, Hamilton.

SUBSCRIBER.—You will find that sudden changes and disturbances on the mind have a bad effect upon a person as much, if not more so, and more quickly than changes of climate upon the body and other things you mention. The mind should not be curbed with small difficulties but equally balanced at all times.

J. E. HALL, L. E.—You will find the disease treated on in this number, and can depend on the treatment recommended therein. Drink freely of stinging nettle tea, and eat freely of watercresses.

W. G. H.—I can send you the magazine monthly upon receipt of stamps to the amount, namely, 10 cents or 1.00 in advance for the year.

AN EMIGRANT.—You and any other working men from England cannot do better to suit yourselves to this climate than by drinking regularly some new milk every day, a pint or quart according to thirst, and leave the whiskey alone, attend to clothing, and moderately partake of every fruit as it comes in season.

J. TUCKER.—When you come to Hamilton, call on me, and I will let you have some plants that will be of service to you.

R. WATFORD, Toronto.—I should like to hear from you, or see you, if you come this way.

G. S.—Celandine is the herb.

FREDERICK S.—Strawberry or raspberry, as you like.

A FRIEND.—You can buy the dried roots at any druggist's in the town, I believe, if not, I can send them to you.