

**Natural Herbal
Medicine Making
and
Medicinal
Remedies**



Natural Herbal Medicine Making

And

Medicinal Remedies

by

Ray Gordon

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Ray Gordon

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Natural Herbal Medicine Making And Medicinal Remedies

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Preface

Natural Herbal Medicine Making and Medical Remedies is a book of medical remedies and practices dating back to before the Civil War, having been used by our forefathers almost since the beginning of recorded history, and progressing on to present day use. Many of these remedies were brought from the old country, the Indians of this country introduced many, and many were developed along the way.

PLEASE NOTE: NATURALHERBAL MEDICINE MAKING and MEDICAL REMEDIES is published for its cultural and historical value and to provide alternatives when needed. NO APPLICATION OF INFORMATION TO ANY PARTICULAR CASE SHOULD BE MADE. NOR SHOULD THE USE OF ANY HERB, FOOD, OR OTHER SUBSTANCE DESCRIBED HEREIN BE USED WITHOUT THE ADVICE OF A PROFESSIONAL HEALTH PRACTITIONER.

INTRODUCTION

The research, gathering, planning, and compiling of the contents of this book, has truly been a most rewarding labor of love. It has been an exciting journey into the past to search out bits and pieces of medical history and then put them together on paper to share with you.

Beginning in my early childhood, I was exposed to several home remedies and treatments for various childhood illnesses. Appreciating the value and effectiveness of those remedies, I began to search for other remedies and the recipes for concocting them. My research revealed, as you will see, many, many recipes and remedies, some of which have been used almost as far back as recorded history, and others that were developed in the seventeen and eighteen hundreds. Most of these remedies could be concocted in the home today, but it is very important to remember that many plants', roots, barks, flowers, seeds. etc., are not only poisonous, but they are **DEADLY POISONOUS**. Therefore, it is very important to properly identify anything you intend to ingest, as well as discuss it with your physician first. For as surely as God has blessed us with beneficial and healthful plant life, we have also been cursed by poisonous and very dangerous and deadly ones.

In recent years there has been a growing demand for practical knowledge of herbs. The fact that in this day and time we have become so accustomed to total dependence on our fine physicians and our nearby hospitals that we have all but forgotten that we could, overnight, be thrown into a situation where these services were no longer available. And that we may have to become self sufficient in medicine as well as other aspects of our lives. Under these circumstances, we might have to treat ourselves for sickness and injury, and I sincerely doubt that many of us would be prepared for that undertaking. However, again I want to emphasize that as long as qualified Pharmacists are dispensing good medicines, and prescribed by qualified Physicians, by all means, they should not be replaced by anything unless one knows the benefits are positive. Because by scientific research and development, these plants have been now broken down much further, to acquire specific derivatives to target specific diseases.

Read, study, and enjoy the contents of this book. I believe that you will agree that it will become a very valued addition to your present library.

Ray Gordon

Section 1

CLASSIFICATION OF MEDICINAL PLANTS

For those readers who may live in or near the countryside, I give the following list of medicines under their different classifications, such as may be found in the fields and woods, etc. Some of these medicines had several actions upon the system, but I will give only the more prominent ones for that era.

I have given the more common names of the plants, and where a plant is known by several names, they are included by a brace, thus: (...)

ALTERATIVE

Dwarf Elder	Adders Tongue	Spikenard
(Guaiacum	Burdock	Wahoo
(False Grape	American Elder	Blue Flag
(Five Leaves	Frost Weed	Tamarac
Iron Wood	*Sheep Laurel	Iodine
False Bittersweet	Sassafras	Pipsissiway
(Twin Leaf	Black Cohosh	Turkey Corn
(Ground Squirrel Pea	Water Dock	
Plantain	(Button Snake	Yellow Dock
Poke	(Devils Bit	Sarsaparilla
White Pond Lily	Elder Flowers	Iron Weed
(Mayapple	Speedwell	(Queens Root
(Mandrake	Indian Cup Plants	(Stillingia

These articles were supposed to render the blood pure, and were used in Scrofula, Rheumatism, and Liver complaint and in all diseases in which the blood needed purifying. One or several of them together were formed into a cordial or syrup, and were used in doses varying from a half tablespoonful to a gill. Some of them were cathartic in large doses, some acted as diuretics, and others were stimulants. Those that are poisonous in large doses, have an asterisk (*) prefixed. These agents were sometimes required to be used a long time, changing them occasionally, as the system became immune to them.

ANTIPERIODICS

(Black Cohosh	(Poplar	(Rosin Weed
(Rattle Root	(Aspen	(Compass-weed
(Squaw Root	Apple-tree bark	Horse Chestnut
White Willow Bark	Dogwood	Ironweed
Peruvian Bark	Wild Hoarhound	Ironwood

Wild Hickory Bark

These articles were used in Fever and Ague, Remittent Fevers, and in all diseases where there were intervals of freedom from any symptom whatever of disease. The dose of the powdered articles varied from half a teaspoonful to a teaspoonful three times a day. Of the infusion or decoction, one or two tablespoonfuls.

ANTISEPTIC

Wild Indigo	Bethroot	Charcoal
Chloride of Sodium	Yeast	
(Smartweed	Creosote	Vinegar
(Water Pepper	Pyroligneous Acid	Lousewort
Sulphate of Zinc	Sumac Bark	*Marshmallow root
White Oak Bark	Saltpetre	

Antiseptics were useful in cases of mortification, internally and externally; also in the malignant or putrid conditions of fevers, inflammations, and other diseases.

ANTISPASMODICS

Assafaetida	Blue Cohosh	*Belladonna
Black Cohosh	Lobelia	Ice Plant
(Ladies Slipper	*Mistletoe	Prickly Ash
(Nerve root	(Stramonium	Catnip
Wild Yam	(Jimson	Valerian
Peony	Masterwort	*Tobacco
Mullen	Water Plantain	Rue
Scullcap	(Twin Leaf	Skunk Cabbage
Thyme	(Ground Squirrel Pea	
(Whiteweed	Ginseng	(High Cranberry
(Ox-eye daisy	Wild Turnip	(Cramp Bark

These articles acted as tonics to the nervous system, or as relaxants or sedatives, overcoming spasmodic conditions, removing nervous irritability and weakness, and curing convulsions. The dose of an infusion of most of them varied from a teaspoonful to two tablespoonfuls three times a day. Those to which an asterisk (*) is prefixed, are poisonous, and must be used with great care, in small doses.

ASTRINGENTS

Catechu	Wintergreen	Alum
(Crowfoot	Hounds tongue	Eyebright
(Alum root	Avens	(White Balsam
Logwood	(Hawkweed	(Indian Posey

St. John's Wart	(Striped Bloodroot	Witch Hazel
Bugle	White Pond Lily	Hardback
White Oak	Marsh-Rosemary	Blackberry
Bethroot	Dewberry	Cat-tail Flag
Horsechestnut	Common Nettle	
Yarrow	Sweet Fern	Agrimony
Round leaved Dogwood	Persimmon	Uva Ursi
Willow Herb	Black birch	Fireweed
Canada Thistle	Canada Fleabane	Black Ash
Bayberry	White Ash	Spirits of Turpentine
Kino	Beech-drops	Five Finger
Black Alder	(Prim	Rockbrake
White Willow	(Privet	Shumack Bark

Hard-leaf golden rod

Astringents were used in excessive menstruation, diarrhea, and dysenteries, in spitting blood, and other bleedings, in excessive discharges of Phlegm, in Cholera, and in chronic inflammations of the eyes, etc. An infusion of one or several of the plants together, were made and used as a wash, or a gargle, in sore mouth and sore eyes. Internally, the dose varied from a tablespoonful to half a gill, three or more times a day. Alum, Kino, and Catechu were given in powder, in doses of five to ten grains.

FOR BATHING

Saleratus, Sal Ammoniac, Sal Soda, Pearl Ash

About a teaspoonful of either of these to a pint of water, or enough to make the water feel slippery, was used as a wash in fevers, inflammations, and chronic diseases.

CARMINATIVES

(Calamus	Wild Carrot Seeds	Fennel
(Sweet Flag	Angelica	Pennyroyal
Pleurisy	Peppermint	Caraway
Spearmint	Cloves	Horsemint
Cinnamon	Nutmeg	Coriander
Sage	Catnip	Summer Savory
Anise	Feverfew	Ginger
Sweet-scented goldenrod	Camphor	Prickly Ash Berries
Dittany	All-spice	

Carminatives or aromatics were usually stimulants, and were used to drive away wind in flatulent colic, etc., to prevent medicines from griping or otherwise disagreeing with the stomach and bowels, and to correct the taste of medicines, rendering them pleasant. The infusion or tincture of them, or an essence of the oils, was generally used.

CATHARTICS

Blue Flag	Buckbean	Bitter Root
Castor Oil	Prickly Elder	Croton Oil
Wild Potato	Jalap	(Mayapple
Queens Root	(Culvers Physic	Mandrake
White-Ash	(Black Root	Buckthorn berries
Poke	Senna	Seneca
Rhubarb	White Ash	Locust-tree bark

Cathartics, or purgatives were used whenever it use required to act freely upon the bowels; when given in small doses, to produce one or two evacuations, they are called “Laxatives.” The doses of most of them use a

teaspoonful of the powder every three or four hours. Poke, flocs, Jalap, Blue Flag, and Croton Oil, required less as will be seen by a reference to them in *Materia Medica*. Castor Oil varies with different persons requiring from one to two tablespoonfuls to operate.

DIAPHORETICS

*Pleurisy	Catnip	Pennyroyal
Peppermint	(Feverbush	Feverfew
Golden-rod	(Spicewood	Summer Savory
Sage	Balm	Saffron Yarrow
Blue Vervain	Chamomile Flowers	Virginia Snake Root
Smartweed	Horsemint	Mountain mint
White Vervain	Mayseed	

Diaphoretics were used in fevers, inflammations, and whenever it was required to promote a flow of perspiration. The sweating was much aided by bathing the surface with weak lay water.

DIURETICS

Canada Balsam	*Marshmallow	Water Plantain
Garlic	Indian Hemp	Onion
Burdock Seed	Mountain Pink	Uva Ursi
Silk Weed	Button Snake Root	Queen of the Meadow
Pipsissaway	Sunflower Seeds	*Cleavers
St. John's Wort	Artichoke	*Pumpkin seed
(Twin Leaf	Juniper	Tamrac
(Ground Squirrel Pea	Spirits of Turpentine	
Bush Honeysuckle	Sassafras	Cutting Almond

Spearmint	Horsemint	Smartweed
(Knot-Grass	Squill	*Elder Flowers
(Sickle-weed	Apple-tree bark	Slippery Elm
Thimble-weed	Figwort	Dandelion
Common Nettle	*Spirits of Nitre	Mullen
Honey	Whortleberry	*Sal Ammoniac
Dwarf Elder	Scouring rush	Water Chickweed
Horseradish	*Watermelon	Wild Carrot
Wild Job's Tear	Parsley	Haircap Moss
Balm of Gilead	Figwort	

Diuretics were used in gravel, in difficult passing of water, dropsy, etc. Some were stimulating in character, some astringent, and others cooling. The cooling diuretics have an asterisk (*) prefixed to them, and were to be infused in cold water. An infusion of either of these plants was about half a gill, three times a day. Spirits of Nitre, Canada Balsam, Squill, Spirits of Turpentine, and Sal Ammoniac, all have their doses named in *Materia Medica*.

EMETICS

Indian Hemp	Seneca Snake Root	Prickly Elder
Squill	Locust tree bark	Ipecacuanha
Rosin-weed	Blooming Spurge	Queens root
Papaw seeds	American Ipecac	Mayweed
Buckbean	Blue Vervain	Chamomile
Bitterroot	Mustard	
(Mandrake	Bloodroot	Boneset
(Mayapple	Lobelia	White Vervain

Poke

Emetics were useful in the commencement of fevers, colds, coughs and diseases of the lungs and air tubes, in diseases of the liver, etc. Most of the herbs named were to be taken in warm infusion from a tablespoonful to half a gill at a dose, repeating it every ten or fifteen minutes until free vomiting was produced. Squill, Bloodroot, Poke, Spurge, etc., required less for a dose.

EMMENAGOGUES

Spanish Needles	Winter-fern	Partridge berry
Blue Cohosh	Black Cohosh	Origanum
Pennyroyal	Smartweed	Feverfew
Motherwort	Rosemary	Madder
Spurred Rye	Life-root	Thyme
Pleurisy root	Cotton Bark	Mayweed
Saffron	Savin	Rue

Tansy

These medicines were supposed to so influence the sexual organs as to bring on and regulate the menstrual function. The warm infusion of one or several of them together was used in half gill doses, three or four times a day, at the period of menstruation, but taken only when cold, during the intervals. Spurred Rye was to be used with much care. Some of these remedies were said to give strength to the womb and thus draw off any menstrual difficulty.

EXPECTORANTS

Gum Ammoniac	Slippery Elm	Spanish Needles
Liquorice	Elecampane	Flaxseed
Hoarhound	Balm of Gilead Buds	Cat-tail Flag
Sunflower seeds	Comfrey	Speedwell

Expectorants were used in dry coughs and colds to cause the phlegm to be

thrown off easily and readily. All the Emetics are Expectorants when given in small doses.

The above herbs were given in warm infusion, in tablespoonful doses, as often as required. Gum ammoniac was given differently, as shown in [Materia Medica](#).

FOMENTATIONS

Stramonium	Hounds Tongue	Hoarhound
Lobelia	Catnip	Wormwood
Smartweed	Marigold	Summer Savory
Poppy Flowers	St. John's-Wort	Frostweed
Hyssop	Hops	Mullen
Mayweed	Boneset	Yarrow

(White seed

(Ox-eye Daisy

Fomentation's were made by steeping one or several bitter herbs in boiling water, and then placing them over certain parts as hot as the patient could stand it, changing them frequently. They were used in inflammatory and painful diseases, spasms, cramps, etc. to relax parts, and subdue pain and inflammation.

GARGLES AND WASHES

Vinegar and salt	Sumach bark	Golden Seal
Blue Cohosh	Bark of Black Haw root	
(Lions-foot root	(Crowfoot	Alum
(Rattlesnake root	(Alum root	Red Pepper
Hyssop	Wild Indigo	Borax
Bayberry	Shumac berries	Honey

These articles were used in infusion as a gargle or Wash for sore throat and mouth, Thrush, inflamed and ulcerated gums, sore eyes, and ulcers. One or more were combined together for this purpose. For thrush, the Lions-foot root formed the best gargle known, and was found effectual in diphtheritic sore mouth.

MUCILAGES

Gum Arabic	Gum Tragacanth	Solomon's Seal
White Pond Lily	Marshmallow	Buckhorn Brake
Chickweed	Comfrey	Quince Seed
Slippery Elm	Low Mallows	Blue Violet
Flaxseed	Polypody	Mullen

Mucilages and demulcents were used in coughs, colds, and inflammation to soothe inflamed parts, to increase the discharge of urine, and to facilitate the raising of phlegm. One or more were made into an infusion with cold water and drank freely.

NARCOTICS

Opium	Yellow Jasmine	Indian Hemp
Stramonium	Poke	Poison Hemlock
Mullen Seeds	Henbane	Camphor
Tobacco	Aconite	

Narcotics depress nervous action and were useful in high fevers, inflammations, delirium, and severe pains. In large doses they are poisonous. The dose of each is in [Materia Medica](#).

OILS

*Cod Liver	*Flaxseed	Rattlesnake
Bear	Mud Turtle	Lard
*Neat's foot	Wild cat	Hen

Skunk

Squirrel

Sweet Almond

These oils were used in various diseases. Those with an asterisk (*) prefixed were taken internally as demulcents or mucilage. They were also nutritive, and were used as such in consumption and other diseases of debility.

The other oils were used externally as relaxants, and in rheumatism and other pains, a small portion rubbed over the parts two or three times a day frequently gave relief: and Rattlesnake, Hen and Goose oil were excellent in coughs, colds, and croup. Rattlesnake oil is very penetrating, soothing, and relaxing. Linseed oil was useful in treating worms and piles as well as in consumption.

POULTICES AND DRAUGHTS

***Horseradish Leaves**

***White Elder Leaves**

Elm Bark

Adder's Tongue

***Burdock Leaves**

Bayberry

Mustard seed

Flaxseed

***Poke leaves**

Poke root, roasted

***Black Maple leaves**

Sumac

White Pond Lily

***Mullen Leaves**

Comfrey

Yellow Pond Lily

***Walnut Leaves**

Hops

Stramonium

Blackwillow

Sorrel

***Basswood Leaves**

Yarrow

Catnip

***Garlics**

Sassafras

Lobelia

Poultices were used for various purposes to hasten the formation of matter in an abscess. to relieve pain, to lessen inflammation, and to impart warmth to parts. Some as Mustard, Garlic, and Onions, were used to redden the skin and cause counter irritation, determining the blood from the diseased part to the surface where they were applied. Draughts were for a similar purpose; the leaves were wilted and applied blood-warm to the legs and soles of the feet, as soon as they were wiped dry after bathing. Those articles with an asterisk (*) prefixed were used for draughts in fevers, inflammation of the head, lungs, or stomach, and for headache: they were especially useful in cases of infants and children.

REFRIGERANTS

Sweet Spirits of Nitre	Orange Juice	Cream of Tartar
Ice	Maidenhair	Elder Flowers
Tartaric	Salt Petre	Lemon Juice
Sorrel Juice	Malic Acid	Cold Water
Houseleek leaves	Vinegar	Citric Acid

Acid Fruits

Refrigerants, or cooling drinks, were used in fevers to cool the system, allay the excessive heat, and promote the discharge of urine, and moderate sweating. They always formed a healthy and refreshing drink for patients when they could be used. (For doses, see [Materia Medica.](#))

SEDATIVES

Peach leaves	Hounds Tongue	St. John's-Wort
Sheep Laurel	Ice Plant	Bloodroot
White Hellebore	Bugle-weed	Hops

Wild Cherry

Sedatives were used to diminish Increased action of the nervous system, as in fevers, inflammations, nervous irritability, spasmodic irritability, pains and quick pulse. Narcotics, given in small doses, act as sedatives. (For doses, see [Materia Medica.](#))

SIALAGOGUES

Ginger	Prickly Ash Bark	Tobacco
Horseradish	Pellatory of Spain	Wild Turnip

These produced, when chewed, an increased flow of saliva, and were of service in diseases of the tongue, gums, almonds of the ear, and earaches.

SNUFFS

Bloodroot	Black Hellebore	Camphor
(Hawkweed	Bayberry	Ginger
(Striped Bloodroot	Tobacco	Colt's foot
Sneezewort	Sage	Prickly Ash Bark

Horsechestnut Seed

These augmented the secretion of mucous from the nose, and were useful in chronic diseases of the eyes and of the brain, headache, catarrh, and in some case of soft polypus of the nose.

STIMULANTS (Internal)

Prickly Ash Bark	Cloves	Ginger
Coffee	Horseradish	Prickly Ash Berry
Balm of Gilead Buds	Alcohol	Spirits of Turpentine
Virginia Snake Root	Myrrh	Benzoin
Elecampane	Button Snake Root	All-spice
Cinnamon	Thyme	Mustard
Rosemary	Nutmeg	Ground Ivy
Peppermint	Sweet gum	Black Birch
Guaiacum	Blue Yervain	Cardamom
Dittany	Whiskey	Garlic
Bayberry	Balm	Buchu
Sassafras	Camphor	Yarrow
Manroot	Coffee	Brandy
Wine	Angelica	Wormwood

Colt's-foot	Spearmint	Rue
Masterwort	Ginseng	Red Pepper
Horseradish	Summer Savory	Sage
Smartweed	Prickly Elder	Horsemint
Spicewood	Marigold	Hyssop
Tansy	Black pepper	

Stimulants raise an action in the system, invigorating and strengthening it for a time, in cases of debility, by increasing the action of the heart and arteries and of the nervous system. They were useful in diseases of debility, and more active and powerful of them could not be used in cases of acute inflammation, high fevers, and full habit. They were useful in hysterics, in nervous debility and cramps. (For the doses, see [Materia Medica.](#))

STIMULANTS (External)

Spirits of Turpentine	Water of Hartshorn	White Turpentine
Bloodroot	Burgundy Pitch	Garlic
Onion	Mustard	Horseradish
Camphor	Gum Ammoniac	Oil of Cinnamon
Red pepper	Rosin	Pitch pine
Hemlock Gum	Oil of Cloves	Canada Balsam
Oil of Thyme	Oil of Sassafras	Oil of Originum
Sal Ammoniac	Rattlesnake Oil	Gum Benzoin

These were used in the preparation of washes, liniments, ointments, and plasters for the purpose of relieving pain, causing redness of the skin, strengthening muscles, checking headache and flow of blood to the head to increase a healthy action in old ulcers, etc. They were useful in rheumatism, neuralgic pains, hysterics, flatulent colic, coughs, weak stomachs, spinal tenderness, coldness of the surface, and internal pains.

TONICS

Dilute Muriatic Acid	Dilute Sulphuric Acid	Rhubarb
Dilute Nitric Acid	Dilute Phosphoric Acid	Soapwort
Indian Cup-Plant	Elixir Vitriol	Dandelion
Bark of root of Black Haw	Chamomile	Maidenhair
Bitter-root	Agrimony	Yellow-root
Virginia Snake root	Swamp Dogwood	Turkey Corn
American Colombo	Preparations of Iron	Pleurisy root
False Unicorn	Barberry	Black Ash
Peruvian Bark	Solomon's Seal	White Ash
Quassia	White Poplar	Buckhorn Brake
Wild Cherry	Unicorn Root	Chicory
Ground Centaury	Golden Seal	Ironwood
Tamarac	Ox-gall	Black Alder
Locust-tree bark	Apple-tree Bark	White weed
American Centaury	Mayweed	Buckbean
Common Nettle	Vervain	White Willow
Five Finger	Ground Ivy	Ironweed
Mistletoe	Aspen	Sumach
Tansy	Bethroot	Bellwort
Peony	Buchu	Balmony
Wahoo	Boneset	Gentian
Hoarhound	Ice Plant	Speedwell

Tonics gave power to the nervous system to strengthen the whole frame. Especially those parts which were particularly enfeebled: hence, they were useful in convalescence from exhausting diseases, In spasmodic diseases, dyspepsia, want of appetite, nervous debility, nervous irritability, weak muscles, and other diseases where debility was a prominent factor. Some tonics are stimulant, and were used where there was excessive weakness; others were free from any stimulating action, and were used where there was a tendency to irregular action, or nervous and muscular irritability, or where the action of the heart and arteries was easily excited. These articles were generally harmless and were used in extract in two or three grain doses: in infusion or decoction, in tablespoonful doses or more; in tincture, in teaspoonful doses or more. [See [Materia Medica](#) for the doses of most of the above].

VERMIFUGES

Wormwood	Spirits of Turpentine	Balmony
Cedar Berries	Black Elderberries	*Rockbrake
*Pumpkin Seed	Feverfew	Tansy
Quasia	Rue	Onion
Black Hellebore	Salt	Tobacco
Asafetida	Peach-Tree Bark	*Male Fern
*Swamp Milkweed	Wormseed	Pink root
Garlic	White Poplar	Walnut Bark

Vermifuges or Anthelmintics were used for the purpose of expelling worms; they acted by removing both the worms and the mucous in which they lived. Those prefixed with an asterisk (*) were used in injection to remove the threadworm. Tobacco, however, used either by mouth or by injection was dangerous, and was not to be used without the advice of a physician.

Section 2

MATERIA MEDICA

A study of the nature and properties of substances used to prepare medicinal remedies.

Agents from the vegetable kingdom, consist of roots, barks, flowers, leaves, and seeds, which should be collected at proper seasons of the year, in order to obtain their full medicinal values. Roots of annual plants are totally useless, unless they are gathered just before they are in bloom. Roots of biennial plants are most active during the autumn of their first years growth, soon after the leaves have fallen: while those of perennial plants possess their greatest medicinal activity during the fall and spring, or just before, or just after their vegetation has come or gone. In the collection of roots, those that are decayed, or eaten by worms, should be rejected: while those that are kept, should be washed, and the fibers and small roots, when not essential, should be removed and thrown away. Large roots should be cut into transverse slices and dried by artificial heat or in an area through which there is constant air current. To prevent them from molding, they should be turned and stirred each day. Roots that consist mostly of fibers, and have a small top may be immediately dried. The thick and strong roots can be cut into slices, strung on threads, and hung up to dry. The tough bark of roots should be peeled off before they are dried. Some roots lose their value by drying but they may be kept for a long time by simply burying them in dry sand.

Bulbous roots or bulbs are to be harvested at the time of the completion of the new bulb. The outer covering of the bulb is to be discarded and the bulb is to be sliced, strung on threads, and dried in a warm but airy room. After roots are dried, they should be packed away in dry containers.

Barks should be gathered in the spring and fall, or when they are easiest removed from the trunk of the tree. The outer coat of the bark should be removed, along with decayed parts, and then dried in the same manner as roots. Be extremely careful to keep them as dry as possible and in a dry atmosphere. Young trees have the most beneficial barks. Resinous barks are generally far better when harvested in the spring, and those that are gummy,

in the fall of the year.

The stems of herbaceous plants and the twigs are most active between the time of leafing out and flowering. Woody stems are best during the winter months. They are to be dried in the same manner as roots.

Leaves should be collected in dry weather while the plant is in flower. Decayed parts discarded, spread thinly on the floor or on shelves of a dry room through which there is a constant breeze, and dried as quickly as possible, after which they should be packed away in containers to keep them free from moisture and insects. The leaves of biennial plants should not be harvested until the second year.

Flowers are to be collected in clear, dry weather, just before or immediately after they have opened their petals. They should be dried quickly, and then packed away the same as leaves. They must not be dried in the sun; however, artificial heat is acceptable.

Seeds, berries, and juicy fruits are to be gathered when ripe, spread out thinly upon the floor of a dry, darkened room, and turned and stirred rather frequently while drying. Fruits and berries may be gathered with their stem attached and hung up to dry in bundles. When they are dry, they should be protected from moisture and insects.

Plants possess the greatest amount of medicinal activity when they are collected in their natural habitat; cultivated plants, with the exception of aromatic herbs, usually lose some of their strength. All vegetable medicines should be kept in a dry and dark place. Crude roots are best kept in well made boxes or barrels. Tinctures, oils and syrups, are best kept in glass bottles, or jars that are tinted or painted on the exterior side in order to protect them from the injurious effects of light. All fluid medicines should be kept well corked or with lids well tightened, when they are not in use.

The constituents of plants which Chemistry had detected, up to this period, and to which they owed their respective medicinal virtues, were gum, mucilage, starch, gluten, fixed oil, volatile oil, resin, balsam, acids, sugar, wax, albumen, camphor, alkaloids, etc. Which are variously distributed throughout this vast department of nature, no two plants being found to possess the exact same constituent formation.

They differ materially in their actions upon the human system, as do those met with in the animal and mineral kingdoms; and for the sake of greater convenience they were arranged into classes as the ones that follow:

Emetics, medicines which produce a certain influence upon the stomach, inverting its natural action, and causing it to vomit or eject its contents by the mouth. In small doses, some emetic medicines prove nauseant, expectorant, and relaxant.

Cathartics prove to be medicines that increase the number of evacuations from the bowels, generally by stimulating a portion of the alimentary canal, and thereby increasing the peristaltic action of the intestines. When their action is very mild, they are termed laxatives, eccoprotics, or aperients; when their action is severe, accompanied by pain and irritation, they are drastic purgatives; when they occasion three or four stools, they are called Purgatives: when they produce large and watery stools they were known as Hydragogue.

Nauseants are medicines which cause nausea, or a disposition to vomit, in which case they frequently proved expectorant or relaxant.

Expectorants, agents that from their peculiar influence upon the system, facilitate the discharge of mucus and other substances from the air passages.

Pectorals are agents that relieve or cure diseases of the chest.

Relaxants, remedies that relax the tension of muscles, so that they do not respond to the will of the patient: some produce their action along with nausea, as Lobelia: others, without nausea, as Gelseminum.

Stimulants, or Expectants are medicines that increase the activity of the system or of one or more parts. When they excite the whole system, they are termed general stimulants; when one or several organs, local: those whose effects continue for a long time are called permanent or persistent stimulants while those that last only a short period are called diffusible.

Carminatives, agents which cause the expulsion of gas, and, consequently allay the pain caused by it.

Stomachics are agents that impart tone to the stomach.

Tonics, agents who gradually give tone and vigor to debilitated organs or the whole system. Some produce their results by acting upon the nervous system; while others, as Iron, for instance, act by restoring the blood to a healthy condition.

Uterine Tonics are agents which exert an influence upon the female reproductive organs.

Antiperiodics are agents which exert an influence antagonistic to the condition of the system which is troubled by recurring diseases.

Astringents, remedies which have the ability of constringing, or “puckering up” the tissues which they come in contact with, thereby lessening or checking their discharges. When they exert an action of the external surface of the body, they are termed, Stiptics.

Narcotics, medicines which depress the nervous action by an influence upon the brain and spinal marrow; in large doses, they act as sedative, lessen the disposition to move, deaden sensibility, produce sleep, cause headaches, giddiness, and double vision. In small doses, they generally act as Stimulants.

Anodynes are medicines that allay or remove pain by blunting the sensibility of the brain.

Hypnotic, agents that produce sleep.

Sedatives, medicines which diminish the nervous, muscular, and arterial forces, and which are used when there is an exalted action of the functions of either or all of the systems.

Antispasmodics are medicines which have the power of allaying or removing spasms. They vary materially in their mode of action, for while some agents of this class are undoubted stimulants, others are sedative or relaxant. Hence, spasms from debility require the former, while those due to mechanical irritation will call for the latter.

Tetanics, agents which by their action upon the nerves, produce twitching, or convulsive action of the muscles.

Diaphoretics, medicines which promote and moderately increase perspiration; when copious perspiration is produced, the agents causing it are called Sudorifics.

Diuretics are medicines which increase the urinary excretion.

Refrigerants are remedies which reduce the heat of the body, without influencing the nervous system and energy. A refrigerant effect may be produced from the action of a cathartic, sudorific, diuretic or an emetic.

Alteratives, medicines which gradually restore health, by acting upon the nutritive system, or by changing or neutralizing morbid or redundant matters in the circulation, and without any sensible increase in the rate of perspiration, urine, or other excretions. Antiscrofulous medicines are those that are said to cure scrofula.

Aphrodisiacs, agents supposed to excite or promote the sexual propensities.

Antaphrodisiacs are agents which lessen or blunt the sexual propensities.

Emmenagogues are medicines which are supposed to have the power of exciting or promoting the menses. The most of these agents are arranged in the class of uterine tonics.

Antacids are agents which neutralize acidity of the stomach.

Demulcents, bland substances that did soothe irritated or inflamed parts and by lubricating them afforded protection against irritating matters.

Emollients, agents which, when applied externally, soften and relax tense and inflamed surfaces.

Sialagogues are agents or remedies which increase the discharge of saliva.

Rubefacients are agents which cause a redness of the skin.

Section 3

MEDICINAL PLANTS

BOTANICAL NAMES AND DESCRIPTION

The common names of the various medicinal agents are given in capitals, and the botanical, or systematic names follow.

Unless otherwise mentioned under the head of each article, the infusion or decoction was to be made by placing one ounce of the plant, bruised, in a pint of water and steeping or boiling it.

ACETIC ACID. *Acidum Kaceticum.* This is a clear, colorless liquid of a very sour, acid taste and a strong, rather agreeable odor: it dissolved volatile oils and resins, and unites readily with water but only partially with alcohol. It is a stimulant, vesicant, and escarotic, and may be applied externally as a counter irritant. Applied to warts, it is said to destroy them, as well as corns.

ACONITE. *Anconitum Napellus.* This is a perennial plant, also known by the name of Monkshhead. The leaves and root are the parts generally used. It possesses anodyne, sedative, and diaphoretic properties, and was useful in all febrile and inflammatory diseases, such as gout, neuralgia, and epilepsy. Its influences are more especially manifested in the more severe forms of fever and inflammatory diseases. The best preparations of the plant were an alcoholic extract of the root, or a tincture. The dose of the extract was one-eighth of a grain, two or three times a day; of the tincture, from three to five drops, every one, two, or three hours. When improperly given in large doses, it produced alarming and fatal symptoms.

ACONITINA is the name of its alkaloid, which is a white or brownish substance, and was never used internally because of its highly poisonous action.

ALCOHOL. Alcohol is a result of vinous or alcoholic fermentation in the juices of many vegetables, or in their infusions. It exists in a greater or less quantity in cider, beer, whisky, rum, brandy, gin, and wines. It is their

stimulating and intoxicating constituent. When alcohol is pure, containing no water, it is called absolute alcohol; the ordinary alcohol of the shops in those days contained a certain percentage of water, but generally capable of, and of sufficient strength for all medical and pharmaceutical purposes. It is capable of dissolving a great many substances, and especially most of the active principals of medicinal plants.

ALLISPICE. This is the dried, unripe berries of the *Myrtus Pimenta*, a South American tree. It is an aromatic stimulant and carminative and was used in all cases of flatulency, and to render other medicines more agreeable. The dose of its powder was from ten to thirty grains: of the tincture, from one to two fluidrachms.

ALMONDS. *Amygdala communis*. The Almond tree is a tree growing in the warm parts of Europe and Asia, and which bears the Sweet Almond. The kernels of the Sweet Almond are agreeable to the taste and yield a fixed oil known as the Oil of Sweet Almonds. It was used as a demulcent in cough, irritation of the intestines, scalding or acid urine. Its dose was a teaspoonful. The kernels of the Bitter Almond have a taste resembling that of the peach kernel and yield a fixed oil. A poisonous essential oil called the Oil of Bitter Almonds, which was used as a sedative, in doses varying from a quarter of a drop to a drop. Its poisonous properties are due to the hydrocyanic acid contained in it. An essence of almonds is prepared from it, which was used to flavor cakes and confectioneries.

ALOES. Aloes is the inspissated juices of the leaves of several plants, as the *Aloe Spicata* of South Africa, *Aloe Socotrina* of the island of Socotra, *Aloe Vulaar* is of southern Europe, Northern Africa etc. The *A. Spicata* yields the Cape Aloes; The *A. Vulaaris*, the Barbadoes Aloes; and the *A. Socotrine* Aloes, which was the medicinal article, the others being principally used in veterinary practice. Aloes yields its principals to water or alcohol. It was a purgative in doses of five or ten grains, but when repeatedly used was thought to induce piles or at least aggravate them when already present. It formed the basis of the empirical purgative pills with which the country had been flooded for many years. It was never to be given in inflammatory diseases, piles, or during pregnancy. Combining it with soap, carbonate of potash, etc modified its griping properties. In doses of half a grain or a grain repeated two or three times a day, it acted as a tonic.

ALUM. *Alumin.* This is a Sulphate of Alumina and Potash, which has an astringent taste, and is solvable in twelve or thirteen times its weight of water. It use used as an astringent in passive hemorrhages, night sweats, diarrhea, and dysentery, in doses of ten or fifteen grains, given In water or syrup, and repeated every three or four hours. Dissolved in an infusion of Marshmallow root, it had also been found useful in the inflammatory stages of gonorrhea. A strong solution was useful in a gargle for sore throat. The solution or the powder acted as a styptic in bleeding from the nose, or from cut surfaces of the skin. It was applied to the bleeding point on lint or a piece of sponge. Thirty or forty grains of Alum at a dose, and repeated every three or four hours, acted as purgative and was also useful in painters colic: if the same dose was repeated every ten or fifteen minutes, it caused vomiting, and was recommended in some forms of croup. Alum Whey, made by boiling Alum in milk, and straining off the thin liquor, had been applied as a poultice over the eye for common inflammations of that organ. When Alum is exposed to heat until ebullition ceases, it becomes dry, and is then called dried or burnt Alum. This was frequently used as a mild escarotic, to destroy fungous flesh or “proud flesh.”

ALUM ROOT. *Heuchera Americana.* This is a perennial plant common to this country, and having rose colored or purplish white flowers in June or July. The root is knotty, flattened, yellowish, and of a powerful astringent taste. The decoction was useful in ulceration of the mouth and throat, and as an injection (enema) in bleeding piles. It had also been given internally for diabetes. The powdered root formed a good application to foul and indolent ulcers, wounds, cuts, etc. Dose of the decoction internally, a wineglass half-full and repeated three or four times a day.

AMERICAN IPECACUANHA. *Euphorbia Ipecacuanha.* This is a perennial plant that grows in dry, sandy soils in the middle and southern states. It yields a milky juice when broken and which causes a pustular eruption when applied to the skin, the root is the part used: it is light and brittle, and yields a speckled, light, snuff-colored powder. It is said to possess emetic, cathartic, and diaphoretic properties. In doses of from ten to twelve grains of the powdered root, it acted as a hydrogogue cathartic, and had been used with benefit in cases of dropsy of the chest and abdomen, in suppression of menses: in dropsical affections it could be repeated two or three times a week. Four grains given every three to four hours, in fevers, produced diaphoresis. In dyspepsia one or two grains given three times a day was of service.

AMERICAN HELEBORE. *Veratrum Viride.* This is a perennial plant common to this country, growing in moist places, and having numerous, yellowish-green flowers from May to July. The root or rhizome, is the part used, and should be collected in the autumn. It is a sedative, and has been found efficient in gout, neuralgia, rheumatism and other diseases of a febrile or inflammatory character. The tincture of the fresh root was the best preparation which was given in doses of ten drops, three or four times a day until the pulse was reduced to 65 or 70 beats per minute. In large doses it was likely to prove a violent emetic.

AMERICAN IVY. *Ampelopsis Quinquefolia.* This is a woody vine growing throughout the United States with toothed leaves, in fives, and flowering in July. It is also known by the names of Five Leaves, False Grapes and Wild Woodbine. It possesses alterative, tonic, astringent, and expectorant properties, and was used in scrofula and syphilis, and wherever an alterative was required. It had also been recommended in bronchitis, and other pulmonary complaints. Dose of the decoction or syrup from two to four fluid ounces three times a day.

AMERICAN LARCH. *Larix Americana.* This plant, sometimes known by the name of Tamarack, is a tree common to moist grounds throughout New England. The bark is said to be laxative, tonic, diuretic, and alterative. It was recommended in obstructions of the liver, rheumatism, jaundice, and some contagious diseases. A decoction of the leaves was used in piles, spitting of blood, excessive menstruation, diarrhea and dysentery. The dose of the decoction of the bark was from half a wineglass to a full wineglass, from two to four times per day. Equal parts of the bark, Spearmint, Juniper Berries, and Horse Radish, infused in cider or gin, proved valuable in some forms of dropsy.

AMERICAN SENNA. *Cassia Marilandica.* This was a safe and certain cathartic and was substituted for the foreign Senna. It is a perennial plant common to the United States, growing in low, moist grounds. The dose was 1/3 larger than that of the foreign Senna.

ARROW WOOD. *Viburnum Dentatum.* This is a small shrub growing in low damp grounds throughout the United States. Its bark is ash-colored, and was employed as a diuretic and detergent, and had been highly recommended as an internal and an external agent in cancer. The infusion was used freely. It was also used in extract, pills, or plaster.

ASAFETIDA. This is the concrete juice of the root of a Persian plant, the *Ferula Asafetida*. It is obtained by slicing the root, and scraping off the milky exudation as it hardened, It is a gum resin and is found in masses of various sizes, rather soft, of a dull yellowish-brown, or redish color, difficult to pulverize except in very cold weather, of an offensive, garlicky odor, and an unpleasant, somewhat acid taste. It is stimulant, antispasmodic, and expectorant. It should not be used in inflammatory diseases. It is said to have been used with benefit in cases of hypochondria, hysterics, spasmodic nervous diseases of females, and various other and assorted ills. Combined with Sulphate of horphia and Sulphate of guinea, it was useful in sick or nervous headache. It had also been used in spasmodic asthma, whooping cough, and when there was a need for nervous energy. The dose of the tincture, made by macerating four ounces in two pints of rectified alcohol, was from thirty to sixty drops. Water separated the resin and made the tincture milky.

BAYBERRY *Myrica Cerfera*. This plant is common to many parts of the United States, especially New Jersey, growing in damp soils. The bark is the part used; also, the wax which is procured by placing the berries in boiling water, which melts and congeals on becoming cool. The bark of the root is the most active, and should be collected in late fall. Bayberry bark is stimulant and astringent in doses of from twenty to thirty grains of the powder and it is said to have been successfully used in scrofula, jaundice, diarrhea, and dysentery. Combined with powdered Bloodroot, it formed an excellent application to indolent ulcers, and had been used to cure polypus in the nose. In the form of poultice alone, or combined with Elm, it is said to be of service when applied to scrofulous tumors or ulcers. The decoction formed an excellent wash for sore mouth and throat, for tender, spongy, and bleeding gums. Bayberry wax is of a pale, grayish-green color, nearly inodorous, and slightly bitter. It is insoluble in ether, alcohol, or water, but boiling alcohol dissolved it. It is astringent and slightly narcotic, and is said to have been successfully used in powder for epidemic typhoid dysentery, the dose being one drachm repeated three or four times a day.

BEECH DROPS. *Orobanche Virginiana*. This is a parasitical plant found in most parts of North America, growing upon the roots of Beech trees. The plant has a nauseously bitter taste and had been used for hemorrhages, diarrhea, etc. It was also beneficial as an application to obstinate ulcers, gangrenous ulcers, and leucorrhoea. Its decoction was used in gleet, and as a wash in ulcerated mouth. The dose of the powder was from ten to fifteen

grains.

BEEF GALL. *Fel Bovinum*. Ox-gall, when dried by spontaneous evaporation, forms a tonic and a laxative substance, which had been successfully used in torpor of the liver, jaundice, dyspepsia, colic, costiveness, and diarrhea. The dose was from one to ten grains. Five parts of dried gall neutralized the constipating and narcotic effects of one part of opium without injuring its sedative influence.

BELLANDONNA. *Atropa Belladonna*. This is a perennial plant native to Europe, having a faint odor and a sweetish, rather nauseous taste. In large or improper doses, it is an energetic narcotic poison. In medicinal doses, it is anodyne, antispasmodic, and carminative being exceedingly valuable in spasms, epilepsy, neuralgia, whooping cough and all diseases involving the nervous system. It was considered by some practitioners to be a preventive of scarlet fever. The dose of the leaves in powder was one or two grains, once or twice a day; of the extract from one-eighth to one-half a grain. The extract was also used as a local application for dilating the pupil of the eye in various operations on that organ. Atropia or Atropine is the name given to the alkaline principal of Belladonna.

BALM. *Melissa Officinalis*. This is a perennial plant, common to Europe and this country, and which should be gathered just before flowering. It is moderately stimulant, and diaphoretic. A warm infusion is of service in febrile diseases, causing perspiration. It was also used to assist menstruation, and to relieve painful menstruation. It can be drunk freely; in fevers, the addition of lemon juice renders it more agreeable.

BALM OF GILEAD. *Populus Canadicans*. A tree growing in the northern parts of this country. The buds were considered stimulant, tonic, diuretic, and antiscorbutic. A tincture of them, in doses of from one to four fluidrachms, has been of service in affections of the chest and kidneys, scurvy and rheumatism. Steeped in oil or lard, they form an ointment said to be useful in some contagious diseases, local rheumatism, tumors, and bruises. The buds of the Balsam Poplar, or Tacamahac, *Populus Balsamifera*, possess similar virtues. Its bark is tonic and cathartic and is said to have been of value in gout and rheumatism, taken internally.

BALMONY. *Chelone Glabra*. A valuable perennial, medicine plant, common to the United States, having no odor, but extremely bitter. It is tonic,

cathartic, and anthelmintic. As a cathartic it was beneficial in jaundice, disorders of the liver, and worms. In small doses, it formed a tonic for dyspepsia, loss of appetite, debility of the digestive organs, and during convalescence from debilitating diseases. The dose of the powdered leaves was one drachm; of the tincture, one or two fluidrachms; of the decoction, one or two fluidounces. For worms, the decoction was used internally, and by injection, (enema) combined with the tincture of Asafetida. An ointment made of the fresh leaves formed an excellent application to painful and inflamed tumors, inflamed breasts, piles, etc.

BETHROOT *Trillium Pendulum*. This is a perennial plant, common to the middle and western states, and grows in rich soils. There are several species, all of which have medical properties. The root is astringent, tonic, and antiseptic, and has been efficient in bleeding from the lungs, kidneys, womb, and stomach, and in excessive menstruation, cough, asthma, and difficult breathing. Boiled in milk it was also used for diarrhea and dysentery. It was used in powder or strong infusion. The dose was one teaspoonful and the decoction was also useful as a local application to ulcers, and sore mouth. The root, made into a poultice, was helpful in tumors, indolent or offensive ulcers, carbuncle, stings of insects, and to restrain mortification. An infusion of equal parts of Bethroot and Bugleweed was highly recommended in diabetes.

BITTER ROOT. *Apocynum Androseamifolium*. This is a perennial plant common to most of North America, growing in dry, sandy soil, and exuding a milky juice when any part of it is bruised or wounded. The root has a bitter taste, and is laxative and tonic. It was found very efficient in dyspepsia, chronic affections of the liver, constipation, and in typhoid diseases. The dose of the powder was twenty or thirty grains as a laxative; and five or ten grains as a tonic. Forty to sixty grains caused vomiting.

BARBERRY. *Berberia Vulgaris*. This is a shrub found along the Atlantic coast from Canada to Virginia. The bark and berries were used. The bark is bitter and possesses tonic and laxative properties, and has been used for jaundice in doses of a teaspoonful of the powder, as well as for chronic diarrhea and dysentery. The bark from the root is most efficient. A decoction of the berries forms an agreeable acidulous draught, in fevers, dysentery, diarrhea, Cholera-infantum, painters colic, etc. A decoction of the Bark or berries was useful as a gargle in ulcers of the mouth, as a wash for chronic inflammation of the eyes, etc.

BITTERSWEET. *Solanum Dulcamara.* This is a woody vine common to Europe and America. The root and tutus are used in medicine. It was said to possess feebly narcotic, alterative, and diuretic properties. It was used in scaly contagious diseases, syphilitic affections, rheumatism, scrofula, jaundice, and obstructed menstruation. The dose of the decoction or syrup was one or two fluidounces; of the extract, from two to five grains. The decoction was reputed to be an antaphrodisiac, and is said to have proved effective in mania in which the sexual desires were strongly manifested. A very efficient syrup for scrofula was prepared from the twigs of Bittersweet, Stillingia, and Yellow Dock root, equal amounts. Made into an ointment with lard, it formed an excellent discutient to painful tumors, ulcers, and some forms of contagious diseases. In large doses, Bittersweet causes nausea, vomiting, drowsiness, etc.

BLACK ALDER. *Prinos Verticillatus.* This shrub is common to the United States, the bark and berries being the parts used. The bark is tonic, alterative, and astringent, and was used with success in jaundice, diarrhea and is said to have caused vertigo, impaired vision, nausea, vomiting, and an abatement of the piles, but without serious narcotic influence.

BLACK HAW. *Virburnum Prunifolium.* This is a small tree growing in the middle and southern states. Its bark and especially that of the root, is tonic and astringent. A decoction was used in chronic diarrhea and dysentery, and in palpitation of the heart. It was also found useful as a gargle for ulcers of the mouth and throat and as a wash for chronic inflammation of the eyes and as an injection in leucorrhoea, and relaxation of the vaginal walls. It also acted as a uterine tonic, and was said to be helpful to women subject to frequent miscarriages, using it a few weeks prior to the aborting period, and continuing its use throughout the remainder of the pregnancy. Dose of the powder was from half a drachm to a drachm; of the decoction, one tablespoonful several times a day.

BLACK PEPPER. *Piper Nigrum.* A perennial vine growing in various parts of the Indies. The dried unripe berries of which form the black pepper of commerce. They are stimulant, and were used to correct flatulence, and arouse debilitated stomachs. The dose was from five to twenty grains. It was very common as a condiment. Piperin was a yellow crystalline substance prepared from Black Pepper, having no odor and very little taste. It was used in fever, colic, diarrhea, and scarlet fever. The dose was from one to eight grains.

BLACK WILLOW. *Salix Nigra*. Also known as **PUSSY WILLOW**. This is a tree found growing in many parts of North America, along rivers and the branches were used in making baskets, etc. The bark is rough and blackish, and when powdered and simmered in cream, formed an excellent poultice in mortification and foul and indolent ulcers. Internally it is a bitter tonic and was used in fever and ague. The buds in a decoction, drank freely, were a powerful antaphrodisiac, suppressing sexual desires for a long time, and were highly recommended for the treatment of spermatorrhea.

BLOODROOT, *Sanguinaria Canadensis*, This is a perennial plant, found in most parts of the United States. It grows in rich, light soil, and the dried root has a faint odor. It has an acrid, bitter taste. It is a stimulant narcotic, emetic, expectorant, alterative, escharotics, and errhine, and exercised a powerful influence on the system. From three to five grains every three or four hours, stimulates the digestive organs, and accelerates the circulation. Ten or twenty grains acted as an emetic, with depression of the pulse: half a grain to two grains was the dose as an alterative: five to ten grains cause nausea. Overdoses caused alarming symptoms. It was used successfully in pulmonary and liver affections, catarrh, croup, whooping cough, jaundice, rheumatism, dyspepsia and dropsy of the chest. As a snuff it has been used alone or with Bayberry bark, for headaches. An infusion of the fresh root in vinegar is said to have cured warts, tetter, and ringworm.

BLUE COHOSH. *Caulophyllum Thalictroides*. This is a perennial plant, growing in low, moist, rich grounds, in various parts of the United States. The root was a uterine tonic, and antispasmodic, and was used in all derangements of the menstrual function, as well as, rheumatism, colic, cramps, hysterics, and epilepsy. For ulcerations of the mouth and throat, it was used alone or with Golden Seal. The dose of the decoction was from two to four fluidounces, three or four times a day: of the tincture from half a fluidrachm to a fluidrachm. The alcoholic extract was also used in uterine difficulty, and was combined with Senecin, Cimifugin, Aletridin, or Extract of High Cranberry bark, The dose was from one to five grains, three times a day.

BLUE FLAG. *Iris Versicolor*. This is a perennial plant, growing in low, wet places, all over the United States. The root has a nauseous acrid taste, and a peculiar smell, It is cathartic, alterative sialogogue, and diuretic, and was used with success in scrofula, syphilis, dropsical diseases, chronic affections of the liver, spleen, and kidneys, dyspepsia, rheumatism, and constipation. In

obstinate affections of the various organs, they were rendered susceptible to the influence of the remedies administered by first salivating with a mixture of equal parts of Blue Flag, Mandrake, and Prickly Ash bark. Of which from five to ten grains are given every two or three hours, and which acted as a powerful alterative, causing a copious salivation without injuring the teeth or gums. The dose of Blue Flag in powder was from five to twenty grains: of the tincture, from ten to sixty drops; of the alcoholic extract, from half a grain to two grains, three times daily.

BONESET. *Eupatorium Perfoliatum*. This is a perennial plant, common throughout the United States, and known also by the name of Thoroughwort. The tops and leaves in cold infusion, powdered or extract, was said to be an excellent tonic, useful in remittent, intermittent, and typhoid fevers, dyspepsia, and general debility. The warm infusion is emetic and diaphoretic and had been efficient in intermittent and other febrile diseases, epidemic influenza, catarrh, colds, etc., whenever a diaphoretic or emetic was required. It was likewise administered to promote the action of other emetics. Externally, it has been used as a fomentation to painful and inflammatory parts, being used alone or with Hops, Tansy, etc. The dose of the powdered leaves, were from ten to twenty grains; of the extract; from two to four grains, of the infusion, from two to four fluid ounces.

BUCKHORN BRAKE. *Osmunda Regalis*. This is a beautiful fern, found growing in moist grounds in various parts of the United States. During the latter part of May, and in the month of August, the root should be gathered, and, as it is very liable to moldiness, much care should be used in drying it. It is mucilaginous and tonic. Used in coughs, diarrhea, and dysentery, and also used as a tonic during convalescence from exhausting diseases. One root infused in a pint of water, (hot), for one half hour, will convert the whole into a thick jelly. It was used in leucorrhoea, and other female weaknesses, and is said to have been an almost certain cure for rickets, in doses of a wineglassful, several times a day. The mucilage, mixed with brandy, was a popular remedy as an external application for sprains, and weakness of the back. When used externally, the roots were placed in hot water, and the mucilage thus formed was sweetened with sugar, and when there was no contra-indications, it was flavored with brandy, cinnamon, nutmeg, or ginger.

BUGLEWEED. *Lycopus Virginicus*. This is a perennial plant, found in moist and shady places, in most parts of the United States. It has a slightly bitter

taste, and a peculiar balsamic odor. It appears to possess sedative, tonic, and astringent properties; allaying irritation, diminishing the frequency of the pulse, lessening a cough, and checking hemorrhages. It was used in incipient consumption, bleeding from the lungs and stomach as well as diseases of the heart, chronic diarrhea, dysentery, and diabetes. Dose of the powdered leaves was from one to two drachm; of the infusion, from two to four fluid ounces.

BURDOCK. *Arctium Lappa*. This is a biennial plant, well known in this country and Europe. The root was said to be alterative and diuretic, and was used in treating scurvy, gout, leprosy, syphilis, and diseases of the kidneys. However, the effectiveness depended on the length of time it was used. An infusion of the seeds was said to be more active than that of the root, and was used successfully in cases where the person was susceptible to boils, sty on the eye, etc. An ointment of the leaves, or their juices, proved beneficial in contagious diseases, and obstinate ulcers, Dose of a decoction, or syrup, a wineglassful several times a day. Of the extract, from five to ten grains.

BUSH HONEYSUCKLE. *Diervilla Canadensis*. This is a woody shrub, found growing in various parts of the United States. Its roots, leaves, and tutus, freely used in cold infusion, are said to be diuretic, astringent and alterative, and were used with apparent success in inflammation of the bladder and in diseases of the kidneys. The root was recommended in treatment of syphilis, in the form of a syrup or decoction. Applied externally. It was reputed to stop the burning itching of poison ivy vines.

BUTTERNUT. *Juglans Cinerea*. Also know as the White Walnut. The inner bark of the root of this well-known tree is a pleasant and mild cathartic, suited to cases of habitual constipation, and where moderate catharsis is desired. It was usually administered in the form of extract, the dose of which was from ten to thirty grains.

BUTTON SNAKEROOT. *Liatris Spicata*. This is a perennial plant, common to the United States, having tuberous roots; there are several species that possess analogous medicinal virtues. The roots are diuretic and in doses of from two to four fluid ounces of the decoction had been helpful in treating gonorrhoea, gleet, and some affection of the kidneys; combined with equal parts of Unicorn root and Bugleweed. A decoction is said to have been useful in treating Brights disease. A decoction of the root formed an excellent gargle for sore throat and it is said to have been useful in treating snakebites.

CALCINED or BURNT DEER'S HORN. *Cornu Cervine Datum.* In the interval between August and December, the horns of the deer, *Cervus Virsinianus*, are in velvet. During this time only, the horns which have fallen, are collected, coarsely rasped, and the rasping placed in a vessel of iron. It is then tightly sealed, or covered, and placed in an oven where it is subjected to a heat of 196 to 200 degrees F. for 48 hours, or until the rasped horn turns the color of light chocolate or roasted coffee, and can be easily powdered by titration. This done, let it cool and reduces the burnt rasping to powder and seal in a vial. This preparation was a powerful styptic and was said to be of much efficiency in flooding of the womb, or excessive menstruation. For flooding, a teaspoonful of the powder was added to a gill of hot water and a tablespoonful of this given every five or ten minutes; or a teaspoonful of the powder was given every half-hour. Generally, the first dose, if sufficiently large enough, was said to have diminished the flow, and it was rare that over three doses was required to permanently check it.

CANADA FLEABANE. *Erigeron Canadense.* This is an annual plant, growing in northern and middle parts of the United States. The plant should be gathered while it is still in bloom. It possesses diuretic, astringent, and tonic properties and was found useful in diarrhea, gravel, diabetes, dropsical affections, painful urination, and affections of the kidneys. Dose of the infusion was from two to four fluid ounces, three or four times per day. A volatile oil was prepared from it which had been found useful in diarrhea, dysentery, and bleeding from the lungs, stomach, and kidneys. In excessive menstruation and flooding, it was said to be a prompt and efficient agent. Dose of the oil was from four to six drops on sugar, or dissolved in alcohol and given in a little sweetened water every five or ten minutes.

CANELLA. *Canella Alba.* This is a South American tree. Its bark is an aromatic stimulant and gentle tonic. It was useful in debility of the digestive system. It was often added to tobacco, to remove its disagreeable odor when smoked and to give a pleasant aroma to the atmosphere of the smoking room.

CANTHARIDES. Also called **SPANISH FLIES.** These insects, *Cantharsis Vesicatoria*, were obtained from various parts of Southern Europe. They are diuretic and stimulant and were occasionally given to patients with chronic gonorrhoea, gleet, etc. Dose of the powdered Cantharides, from half of a grain to two grains; of the tincture, from twenty to forty drops, repeated three or four times a day. *In large doses, its use is dangerous, producing painful and*

violent inflammatory symptoms. Applied externally, Cantharides cause redness and vesication, and they were much used for this purpose in the form of an ordinary blister plaster. The Potato Fly, *Cantharides Vittata*, of this country, possesses similar properties with the foreign insect; as also some other species of the United States.

CASTOR OIL. *Oleum Ricini.* This oil is obtained from the seeds of the Castor oil bush, *Ricinus communis*, by expression in this country; but in some other places, by decoction or tincture. The oil obtained by expression is the best; it is thick and faintly odorless, colorless, and with a nauseous and somewhat sweetish taste. Castor oil seeds are DANGEROUS. Twenty of them have proven fatal. Used externally, it has proven effective in itch, ringworm, and other skin irritations.

CATNIP. *Nepeta Cataria.* This is a perennial herb common to most parts of this country, and Europe. The tops and leaves have a strong, unpleasant, aromatic odor, and a bitter taste, and yield their virtues to boiling water. The warm infusion is diaphoretic and carminative, and was much used in fevers, colds, and the acute diseases of infants, as a drink. It was very useful in the flatulent colic of children. It was likewise used for a painful headache, hysterics, and suppressed menstruation. The infusion was drunk freely. The expressed juice of the herb was taken in tablespoonful doses three or four times a day.

CITRIC ACID. *Acidum Citricum.* This acid is obtained from lime or lemon juices though it exists in many other fruits. In solution, citric acid is refrigerant and antiscorbutic, and forms a very beneficial drink in fevers, scurvy, acid stomach, and some forms of headache. A good lemonade is made by putting a teaspoonful of the following mixture to a pint of water: citric acid one ounce and a half; white sugar, one pound; powder these, and mix together with oil of lemon, five drops.

CLEAVERS. *Gallium Aparine.* This is an annual plant common to this country and to Europe. When dried it has an acidulous, bitter, astringent taste and no odor. There are several species that possess similar properties. The whole herb was used in infusion as a refrigerant and diuretic, in suppression of urine, gravel, inflammation of the kidneys, bladder, and for scalding urine. In fevers and all acute diseases it was drunk freely, and was found useful in treating psoriasis, eczema, lichen, cancer, lepra, and other contagious eruptions. The best form of administration was that of the inspissated juice,

which was given in one or two teaspoonful doses, three times a day. The infusion was made by adding two ounces of the herb to a pint of boiling water, then letting them stand for three or four hours, and when cold, drank freely.

CLOVES. *Caryophyllus Aromaticus*. This is a tree native to tropical climates. The flowers, collected before they are fully developed, form the cloves of commerce. They are aromatic and stimulant, and were used in flatulency to give tone to the digestive apparatus to lessen nausea or vomiting, and to correct the taste of other remedies. The dose in powder was five or ten grains. The Oil of Cloves was frequently used for the same purposes and as an external counter-irritant. Its dose was from two to five drops on sugar. Placing it into the cavity of the decayed tooth frequently relieved a toothache.

COMFREY. *Symphytum Officinale*. This is a European perennial plant, cultivated in this country. The root is the part used. It has a very faint odor, and a mucilaginous taste. It is a demulcent, and somewhat astringent, and was of service in diseases of the mucous tissues, and in scrofulous and anemic habits. It was also useful in diarrhea, dysentery, and coughs, bleeding from the lungs, leucorrhoea and female debility. It could be boiled in water, wine, or made into a syrup, and was taken in doses of from one to four fluid ounces, two or three times a day. The fresh root, bruised, formed an excellent application to ulcers, sore breasts, fresh wounds or bruises.

COMMON SILKWEED. *Asclepias Syriaca*. This perennial plant, also known by the name of SILKWEED, is common throughout the United States. Upon being wounded, the plant releases a milky juice, which, it is said, will cure warts when rubbed upon them. The root possesses diuretic, alterative, emmenagogue, and anodyne properties. It was used in dropsy, retention of urine, suppressed menstruation, dyspepsia, scrofula, and rheumatism. Both the milk and the root are anodyne. Dose of the powder was from eight to twenty five grains; of the decoction; from one to three fluid ounces; and of the tincture; from ten drops to a fluidrachm.

COTTON. *Gossypium Herbaceum*. This is an annual herb, a native of Asia, but once was extensively cultivated in the southern United States. The inner bark of the root is emmenagogue, parturient, and abortive. Southern, female slaves for producing abortion used a strong decoction of the bark and it is said that this was done without any apparent injury to their health. A tincture made with sweet spirits of nitre, was used in cases of painful or suppressed menstruation. The decoction was found to invigorate the uterine contractions

during labor. The bark rapidly loses its virtues through drying.

DANDELION. *Taraxacum Dens-Leonis.* This is a perennial herb, common to most parts of the globe, the root of which, when fresh, possesses diuretic and apparent properties, which are increased by the addition of Cream of Tartar. It was used in affections for the spleen, liver, dropsy, and diseases of the skin. The presence of acute inflammation or acute or irritable conditions of the stomach or bowels, contra-indicate its employment. Dose of the decoction was from one to two fluid ounces, three or four times a day; of the extract; from five to thirty grains. The fresh root gathered in the autumn in the best.

DOGWOOD. *Cornus Florida.* This is a small tree common to the United States. The bark of which was used in medicine as a tonic, astringent, and antiperiodic. It was considered by many as a good substitute for Peruvian bark in intermittent fever, and was used in all cases where quanta was indicated, as in periodical fevers, typhoid fever, etc. Dose of the powdered bark was from ten to sixty grains, as often as required; of the extract, five to ten grains.

DIGITALIS. *Digitalis Purpurea.* This is a biennial plant, growing in temperate parts of Europe and is also known by the name of FOXGLOVE. The leaves are the parts used; they are faintly odorous, have a nauseous and bitter taste, and impart their virtues to water, ether, alcohol, or diluted acids. In large doses, Digitalis is a narcotic poison; in medicinal doses, it is a sedative and diuretic, reducing the pulse and increasing the urinary discharge. As it was liable to accumulate in the system, developing its poisonous symptoms suddenly. When it was given for long periods of time, in small doses, its effects were closely watched. It was much used in all febrile and inflammatory diseases, palpitation of the heart, spitting of blood, whooping cough and asthma, and in dropsy connected with a diseased heart or kidneys. The dose of the leaves in powder was from one to three grains two or three times a day; of the tincture from ten to fifteen drops. Its poisonous effects were best overcome by the free use of warm fluids to cause vomiting, with brandy or wine, or other stimulants to counteract the depression: and also mustard to the ankles and wrists.

DWARF ELDER. *Aralia Hispida.* This is a perennial under shrub growing from New England to Virginia, and flowering from June to September. The bark of the root is diuretic and alterative. An infusion was of value in dropsy, gravel, suppression of urine, and other urinary disorders. It was taken in wine

glassful doses, three or four times a day. A warm infusion of the leaves is sudorific. The juice or decoction of the fresh roots was said to be emetic and hydragogue and was found helpful in dropsy.

EGG. *Ovum*. The common hens egg consists of an external shell, a lining membrane, the white and the yolk. The white, *albumen ovi*, was used as a demulcent in cases of irritation or inflammation of the mucous membrane of the stomach and bowels. It was also an antidote to several poisons, as the salts of copper, corrosive sublimate, etc. Agitated with alum, the white forms an astringent mixture, which was useful in some forms of chronic ophthalmia, as a poultice. The yolk, *vitellus ovi*, was used in preparing mixtures, emulsions, etc. It is nutritious and slightly laxative, and will, on account of its easy digestibility, be found useful in dyspepsia, nervous debility, etc. When the yolk is heated it forms a granular, solid mass, which by expression, yields a fixed oil, which was found useful as an application to sore nipples.

ELDER. *Sambucus Canadensis*. This is a well-known shrub, the flowers, berries, and inner bark of which were used for medicine. The warm infusion of the flowers was diaphoretic and gently stimulant; a cold infusion was said to be diuretic, alterative, and cooling, and was much used in erysipelatous diseases, hepatic derangements of children, etc. Also, it was used in rheumatism, scrofulous and syphilitic diseases. In combination with beech drops and maidenhair, they were said to form a valuable infusion in erysipelas. The expressed juice of the berries evaporated to a syrup, was used as a purge in the dose of one ounce: it also possesses, so it is said, diuretic and alterative properties. The inner green bark is cathartic and diuretic, and was taken in a vinous infusion, or, the expressed juice was used, the dose of either being one or two tablespoonfuls. Infused in wine, the bark had been found very helpful in dropsy following scarlet fever and other febrile and eruptive diseases. Pounded with lard or cream, the bark forms an ointment that was useful in burns, scalds and some diseases of the skin. It is said that the expressed juice of the root formed an efficient diuretic and hydragogue cathartic in all dropsical diseases.

ELECAMPANE. *Inula Helenium*. This is a perennial plant, native of Europe and Japan and cultivated in this country. The root should be gathered in the autumn in the second year of its youth. It has a pleasant odor. and a spicy, bitterish taste. Elecampane root is a stimulant and tonic, and is also said to be diuretic and expectorant. It was much used in chronic affections of the lungs

and air tube, dyspepsia, debility of the stomach, torpor of the liver etc. Externally, the decoction forms a good application in itch, fester, and other skin diseases. Dose of the powdered root was from one scruple to one drachm; of the infusion or decoction, one or two fluid ounces.

FALSE BITTERSWEET. *Celastrus Scandens*. This is a woody, twining shrub, common to the United States, having a long, creeping, bright orange-colored root and a thick red, bark, which had a sweetish, rather nauseous taste. This root bark is alterative and diuretic, with slight narcotic posers, and is said to have been used successfully in scrofula, secondary syphilis, chronic disease of the liver, diseases of the skin, rheumatism, leucorrhoea, and obstructed menstruation. The dose of the decoction was from two to four fluid ounces three or four throes a day; of the extract; from five to ten grains. Externally, it is said, an ointment of the fresh root was used in inflamed and indurated breasts of nursing mothers.

FEVERFEW. *Pyrethrum Parthenium*. This is a European perennial plant introduced into this country. The herb in warm infusion was an excellent remedy, so it is said, in colds, flatulency, worms, irregular menstruation, hysterics, suppression of the urine, and in some febrile diseases. It could be drunk freely. The cold infusion, or extract, made a valuable tonic. A poultice of the leaves was useful in severe pain or shelling.

FIGWORT. *Scrophularia Nodosa*. This is a European perennial plant introduced into this country. The leaves and roots were the parts used; they have a nauseous odor, and a disagreeable, bitter, or sub acid taste. Figwort is alterative, diuretic, and anodyne; and was effective in liver diseases, scrofula, dropsy, and diseases of the skin, and as a general deobstruent to the glandular system. Dose, in infusion or syrup, from two to four fluid ounces, three times a day. Externally, in fomentation or ointment, it was valuable in bruises, ringworm, piles, inflammation of the breasts, itch, etc. A decoct of the root, drank freely, was said to restore the lochial discharge, and to relieve painful menstruation.

FIREWEED. *Erechthites Hieracifolius*. This is a rank, annual weed, common to the United States. It emits a peculiar, aromatic, and fetid odor, and has a bitter, slightly astringent, rather disagreeable taste. The whole plant was used as a tonic astringent, and alterative, exerting a beneficial influence, especially on mucous tissues. An alcoholic extract of the plant, it is said, proved very useful in diarrhea, summer complaint of children, and in dysentery. It was

said to promptly allay the pain in dysentery, check the discharge of bloody mucous, and hasten a cure. The volatile oil of Fireweed, obtained by the distillation of the fresh plant with water, has a strong and rather unpleasant odor, and a disagreeable, pungent, bitter taste. It was to have been used with advantage, in trooping cough, hysteria, hiccough, colic, and spasmodic affections of the stomach and bowels. Its dose was from five to ten drops on sugar, or rubbed up with Gum Arabic mucilage. When rubbed with Extract of Stramonium, it is said to form a valuable local application for piles.

FLAXSEED. *Linus Usitatissimum.* Flax is a well-known annual plant, the seeds of which, as well as the oil procured from them, are used in medicine. An infusion of Flaxseed is demulcent, and nutritive, and was much used in cough, catarrhal affections, and inflammation of the urinary organs, bowels and lungs. One ounce of the seeds not bruised was infused in a pint of hot water, and was sweetened with honey or loaf sugar, and flavored with lemon juice; the dose was one or two pints daily. Used as an injection, the infusion was employed with benefits in dysentery, piles, and threadworms in the rectum. It is said that piles have been cured in a few weeks, by the use of linseed oil, in one half-gill doses, repeating twice a day and avoiding while using it, all liquors and stimulating foods. It has also been given with advantage in colic, for the removal of the long round worm, and in dysentery. It is said that a combination of linseed oil and limewater was an effective remedy for burns.

FROSTWEED. *Helianthemum Canadense.* This is a perennial herb, common to dry, sandy soils, throughout the United States, and flowering from May to July. It is also known by the name of RockRose, Frost Plant, etc. It is tonic, astringent, and alterative, and was used either in decoction, syrup, or fluidextract. It was a valuable agent in treating scrofulous diseases, and combined with Turkey Corn and Stillingia, was said to be effective cures in secondary syphilis. The decoction was administered in diarrhea, and used as a gargle in ulcerations of the mouth and throat, attending scarlet fever and other disease, and as a wash in scrofulous ophthalmia, and various affections of the skin. The fluidextract was the best for internal use. Its dose was one or two teaspoonfuls, three or four times a day. Externally, the leaves are said to have been beneficial applied as a poultice to scrofulous tumors and ulcers.

GARLIC. *Allium Sativum.* This is a well-known perennial plant, the bulb of which is the part used. It is stimulant, diuretic, expectorant, and reubefacient;

when taken internally, it has been useful in coughs, hoarseness, catarrhs, whooping cough, worms, and in the nervous and spasmodic coughs of young children. The dose of Garlic, when eaten varies from twenty grains to three drachms: of the juice mixed with sugar, from a half teaspoonful, to a teaspoonful. When eaten too freely, it is apt to disorder the stomach, causing distress and flatulency, with headache, and febrile restlessness. Some cases of deafness was said to have been cured by placing in the ear, a few drops of a mixture of equal parts of Garlic juices, Glycerin, and Oil of Sweet Almonds. Externally, the bruised bulbs, applied as a poultice over the bladder, was said to have produced a flow of urine in cases where this discharge was suspended from debility of the bladder. They were also applied, as a counter irritant, along the spine and to the chests of infants and young children in inflammation of the lungs, and to the feet and limbs in fevers and affections of the head.

GINGER. *Zingiber Officinale*. This well-known article is the root of a biennial plant, found growing in the East and the West Indies. It is stimulant, rubefacient, errhine, and sialagogue. It was used for dyspeptic habits, flatulency, hysterics, nausea, pains and cramps in the stomach and bowels, etc. It was frequently used to disguise other medicines, and the dose was from ten to twenty grains: of the infusion, one or two tablespoonfuls. A large amount taken internally was thought to produce serious effects. Combined with Black Billow bark, it formed an excellent poultice for indolent ulcers; and was at times used for a local remedy in relaxed palate, and paralysis of the tongue.

GERANIUM. *Geranium haculatum*. This is a perennial plant common to the United States, and also known by the names of Crowfoot, Cranesbill, etc. The root should be gathered in the latter part of the fall. When dried, it is flattish, rough, knotty, and dark brown externally. Internally, it is dingy white, with a reddish tinge, having a feeble odor, and an astringent, slightly bitter taste. Water or alcohol extracts its virtues. Geranium is a powerful astringent and was used in chronic dysentery and diarrhea and in cholera infantum in infusion with milk. And both internally and externally it was used whenever astringents were indicated, as in hemorrhages, indolent ulcers, ulcerated mouth and throat, chronic ophthalmia, gleet, excessive menstruation, diabetes, leucorrhoea, and all chronic mucous discharges. Relaxed palate was supposed to have been helped by gargling with a decoction of the root; and bleeding piles were supposed to have been cured by injections of the decoction

into the rectum. As it is not nauseous, it is well adapted to most fastidious stomachs. The root reduced to an impalpable powder and applied to leech bites, wounds from small vessels, nose bleeding, etc. covering the part with cotton, will at once check the flow of blood. Dose of the root in powder from five to thirty grains; of the decoction, one or two tablespoonfuls, three or four times a day.

GINSENG. *Panax Quinquefolium*. This is a perennial plant, common to most of the middle and southern states. The root is spindle-shaped and when dried is wrinkled and yellowish white externally, with a faint odor, and an agreeably bitter taste. It is a mild tonic and stimulant, useful in loss of appetite, slight nervous debility, weak stomach, etc. The dose of the powder was from ten to sixty grains; of the infusion, from two to four fluid ounces.

GOLDEN SEAL. *Hydrastis Canadensis*. This is a well-known perennial plant, growing throughout the United States, more especially in the west. The root stock is crooked, knotty, wrinkled, one or two inches long, giving off a number of long yellow fibers; it is of a bright yellow color, has a faint narcotic odor when it is dried, and an exceedingly bitter taste. It is a powerful tonic, and exerts a special influence upon mucous surfaces and tissues. It was said to be effective in dyspepsia, chronic affections of the mucous coat of the stomach, typhoid and intermittent fevers, and wherever tonics were indicated. A local application, the decoction was said to be of advantage in some forms of ophthalmic diseases. A decoction of four parts of Golden Seal and two of Geraniums was used in treating gleet and chronic gonorrhoea, leucorrhoea, spermatorrhea and inflammation and ulceration of the internal coat of the bladder, being used in infection. A decoction of Golden Seal and Blue Cohosh, used as a wash or a gargle, was useful in sore mouth or throat. Dose of the powdered root, from ten to twenty grains; of the decoction, one or two tablespoonfuls.

GROUND IVY. *Nepeta Glechoma*. This is a perennial herb, with a creeping stem, common to the United States and Europe, and known in some places by the name of Gillover-the-ground. The leaves were the parts used. They have a disagreeable odor, and a rough, bitter, and somewhat aromatic taste. They were tonic, stimulant, and pectoral, and were recommended in diseases of the lungs, kidneys, asthma, jaundice, etc. An infusion was said to prevent and remove painters colic when used daily. The fresh juice, snuffed up the nose is said to have cured the most inveterate headache. Dose of the leaves; in

powder, was from thirty to sixty grains; of the infusion, one or two fluid ounces.

GROUND CENTAURY. *Polygala Nuttalli*. This is an annual plant growing on Long Island, Martha's Vineyard and from Rhode Island to Louisiana. The stem is eight to ten feet high; leaves linear, acutest, and scattered; flowers, rosepurple: seeds, black. The plant is sometimes found growing in bunches of fifteen or twenty stems from one root and on the root will be observed something resembling a nearly developed flower. It grows in very poor soil, and flowers in August. This plant had the reputation of being almost infallible as a remedy in fever and ague. Two or three drachms of the plant made into a strong decoction acted as a cathartic. It was a useful tonic and alterative, and said to be very beneficial in boils, some eruptions of the skin, and especially in erysipelas. Two drachm of the plant to a pint of whiskey and taken three times a day, in tablespoonful doses, was found very useful in these diseases, proving actively diuretic.

GUN HEMLOCK. This is the concrete juice of the Hemlock Spruce, *Abies Canadensis*, a tree common to Canada, and the mountains of New England. The gum, also known by the name of Canada Pitch, is of a dark yellowish-brown color, easily powdered, and having a faint odor, but little taste. It dissolves in alcohol, and melts at a heat of 198 degrees F. Gum Hemlock was a mild rubefacient and was used for the same purposes as Burgundy Pitch, which it resembles in its properties. A tincture of the gum is said to be diuretic and stimulant. The volatile oil or Oil of Hemlock has been used in form of a liniment as an application to the throat in croup, to parts affected with rheumatic pains, and in other affections requiring a local stimulant. The Essence of Hemlock, in doses of five or ten drops in water, repeated every ten or twenty minutes, has proved efficacious in irritation of the stomach, and in checking vomiting. A strong decoction of the bark of the tree, was said to be useful in leucorrhoea and diarrhea, and as a local application in gangrene.

HELONIAS. *Helonias Dioica*. This is a perennial herb common to the United States and known also by the name of False Unicorn root. The root is the part used; it is tapering, fibrous, about an inch and a quarter in length, and from two to six-eighth of an inch in diameter, very hard, transversely wrinkled, the end appearing as though it had been cut or bitten off. It has a feeble, peculiar odor, and a bitter taste. Helonias is tonic and diuretic, and vermifuge: in large doses, it is emetic; and when fresh, sialagogue. In doses of from five to ten

grains of the powdered root, repeated three times a day, it had proved effective in dyspepsia, loss of appetite, worms, colic, etc. It was an excellent uterine tonic, gradually removing debility of the womb, and giving it strength and energy. Leucorrhoea and painful or suppressed menstruation have been cured, so it is said, by its use. Dose of the powder was from ten to forty grains; of the decoction, from two to four fluidounces. The plant is said to kill cattle that feed on it, and its decoction, to kill insects, bugs, and lice. The *Helonias Bullata* possesses similar properties.

HEMP. *Cannabis Sativa*. This is a well-known annual plant, common to this country, but a native Persian plant, and a native of the northern parts of India. The concrete resinous exudation from the Asiatic plant is called churrus; it is narcotic, and was used in the place of Opium in all cases where that drug disagreed with the patient. It alleviated pain, exhilarates the spirits, promotes the appetite, and is said to augment the sexual passion. In large doses it causes delirium and a peculiar kind of intoxication. The dose of a good article is from half a grain to a grain; the churris of the shops use frequently so weak, as to require from ten to thirty grains to effect the system. It was used efficiently in cholera, neuralgia, rheumatism, tetanus, and insanity. A tincture of the resinous extract, made by dissolving three grains in a fluidrachm of proof spirit is said to have also been useful in a dose to correspond with that of the resin.

HAIR CAP MOSS. *Polytrichum Juniperum*. This is an evergreen plant found on poor, sandy, soils in the northern states. It is of a darker green color than the generality of mosses. A strong infusion of this plant is a powerful diuretic; two fluid ounces taken every half hour is said to have removed from dropsical patients, from twenty to forty pounds of water in the space of twenty-four hours. It has but little smell or taste, and never causes any nausea or disagreeable sensation to the stomach. It was very useful in fevers, inflammations, dropsy, gravel, and all urinary obstructions.

HARDLEAF GOLDENROD. *Solidago Rigida*. This is a perennial plant growing throughout the United States, and very common in the western prairies. It is a styptic plant and is said to have suppressed hemorrhages from large vessels by applying the powdered leaves locally. The leaves and blossoms are the parts used. Water or alcohol extracts their properties. They are tonic, astringent, and styptic, and are beneficial in all external hemorrhages, as bleeding from the nose, lungs, stomach, bowels, etc. They were used both

externally and internally in powder or infusion. In the form of poultice, they were applied to old ulcers. The oil is diuretic and the European Goldenrod, *Solidago Virgaurea*, is said to possess similar properties.

HIGH CRANBERRY. *Viburnum Opulus*. This is a shrub growing in rich soils of Canada, and the northern parts of the United States. It flowers in the month of June. The bark, also known as Cramp-bark, was the part used. It is a powerful antispasmodic, and was found very helpful in cramps, and spasms of all kinds, asthma, hysterics, and cramps during pregnancy. It was said to be highly beneficial to those who were subject to convulsions during pregnancy, or at the time of parturition, preventing the attacks entirely, if used daily for the last two or three months of gestation. A decoction or infusion of the bark in wine was used in doses of a tablespoonful, two or three times a day. A mixture of two ounces of High Cranberry bark, skullcap, and Skunk Cabbage. One ounce each, cloves, half an ounce, Capsicum two quarts of Sherry Wine, and allowed to macerate for ten or twelve days, was said to have formed an excellent preparation for the relief of spasmodic attacks; the dose was one or two fluidounces, three times a day.

HOARHOUND. *Marrubium Vulgare*. This is a well-known perennial herb; a native of Europe, but naturalized in some parts of this country, which has a peculiar, rather agreeable odor, and an aromatic, bitter taste. It is a stimulant tonic, expectorant, and diuretic, and was much employed in coughs, colds, catarrhs, and other diseases of the air passages. The infusion taken warm, caused perspiration, or, if the body was kept cool, caused an increase in the urinary discharge, and was said to be successfully used in asthma, jaundice, and suppressed menstruation. The cold infusion was said to remove worms and was efficient as a tonic in dyspepsia. Dose of the powdered herb, one drachm; of the infusion, or syrup, were from two to four fluid ounces.

HOPS. *Humulus Lupulus*. This is a well-known plant, the cones of which are tonic, hypnotic, antilithic, and anthelmintics. They were principally used as a sedative or hypnotic-promoting sleep, and relieving pain and irritability of the nervous system. A pillow stuffed with Hops, in hot water, was used as a popular remedy for procuring sleep. In the form of fomentation, either alone, or combined with lobelia, Boneset, or other bitter herbs, Hops had been beneficial in pleurisy, inflammation of the lungs, stomach, or bowels, and in painful swellings or tumors. Lupulin is the yellow powder procured by threshing the Hops, and was always preferable to the Hop, for internal use. It

was very useful in delirium tremens, wakefulness in connection with nervous irritation, anxiety, or exhaustion, and allay the pain of gonorrhoea. Its use did not disorder the stomach, nor cause constipation. The dose of Lupulin, were from six to ten grains of the powder; of the tincture, from a teaspoonful to a tablespoonful. The Ethereal Oil of Lupulin was made by allowing the tincture to evaporate spontaneously. It was very useful to allay pain, and to calm the nervous system, in doses of from ten to thirty drops.

HORSEMINT. *Monarda Punctata*. This is a well-known plant, common to the United States, which possesses carminative, stimulant, sudorific, diuretic, and antiemetic properties. The warm infusion or Essence was used in flatulence, nausea, vomiting, suppressed menstruation, and to produce perspiration. If the body were kept cool, it acted as a diuretic, and was useful in suppression of urine, and other urinary disorders. It could be drunk freely and the Volatile Oil was much used to allay nausea and vomiting, and as an antispasmodic. Its dose was from one to two or six drops, on sugar; of the Essence, from ten to forty drops in sweetened water.

HORSERADISH. *Cochlearia Amoracia*. This is a well-known plant; perennial and succulent. The fresh root is stimulant, diuretic, anti-scorbutic and rubefacient. The infusion is emetic. Horseradish was proven serviceable in rheumatic, paralytic, scorbutic, and Tropical affections. A warm infusion of the fresh root in cider; drank in sufficient quantity to cause perspiration, and repeated every night, is said to have cured dropsy in two or three weeks. Hoarseness was frequently removed by occasionally using a teaspoonful or two of a syrup, made by grating the root in a mixture of sugar and water. Grated in vinegar, it was used to promote digestion, when used in moderate quantities during a meal.

HOUNDS TONGUE. *Cynoglossum Officinale*. This is a biennial plant, common to Europe and this country. It has an unpleasant odor, and a bitter, viscid taste. The fresh leaves and roots are anodyne, demulcent, and astringent, and were used in coughs, catarrh, diarrhoea, dysentery, and spitting of blood. A poultice of the leaves was found valuable in scrofulous tumors, recent bruises, goiter, inflammations, and also to remove the pain of and soreness attending to irritated or bruised skin. Also, used for chaffed skin, it is said to have given complete relief, especially in excoriation of the feet due to much walking. The fresh leaves, or a tincture of them, were a good application to remove the swelling and discoloration of the skin, caused by blows or by

bruises.

HOUSELEEK. *Sempervivum Tectorum*. This is a well-known perennial plant, the fresh leaves of which, when bruised, form a cooling application to burns, stings of insects, ulcers, and other external inflammations. They were said to remove warts, when applied twice a day. The bruised leaves or their juice, applied locally, are said to have cured ringworm, shingles, and other diseases of the skin.

HYDRANGEA. *Hydrangea Arborescens*. This shrub is common to the southern, middle, and western states and is sometimes called Seven Bark, or Nine Barks. It is formed of numerous radicles. The root is the part used. The radicles are, more or less of considerable length, and form two or three lines to five, or six in diameter. A strong decoction or syrup of the root, was found to be very valuable in gravelly complaints, causing the bladder to throw off all such gravelly formations as are not too large to pass through the urinary tract, or canal. It is said to have afforded great relief in the excruciating pain accompanying the passage of gravel through the uterus, from the kidneys to the bladder. The concentrated decoction or syrup was taken in teaspoonful dose, several times a day.

HYOSCYAMUS. *Hyoscyamus Niger*. This is a biennial plant, growing in Europe and the northern parts of this country. It is also known by the name of Henbane. The leaves of the plant, in its second year, are the parts used. They have a strong unpleasant odor, and a disagreeable, rather acrid taste, which is very much lost by drying. In large doses, Hyoscyamus is a narcotic poison. In medicinal doses, it is anodyne, hypnotic, sedative, and antispasmodic, and does not cause constipation like opium, for which drug it was frequently substituted. It was used to calm nervous excitability, diminish pain, promote sleep, and remove spasmodic action, and it was administered in neuralgic, gouty, rheumatic, and spasmodic affections, asthma, chronic cough, irritations of the urinary organs, and all irregular nervous actions. When added to cathartics, it was said to have prevented their gripping, without lessening their energy. Dose of the powdered leaves was from five to ten grains: of the tincture, from half of a fluidrachm to two fluidrachms.

HYSSOP. *Hyssopus Officinalis*. This is a well-known perennial plant, common to Europe and this country. The tops and leaves are the parts used. They have a pleasant odor, and a warm, slightly bitter taste. Hyssop is stimulant, aromatic, carminative, and tonic. It was principally used in warm infusion as

a gargle in quinsy and other sore throats. It was used alone, or combined with Sage and Alum in infusion, sweetened with honey. Internally, it was recommended as an expectorant in dry asthma, cough, and other affections of the chest. The fresh leaves, bruised and applied to the contusions speedily relieved the pain, and dispersed every spot or mark from the part affected, it was said.

ICE PLANT. *Monotropa Uniflora.* This is a perennial plant, found in various parts of the United States. The entire plant is snow white, resembling frozen jelly, and is very juicy and tender, dissolving and melting away in the hands like ice. The flowers appear in between June and September, and have some resemblance to a pipe; hence the plant has been called Indian Pipe or Pipe Plant. The root is the part that was used. It should be collected in autumn, carefully dried and kept in well-stopped bottles. It is tonic, nervine, and antispasmodic. The powder was used in fevers as a sedative and diaphoretic, and was used in all cases that Opium was indicated but could not be used because of "idiosyncrasy." Diseases of a periodical character were said to be cured by it. In convulsions of children, epilepsy, chores, and other spasmodic affections, it was sometimes followed with prompt success. It could be used in the place of Opium without any of objectionable influences of this drug. Dose of the powdered root was from half a drachm to a drachm, two or three times a day. The juice plant, alone or combined with rose water, was found to be an excellent local application to chronic inflammation of the eyes, to ulcers, and as an injection in gonorrhoea and inflammation and ulceration of the bladder.

INDIAN HEMP. *Apocynum Cannabium.* This is a perennial plant, closely resembling the Bitterroot, and growing in the same situations. The root was the part used, then dried, the root has an unpleasant odor a bitter taste, and is easily powdered. It is emeto-cathartic, diuretic, and diaphoretic. As a diuretic or hydragogue, it was used in dropsy, in the form of decoction, from two to four fluid ounces; three or more times a day. Smaller quantities of the decoction, warm, caused diaphoresis, had proven beneficial in periodic fevers, and affections of the lungs. From fifteen to thirty grains of the powdered root in said to have acted as an emetic. A full dose of the root lessens the pulse, causes nausea, drowsiness, vomiting, and copious watery stools, with more or less perspiration. Used as a snuff, it caused sneezing.

INDIAN TURNIP. *Arum Triphyllum.* This is a perennial plant common to damp places in North and South America, and known also by the names of

Dragon Root, Wake Robin, etc. The root is the part used. It is turnip shaped, with a dark external coat, a white potato-like substance inside, and causes, when chewed, an acrid, biting sensation which continues for some time, and which may be modified or relieved by the use of milk. The fresh root is acrid, expectorant, and diaphoretic, and was used in flatulence, asthma, trooping cough, chronic catarrh, chronic rheumatism, bronchitis, colic, low stage of typhus, and various affections connected with constitutional debility. Externally, it was used in scrofulous tumors, scald-head, and other diseases of the skin. Dose of the grated root in syrup or mucilage, ten grains, three or four times a day.

IODINE. *Iodinium.* Iodine is a non-metallic body, grayish black, or bluish black, shining scales, having a peculiar, irritating odor, and an acrid taste. Sometimes it is in solid masses. It is easily powdered, and is soluble in alcohol, ether, or the volatile oils, and solutions of chloride of sodium, nitrate ammonia, or iodide of potassium. In large doses iodine is a corrosive poison, causing many unpleasant and alarming symptoms, as muscular weakness, fever, great thirst, restlessness, rapid emaciation, cramps, small and frequent pulse. In medicinal doses it is diuretic and alterative, and was said to have proven beneficial in diseases such as bronchocele, scrofula, syphilis, glandular obstructions, ulcers, rheumatism, derangements of the female reproductive organs, and chronic diseases generally.

IRON WEED. *Vernonia Fasciculata.* This is a perennial plant, very common in the western states, with heads of dark purple flowers from July to September. The root is a bitter tonic, deobstruent, and alterative, and in the form of powder or decoction was beneficial in suppression of the menses, painful menstruation, leucorrhoea, and excessive menstruation. The decoction or a saturated tincture was recommended in intermittent, remittent, and bilious fevers. It was also reputed to be beneficial in scrofula and some diseases of the skin. Dose of the powder was from ten to thirty grains; of the decoction, one or two fluidounces; of the tincture, one or two fluidrachms. The leaves or powdered root in the form of poultice make an excellent discutient application to tumors; and the decoction of the leaves formed a good gargle for sore throat, so it is said.

IRON WOOD. *Ostrya Virginica.* This is a small tree growing in various parts of the country, the bark and inner wood of which are bitter, and must not be mistaken for the *Ostrya*. Ironwood is antiperiodic, tonic, and alterative. It is

said to have been beneficial in treating intermittent fevers, neuralgic affections, dyspepsia, scrofula, and all diseases where an antiperiodic tonic use indicated. Dose of the decoction was one or two fluid ounces, three or four times a day.

LARGE FLOWERING SPURGE. *Euphorbia Corollata*. This is a tall perennial plant, growing in Canada and the United States, yielding a milky juice when broken, which, when applied to the skin, causes a pustular eruption, especially the juice of the fresh root. The bark of the root is the part used. It is emetic, diaphoretic, and expectorant. Vomiting was produced by about a scruple of the powdered bark of the root. In doses of from two to four grains, three or four times a day, it was a good expectorant, and could be given in some saccharine vehicle: catharsis was produced by from six to fifteen grains. It was used in dropsy of the chest, and of the abdomen, as a hydragogue, the dose was from fifteen to thirty grains, repeated two to three times a week.

LEMON. *Citrus Limonum*. An evergreen tropical tree, the juice of the fruit of which has a strong but grateful acid taste, and was much used in the form of lemonade as an agreeable drink in febrile and inflammatory disease. It is tonic, refrigerant, and antiscorbutic. Ships about to leave on long voyages were usually supplied with Citric Acid and Oil of Lemon or lemon syrup. A sufficient amount of the acid was dissolved in water to impart the degree of acidity belonging to lemon juice, flavoring it with the Oil of Lemon, and this solution, or of the juice itself. One or two fluid ounces per day, prevented an attack of scurvy, and six or eight fluid ounces daily, cured it when present. Externally, lemon juice was used successfully as an application in troublesome itching. The Oil of Lemon is obtained from the fresh rind of the lemon, and was principally used in perfumery, and to render medicines, etc., more agreeable to the taste. Citric Acid is obtained from the juice of lemon, as well as limes.

LEPTANDRA. *Leptandra Virginica*. This is a perennial plant, common to limestone parts of the United States. The root should be gathered in the second year of its growth, and during the autumn. The root was the part used. It is of various lengths, from three to six lines in thickness, having a blackish bark enclosing a brownish woody interior, and giving off many delicate, dark colored fibers. Its medicinal properties are lost by age; the more recent the root, the greater is its activity. The plant is commonly known by the name of

Black Root, or Culvers Physic. The fresh root produces emesis, bloody stools, dizziness, vertigo, and in pregnant females, abortion, unless used with great care. The root, when dried is laxative, cholagogue, and tonic. It was useful in affection of the liver, bilious and typhoid fevers, diarrhea, and dysentery. In bilious and typhoid fevers it caused black, tarry discharges, without impairing the functions of the bowels, or weakening the system. In small doses it is said to have been useful in dyspepsia. It effects its influences on the liver, exciting this organ to rescued energy, without causing active purgation. Dose of the powdered root use from twenty to sixty grains as a cathartic. For typhoid conditions take of the infusion, a tablespoonful every hour until it operated, and to be repeated daily.

LETTUCE. *Lactuca Sativa.* This plant contains a lactescent juice, which flows from the stem when it is cut or wounded. When dried, the juice forms Lettuce Opium, or Lactucarium, which was sometimes used as a substitute for opium, in cases where this drug disagreed. The doses of from five to twenty grains was preferred, in many cases, to Opium, because of its freedom from constipation, cerebral excitement, and other unpleasant after effects. The Tincture of Lactucarium was given in doses of from thirty to sixty drops.

LIFE ROOT. *Senecio Aureus.* This is a perennial herb, growing in damp places in the northern and western states, and was frequently known by the name of Ragwort. It, together with another species found on rocky shores, the *Senecio Gracilis*, Unkum, or Female Regulator, was used principally on account of its efficiency in uterine difficulties. The *S. Gracilis* was generally preferred. An infusion or decoction of it was very effective in promoting the menstrual flow, when suppressed: in relieving painful menstruation: and combined with cinnamon and red raspberry leaves, in checking excessive menstruation, for which it was given at the time of the discharged and during the intervals. Dose of the decoction or infusion was from two to four fluid ounces, three or four times a day.

LOBELIA. *Lobelia Inflata.* This is a well-known weed, common to the United States, the leaves and seeds of which were used in medicine. They possess emetic, nauseant, expectorant, relaxant, sedative, and antispasmodic properties. Ten or twenty grains of the leaves or seed will cause vomiting; it was commonly used in combination with other emetics, in all diseases requiring the use of such agents. In small nauseating doses, of five or ten grains, it excites diaphoresis, promotes expectoration, lessens cough, and

overcomes spasmodic action. And hence was useful in croup, whooping-cough, catarrh, inflammation of the lungs, asthma, cramp, hysteria, convulsions, etc. It was also given to produce relaxation in lockjaw and in fractures or dislocations to relax the muscles. Externally, the infusion was used in some diseases of the eye. The stings or bites of insects, spasms of the muscles of the limbs, and severe pains, were readily relieved by the application of a poultice of Lobelia and Elm Bark, mixed with wealley, or a weak alkaline solution. This did likewise relieve pain and relax muscles. In the case of fractures or dislocations, the tincture was an effective application to sprains, bruises, rheumatic pains, and some diseases of the skin, as well as a remedy for the poison of poison ivy or poison dogwood. The Oil of Lobelia was occasionally used internally in very small doses to occasion vomiting, but it was apt to cause inflammation of the stomach. Its more common employment was as an external application, either alone, or combined with other oils to form a "liniment," to produce muscular relaxation, relieve pain, and remove nervous irritability.

LOGWOOD. This is a tree growing in tropical America, the wood of which is the part that was used. It was a non-irritating tonic and astringent, and was useful in diarrhea, dysentery, etc.

MAIDENHAIR. *Adiantum Pedatum.* This is a perennial fern, found on rich, moist soil throughout the United States. The whole plant was used. It has a light aromatic bitter taste. Maidenhair is tonic, refrigerant, expectorant, and sub-astringent. The decoction forms a cooling drink in coughs, chronic catarrh, Influenza, asthma, pleurisy and jaundice. The decoction was used freely, as well as the syrup.

MANDRAKE. *Podophyllum Peltatum.* This is a perennial herb found growing in almost all parts of the United States. It is known in some sections as May Apple. The root is the part that was used, and it was to be collected soon after the ripening of the fruit. It is cathartic, emetic, alterative, anthelmimtic, hydragogue and sialagogue. As a cathartic, it is equal to Jalap, and like this drug, produces watery stools when combined with cream of tartar. In chronic affections of the liver, it was one of the most valuable remedies, arousing the organ to healthy action, increasing the flow of bile, and keeping up these actions for a long period of time. In alterative doses, it was valuable in erysipelas, scrofula, rheumatism, and many other forms of chronic diseases. It was found beneficial in constipation, painful menstruation, suppressed

menstruation, incontinence of urine, and some affections of the bladder. Dose of the powdered root, as a cathartic, was from ten to thirty grains. Of the tincture, from ten to sixty drops; as a sialagogue and alterative, from three to ten grains of the powder, or from five to twenty drops of the tincture.

MARSH ROSEMARY. *Statice Caroliniana.* This is a perennial plant found along the coast in the marshy situations from Maine to Florida. The root was the part used. It is of a reddish, or purplish brown color, inodorous, bitter, and astringent. An infusion or decoction of it was much used for diarrhea, dysentery, and other diseases requiring the use of tonics and astringents. The decoction was also useful as a gargle in affections of the throat, scarlet fever, ulcerated sore mouth, and as an injection for gleet, leucorrhoea, falling of the womb, and also of the rectum. Externally, the powdered root was applied to old ulcers. Dose of the decoction was one or two tablespoonfuls every hour or two.

MARSHMALLOW. *Althaea Officianlis.* This perennial herb grows in marshes and wet situations in many parts of Europe, and is cultivated in this country. The root was the part used, it is in round pieces of various lengths, white, downy, having a feeble odor, and a sweetish taste. The root is demulcent and diuretic. The infusion, either in hot or cold water was valuable in all irritations of mucous membranes, such as hoarseness, catarrh, inflammation of the lungs, stomach, or intestines, catarrh of the bladder, irritation of the kidneys, acute dysentery, and diarrhea. Also in retention of urine, hemorrhage of the kidneys, inflammation of the bladder, some forms of gravel, and in most affections of the kidneys or bladder. It was drunk freely. Externally, a poultice was formed of the root to discuss painful, inflammatory tumors, of all kinds, and to prevent or check mortification.

MASTERWORT. *Heraclum Lanatum.* This is a perennial found growing from Canada to Pennsylvania, and is sometimes known by the name of Cow-Parsnep. The root was the part used. It resembles common Parsley. It is stimulant, antispasmodic, and carminative and was useful in flatulency and dyspepsia, in decoction. Recommended also in colic, asthma, painful menstruation, palsy, etc. The dose was one drachm of the powdered root. For epilepsy, take two or three drachms daily, with a strong infusion of the tops and leaves at night.

MULLEIN. *Verbascum Thapsus.* This is a well-known biennial plant common to this country and the leaves and flowers were the parts used. They are

demulcent, diuretic, and antispasmodic. The infusion was useful in coughs, catarrh, diarrhea, dysentery, and piles, and to allay the acidity of urine. It was drunk freely. In bowel complaints, the leaves and flowers were boiled in milk and sweetened. A fomentation of the leaves in vinegar and water formed an excellent application to the throat in quinsy, malignant sore throat, mumps, etc. The seeds are narcotic and were used in asthma, infantile convulsions, and to poison fish.

ONION. *Allium Cepa*. This well-known article possesses virtues somewhat similar to those of Garlic. The juice, with sugar to form syrup, was a popular remedy for a cough, croup, and colds of infants. Boils, and all supporting tumors, foul and indolent ulcers, etc., were frequently benefited by a poultice of roasted onions. When boiled, the onion forms an excellent article of diet: eaten raw, it is very apt to occasion flatulence, distress about the stomach, and other unpleasant symptoms. It may be used externally, in the same manner as Garlic, though it is much milder in action.

OIL OF TURPENTINE. *Oleum Terebinthinae*. Sometimes called Spirit of Turpentine. This is obtained by distilling the turpentine from various trees, with or without water. It is an irritant, stimulant. Cathartic, diuretic, anthelmintic, and, In chronic mucous discharges, astringent, in large doses it causes strangury and many other symptoms. In medical doses, it has been used to increase the urine, and to diminish excessive mucous discharges, as well as chronic catarrh, chronic dysentery, gleet, chronic inflammation of the bladder, etc. It was also used in the typhoid stage of fevers, in timpanists, and in ulceration of the bowels. The dose was from five to thirty drops repeated every two or three hours. In doses of from twenty to sixty drops, repeated every three to four hours. It proved effective in bleeding from nose, lungs, stomach, womb, etc. Combined with Canter Oil, it formed an excellent vermifuge and was reported to have removed tapeworms. It was best administered on sugar. In some aromatic syrup or cinnamon-water, etc. Externally, it enters into several lotions and liniments as a rubefacient and counter-irritant in rheumatic and paralytic affections, indolent tumors chilblains. Indolent and erysipelatous ulcers, caries, sloughing, and in burns and scalds, combined with Linseed Oil, it was also used as an injection in timpanists, suppressed menstruation, obstinate constipation, and for removal of thread worms.

ORANGE. *Citrus Aurantium.* This well known fruit is the product of tropical climates. Orange juice is an agreeable refrigerant useful in fevers, measles, small-pox, etc., and as an antiscorbutic in scurvy. It was used freely in febrile diseases most especially when there was a dark or brown coating on the tongue. When the Juice was sucked from the orange by the patient, care was taken that he did not swallow any of the membranous portion, or peel, etc., as it was thought that they were hard to digest, and therefore, unfit for the stomachs of the sick. Orange peel was frequently used to flavor various medicinal preparations. When used in large quantities, it sometimes proved to produce serious and sometimes fatal symptoms.

ORIGANUM . *Origanum Vulgare,* This is a perennial herb, common to Europe, and this country. A warm infusion causes perspiration, and tends to promote menstruation, when suppressed from cold. The Oil of Origanum is chiefly used as a stimulant and gentle rubefacient, and enters into many liniments, toothache drops, etc.

PARTRIDGE-BERRY. *Mitchella Repans.* This is a perennial evergreen, creeping herb, growing in dry woods and swampy places, throughout the United States, and having white, very fragrant flowers in June and July, always in pairs, and often tinged with red. The whole vine was used. It is tonic, diuretic, and astringent, and was used in decoction in suppressed urine, diarrhea, and dropsy. It exerts a powerful tonic influence on the reproductive organs, and was used in decoction, for the purpose of imparting tone and vigor to the uterus, and thereby rendering labor less tedious and painful. Dose of the decoction, from two to four fluid ounces, two or three times a day. An ounce of the fresh plant made into a strong decoction with a pint of water strained and an equal quantity of good cream added. Then the whole to the consistence of an ointment formed a good remedy for sore and exoriated nipples: The nipple was to be kept anointed with it at all time, except when the child was suckling.

PEACH. *Amygdalu Persica.* The leaves of the Peach tree are sedative and slightly laxative, and were useful in all inflammations of the stomach and intestines, in doses of a tablespoonful of the cold infusion, every hour or two. They were also found beneficial in irritable bladder ischuria, whooping cough, sick-stomach, hematuria, and dysentery. The kernels possess similar properties, and were used in the form of tincture, infusion or syrup. Four ounces of the bruised kernels to a quart of brandy, formed a good tonic, and

was successfully used in intermittents and leucorrhoea. In doses of a teaspoonful, three or four times a day.

PENNYROYAL. *Hedeoma Pulegioides*. This well-known annual plant is a stimulant, diaphoretic, emmenagogue, and carminative. It was generally employed in warm infusion to promote perspiration, restore suppressed lochia, and suppressed menstruation, when not of long standing. It was also used in the flatulent colic of infants. The Oil of Pennyroyal, or its tincture, was used in hysteria, whooping cough, spasms, etc. It was used externally as a rubefacient in rheumatism and similar affections, mixed with Linseed Oil, it proved to be a good application to burns. Dose of the oil, from two to ten drops.

PEONY. *Paeonia Officinalis*. This is a well-known perennial plant, cultivated in gardens because of the beauty of its flowers. The root is tonic and antispasmodic; it has been used alone, or in combination with other agents. In St. Vitus' dance, epilepsy, spasms, whooping cough, and various nervous affections. Dose of the powdered root: one drachm, of the tincture, one or two fluid ounces; of the juice of the root, one or two fluid drachms: these doses were repeated three or four times a day. The seeds were said to possess similar virtues in doses of thirty or forty grains.

PEPPERMINT. *Mentha Piperita*. This well-known perennial plant is a stimulant, antispasmodic, carminative and stomachic. It was much used in the form of essence of peppermint, in flatulent colic, hysterics, spasms or cramps of the stomach, to check nausea or vomiting, to allay the gripping cathartics, and to disguise the unpleasant taste of other medicines. The dose was from ten to sixty drops in sweetened water. The water Infusion was drunk freely. The fresh herb bruised, and applied over the stomach, often allayed sick stomach and was useful in summer complaint of children.

PERSIMMON. *Diospyros Virginiana*. This tree is common in the middle and southern states. The bark and unripe fruit are the parts used. They are astringent and tonic and were effective in chronic diarrhea, chronic dysentery, and flooding from the comb. The bark was used for fever and ague. An infusion, syrup, or venous tincture of these agents was employed in doses of a tablespoonful or more, every two or three hours. The infusion formed an excellent wash and gargle in ulcerated sore mouth and throat; and an injection in leucorrhoea. The ripe fruit was grateful and healthy.

OPIUM. This is the concrete juice of the unripe capsules or seed-vessels of the Poppy. *Papaver Somniferum*. In large doses it is a stimulant narcotic causing, at first, an increased action of all the powers of the system, followed by sleep and subsequent giddiness, nausea, headache, tremors, and general nervous derangement, with constipation and often, retention of urine. Strong coffee, lemon juice or a cathartic may relieve these unpleasant symptoms. In still larger doses, there will be a small, soft, and slow pulse, contraction of the pupils of the eyes, coldness of the limbs, more or less insensibility, and if not soon relieved, DEATH. The remedies, when thus taken, were emetics of Mustard and Lobelia, with strong coffee, stomach pump, external counter-irritation, cold water to the head and spine, forced exercise, and electromagnetism. To be followed, after consciousness is restored, by stimulants and a cathartic. Poisoning by any of its preparations requires the same treatment. Opium was used in medicine to produce perspiration, allay pain and lessen nervous excitability in all febrile and inflammatory illnesses; also as an anodyne-diaphoretic in rheumatic, neuralgic and gouty diseases, morbid watchfulness, nervous excitability, restlessness, diarrhea, etc. As an antispasmodic in hysterics, colic, convulsive affections, cough, etc., and indeed it was very valuable in all forms of disease where pain, spasm, morbid watchfulness, nervous irritability, and morbid mucous discharges were present. Externally, in the form of liniment or plaster, it was used to relieve pain and subdue local inflammation, as in neuralgia, rheumatism, irritable blistered surfaces, etc., and as an addition to injections in gonorrhoea. and dysentery. The dose of Opium varied according to the susceptibility of the patient to its influences. From one fourth of a grain to two and even three grains, and in some severely painful cases, still larger doses were required for the purpose of inducing sleep and relief from pain under ordinary circumstances, the dose was from one grain; or of the tincture, from ten to forty drops. Then the stomach did not retain it. It was injected into the rectum in about double the above quantities for a dose added to a little water. Poppy flowers were sometimes used in fomentation to calm irritation, lessen pain and promote rest.

PANSY. *Viola Tricolor*. This is a perennial plant, sometimes called Heartsease and which is cultivated in gardens. Combined with Turkey-Corn, the plant was a good antisiphilitic. It was also used in affections of the chest, kidneys, and skin, especially in milk-scald. In doses of from forty to sixty grains, the root is emetic; from twenty-five to thirty grains purgative; from six to twelve grains, tonic. Both the plant and root should be used when fresh as drying

destroys their active properties.

PARSLEY. *apum Petroselinum*. This is a well-known biennial plant, the root of which was used as a diuretic in infusion with water or wine. It was found very useful in dropsy, especially that following scarlet fever and other exanthematous diseases; and has also been used in retention of urine, gonorrhoea, and strangury. The seeds are carminative and diuretic, and are said to poison the parrot, when eaten by that bird. Dose of the infusion: from two to four fluid ounces, three or four times a day. The leaves, bruised, were a good application to contusions, quelled breasts, and enlarged glands; reputed to “dry up” milk of wet nurses.

PINK ROOT. *Spigelia Marilandica*. This is a perennial herb growing in dry, rich soils in the middle and southern states. The root is yellowish-brown externally in small, numerous, crooked, and wrinkled fibers, has a faint odor, and a sweetish-bitter taste. It is an anthelmintic, and was much used to remove worms in children, in doses of from five to twenty grains of the powdered root for a child two or three years of age; or a fluidounce or two of a strong infusion, Large doses purge, and produce narcotic symptoms. The dose for an adult was one or two drachms twice a day for several successive days, and then followed by a cathartic.

PIPSISSEWA *Chimaphila Umbellata*. This is a small evergreen, perennial herb, common in the woods of the United States, and is also known by the name of Princes Pine, The herb is diuretic, tonic, alterative, and astringent. It has been used in scrofula, chronic rheumatism, dropsy, affections of the kidneys, catarrh of the bladder, etc. It lessens the lithic acid in the urine. Dose of the decoction, from one to four fluidounces; of the extract, from ten to twenty grains, three or four times a day,

PLANTAIN. *Plantago Major*. This is a well-known perennial herb, common to Europe and America. The tops and roots in strong decoction were highly recommended in syphilitic, and scrofulous disease, in the dose of from two to four fluid ounces, three or four times a day. It is likewise reputed beneficial in excessive menstruation, leucorrhoea, hematuria, diarrhea, dysentery, and piles. The juice taken internally in doses of a fluid ounce every hour was advised as an antidote to the bites of venomous snakes, spiders. and insects; it must, likewise, be applied to the wound. Externally, the bruised leaves, or an ointment made with them, was said to be useful in wounds, ulcers, ophtalmia. salt-rheum, and some other affections of the skin.

PLEURISY ROOT. *Asclepias Tuberos.* This is a perennial plant, common to this country. The root is unite and fleshy and when it is dried, has a bitter, not unpleasant taste, and is readily powdered. In warm infusion or decoction, it is diaphoretic, expectorant, and carminative, without stimulating, and was useful in febrile diseases, pleurisy, inflammation of the lungs, acute dysentery, and acute rheumatism. A warm infusion of equal parts of Pleurisy Root and Wild Yam Root was very effective in flatulency and colic. Also, two parts of powdered Pleurisy Root, mixed with one part of Unicorn Root was found to be of service in cases of falling of the comb caused by congestion of that organ. It was given in doses of from thirty to sixty grains, three or four times a day. Dose of the powder, was from twenty to sixty grains, three or four times a day; of the decoction or infusion, from two to four fluid ounces every hour or two until free perspiration is induced.

POISON HEMLOCK. *Conium Maculatum.* This is a biennial, umbelliferous plant, a native of Europe and Asia and naturalized in this country. The leaves and seeds are the parts used. The leaves, when dry, are dark green in color, with a powerful narcotic odor and a bitter, disagreeable taste. The seeds are of an orange-gray color, a faint odor, and a taste similar to that of the leaves. The whole plant is a poisonous narcotic: and its best form of administration is that of the inspissated juice. The extract is worthless. It promotes sleep, lessens inordinate action of the heart, affords relief in the neuralgic pain attending cancerous diseases; and was very useful in scrofula, goiter, and all tuberculosis affections, either alone or conjoined with the iodide of Iron. All affections attended with an excited or excitable condition of the circulation were ameliorated by its employment. The venereal appetite was lessened by its use. The dose of the inspissated juice was from half a grain to two grains, three or four times a day. The leaves were used as a poultice to painful tumors, ulcers, etc. The fresh leaves, made into a saturated tincture with ether, then filtered, and the ether allowed to evaporate, form a rich dark-green extract, which was used in doses varying from one-sixteenth of a grain to one half. As a narcotic and resolvent poultice the leaves of another plant, the *Cicuta Maculate* or Water Hemlock, were sometimes substituted for the above: it was more powerful than the *Conium*.

POISON OAK. *Rhus Toxicodendron.* This is common to this country, the leaves of which possess, so it was said, medicinal properties. The Poison Sumach, or Poison Ash, *Rhus Venenata*, and the Poison Vine or Poison Ivy, *Rhus Radicans*, possess similar virtues. The *R. toxicodnedron* and *R.*

Radicans, are vines or creeping shrubs; while the *R. Venenata* is a small tree, sometimes but erroneously called Poison Elder and Poison Dogwood. The vines grow in woods, fields, and along fences, and yield a milky juice when wounded, which gradually grows black in color. The fresh leaves were the parts used and their best form for use was that of a saturated tincture, which was to be preserved in well-stopped or corked bottles. It was said to have been successfully used in treating paralysis of the lower part of the body, of the bladder and of the rectum, in chronic rheumatism, contagious diseases and some disease of the eye. Dose of the tincture was from five to ten drops, three times a day. Large doses were extremely dangerous. The *Rhus Pumilum* was considered the most poisonous plant of this genus. The plants did produce vesication and even febrile symptoms when in contact with some persons. Even the emanations from them were said to produce the same effects on certain constitutions.

POKE. *Phytolacca Decandra*. This is a well-known perennial plant common to nearly all parts of the United States and is also known by the names of Garnet, Scape, and Pigeon-berry. The root, leaves, and berries were the parts used. Poke is emetic and cathartic in doses of from twelve grains to half a drachm, being rather slow in its action. Large doses occasioned prostration with hyperemesis or hypercatharsi, a peculiar tingling feeling over the entire body, and other alarming symptoms. In small doses, say from two to six grains, it was said to have exerted an alternative influence that rendered it valuable in syphilis, rheumatism, scrofula, and other diseases of the skin. Roasted in hot ashes until soft and then mashed and applied as a poultice. The root was unrivalled in felons and tumors of various kinds. It dissolved them rapidly, or, if too far advanced hastened their suppuration. The leaves in warm fomentation formed a valuable application in painful piles. The inspissated juice of the leaves, in doses of from one to five grains, three times a day was very effective in syphilis, chronic rheumatism, and pains in the bones from syphilis. Externally it was used as an application to indolent ulcers and cancer. A saturated tincture of the leaves was successfully employed in chronic rheumatism, and in syphilitic diseases, in doses of one or two teaspoonfuls, two, three, or four times a day. An ointment made by adding one drachm of the powdered leaves, or root, to one ounce of lard, was used as an application to ulcers, porrigo, itch, scald-head, etc.

PRICKLY ASH. *Xanthoxylum Fraxineum*. This is a shrub, common to the United States, the bark and berries of which were used in medicine. The bark

was met with in quilled fragments of various sizes, of a grayish white color, externally, and occasionally, armed with prickles. It is light, easily powdered, and nearly inodorous, and having an acrid, bitter taste. The capsule of the fruit or berries is about two or three lines in diameter, brownish, and covered with excavated dots. They have a faint, aromatic odor, and a warm, pungent, peculiar, aromatic taste, and contain the medicinal virtues of the fruit. Prickly-Ash bark is stimulant, tonic, alterative and sialagogue and was effective in chronic rheumatism, syphilis, liver cafections, colic, scrofula, and paralysis of the mouth and tongue. It produced salivation when given in small doses, and combined with Blue Flag and Mandrake. Externally it formed an excellent stimulating application to indolent and malignant ulcers. A dark-greenish black ethereal oil was obtained from the bark, possessing its virtues in a concentrated degree; it is soluble in alcohol, ether, and alkaline solutions. Dose of powdered Prickly Ash bark, was from ten to thirty grains, three times a day. Prickly-Ash berries are stimulant, carminative, and anti-spasmodic, acting especially on mucous tissues. Combined with Pokeberries, in the form of tincture, they were invaluable in chronic rheumatism, and syphilitic diseases. The tincture of the berries was also useful in all nervous diseases, spasms of the bowels, flatulency, and diarrhea. In tympanitic distension of the bowels, during peritoneal inflammation, it was a safe and superior remedy, when it was used internally and as an injection. It was also used with great benefit in Asiatic Cholera. An oil was prepared from the berries, of a dark-brown color, possessing all their virtues in a concentrated degree. One pound of the berries yields about four fluidounces of the oil. Dose of the tincture of the berries, was from ten drops to a fluidrachm, as often as required, in sweetened water; of the oil, from two to ten drops on sugar in mucilage or in tincture.

PRICKLY ELDER. *Aralia Spinosa*. This tree is found in the southern and Western States growing in low, damp, woods and known by the names of Toothache Tree and southern Prickly-Ash. The bark is the part used; it is thin, grayish externally, yellowish-white within, beset with prickles, a peculiar aromatic odor, and a bitter, pungent, acrid taste. It is stimulant, diaphoretic, and alterative; the fresh bark is emetic and cathartic. The tincture or powder was of use in chronic rheumatism, syphilis and some diseases of the skin. In the cholera of 1849-50, it was much used in cases where cathartics were required, but where their action was very difficult to control, in the following combination: Take of compound powder of Jalap one drachm. Prickly Elder Bark, powdered, one drachm, Compound Powder of Rhubarb, two drachms;

mix and give in half-teaspoonful doses, every half-hour or hour until it operated. In no case in which it was given did it produce a tendency to looseness or choleraic discharges. The bark is a powerful sialagogue, and was valuable in diseases where the mouth and throat were dry and parched, as a very small portion of the powder caused a moisture and relieved difficult breathing: also was useful for sore throat.

PRIVET. *Ligustrum Vulgare*. This is a small shrub growing in Europe and the United States and also known by the name of Prim. The leaves are the parts used. They are astringent and useful in chronic diarrhea and dysentery, summer complaint of children, ulceration of the stomach and bowels, and diabetes. They were used either in decoction or powder; from thirty to sixty grains of the latter, three times a day; Of from two to four fluid ounces of the former. The decoction was also efficient as a gargle in ulcers of the mouth and throat and as an injection in gleet, ulceration of the bladder, leucorrhoea, and ulcerated ears with offensive discharges.

PUMPKIN. *Cucurbita Pepo*. The seeds of this well-known plant are mucilaginous and diuretic; they were used in infusion, the seeds being placed in water without bruising them. The infusion was used in strangury, scalding of urine, and other urinary affections. It was also used in inflammation of the stomach and bowels and in fevers. It was drunk freely. Oil of the pumpkinseeds was obtained by expression. In doses of from six to twelve drops several times a day, it was a most certain and efficient diuretic, giving quick relief in scalding of the urine, spasmodic affection of the urinary passages, and was said to have cured gonorrhoea. The oil was also used to remove tapeworm.

QUEEN OF THE MEADOW. *Eupatorium Purpureum*. Likewise known by the names of Gravel-root. Trumpet-weed, etc. It is a perennial herb, common to this country in low, swampy places. The root was the part used. It consists of a blackish woody head from which proceed numerous long fibers of a dark brown color. Its smell resembles old hay, and its taste is aromatic, slightly bitter and astringent. It was a valuable diuretic, stimulant, and tonic, and was useful in dropsical affections, gravel, strangury, and all chronic diseases of the urinary organs, hematuria, gout and rheumatism. It use generally used in decoction from two to four fluid ounces, three or four times a day.

QUEEN'S ROOT. *Stillingia Sylvatica*, more commonly called *Stillingia*. This is a perennial herb common to the sandy soils of the southern states and which yields a milky juice when wounded. The root is usually large, thick, and woody, has a peculiar odor, and a bitter, acrid, persistent taste. In large doses it is emetic and cathartic, producing, in many instances, a peculiar, disagreeable, burning sensation in the stomach, or in some part of the intestines, with more or less prostration of the system. In small doses it was an alterative of much value in scrofulous, syphilitic, rheumatic, liver and skin diseases. It was also beneficial in the cure of chronic laryngitis and bronchitis, and in leucorrhoea. The dose was ten to twenty grains of the powder; from thirty to sixty drops of the tincture; and one or two fluidounces of the decoction. The oil obtained from the root was very penetrating, acrid and stimulating, and was used externally, with other agents in various diseases. The root loses its virtues with age.

RED CEDAR. *Juniperus Virginiana*. This is a well-known evergreen tree common to all of the United States. The leaves are emmenagogue, diuretic, diaphoretic, and anthelmintic, and were useful in suppressed menstruation, chronic rheumatism, scalding of urine, and derangements of the kidneys and bladder. The oil made a valuable stimulating application for rheumatic pains, bruises, etc. Dose of the powdered leaves was one or two drachms; of the infusion, from one to four tablespoonfuls; of the oil, from five to fifteen drops. The excrescences produced on the small branches by the puncture of an insect, are called Cedar Apples, and were very useful when recent, as a vermifuge, in doses of from ten to twenty grains, three times a day.

RED CHICKVEED. *Anagallis Arvensis*. This is an annual plant growing in Europe and this country, bearing small scarlet flowers in July. The leaves were recommended in hydrophobia, dropsy, mania, epilepsy, delirium, and nervous diseases generally. In the form of poultice, the fresh plant, bruised, formed a good application to old and ill conditioned ulcers. Its precise properties and mode of action when taken internally were not fully known.

RED CLOVER. *Trifolium Pratense*. This is a well-known biennial plant, common to the entire United States. A strong decoction of the blossoms evaporated to an extract was said to be an excellent remedy in ill conditioned and malignant ulcers, cancers, and deep, ragged, indolent sores from burns. It was said to possess a peculiar soothing property, and was proven an efficacious deferent and promoted a healthful granulation.

RED ROOT. *Ceanothus Americanus*. This shrubby plant is found in all parts of the United States, and is also known by the names of Jersey Tea, and Wild Snowball. The bark of the root has a taste and odor resembling those of the peach leaf; it is astringent, expectorant, sedative, and antispasmodic. A tablespoonful of the decoction, three or four times a day was said to be useful in gonorrhoea, after the inflammatory symptoms had subsided, dysentery, diarrhoea, asthma, whooping-cough, chronic bronchitis, etc. The decoction was also said to be useful as an injection in gleet and leucorrhoea, and as a wash or gargle in all ulcerations of the mouth and throat.

RED ROSE. *Rosa Gallica*. The petals of the red rose are slightly tonic and astringent; a decoction of them was used in bowel complaints, passive hemorrhages, and in excessive mucous discharges. It was more commonly employed as fin application in chronic inflammations of the eyes. The confection of roses was much used for the purpose of giving medicines in pill form. Rose Water is distilled from the petals of the Hundred Leaved Rose, *Rose Centifolia*; It was much used in collyria and lotions.

RESIN OR ROSIN. *Resina*. After the oil has been distilled from the turpentine of the pine trees. a solid substance is left which is the ordinary rosin of commerce. It was seldom given internally though it was found to have advantage in weak stomachs and in bleeding piles, in doses of from twenty to sixty grains of the powder in molasses or syrup. Its principal use was to give consistency and adhesion to plasters and ointments. The vapor from resin, when heated was inhaled for chronic bronchitis, laryngitis, and the fumes from burning resin, if received directly on the parts, would remove the irritation of the piles.

RHUBARB. *Rheum Palmatum*. The drug, rhubarb root, is obtained from several species of Rheum, which are found in various parts of the world, and which constitute the several varieties known as Russian, or Turkey Rhubarb, Chinese or East Indian Rhubarb and European Rhubarb. The best Rhubarb has a strong, peculiar odor, a peculiar, aromatic bitter taste, with a sense of grittiness and readily reduced to a lively yellow powder. It imparts its virtues to water but more readily to proof spirit. Rhubarb is cathartic, astringent, and tonic. In doses of from ten to thirty grains it acts as a purgative, increasing the muscular action of the intestines rather than augmenting their secretions and affects the whole intestinal canal. From five to ten grains is said to act as a laxative, and is useful in cases of constipation, dyspepsia, piles,

derangement's of the liver, etc. Its mildness and tonic qualities render it peculiarly applicable to infants as a laxative, especially when enfeebled digestion and irritation of the alimentary canal are present. In acute or chronic diarrhea or dysentery, in convalescence from exhausting diseases, and in some irritable habit where the mildest of all other laxatives are apt to excite hypercatharsis, Rhubarb was an appropriate medicine; It caused fecal, rather than watery discharges. Its astringency was counteracted by the addition of soap or an alkali: toasting it improved its astringency but lessened its purgative properties. From one to five grains acted as a tonic. The tincture or syrup was laxative in doses of one or two drachms.

ROUND-LEAVED PYROLA. *Pyrola rotundifolia*. This is a perennial evergreen low shrub, common in various parts of the United States. It bears numerous white flowers in the month of June. It is also known by the name of Pear Leaf, Wintergreen, Canker Lettuce and ShinLeaf. The herb is tonic, astringent, diuretic, and antispasmodic. It was used in decoction both externally and internally, in various cutaneous eruptions, in cancer, scrofula, leucorrhoea, and in some diseases of the womb. Internally, the decoction, or an extract, was used with success in gravel, bleeding from the kidneys, ulceration of the bladder, epilepsy, and in several nervous diseases. Externally, the decoction, or an extract, was used with success in gravel, bleeding from the kidneys ulceration of the bladder, epilepsy, and in several nervous diseases. Externally, the decoction was found to be an excellent local application for sore throat, ulcerations of the mouth, indolent ulcers, ophthalmia, etc. It formed a soothing poultice for boils, carbuncles, and all-painful tumors or spellings. One or ten fluid ounces of the decoction, or from one to six grains of the extract, were taken for a dose, and repeated three or four times a day.

RUE. *Ruta Graveolens*. This is a well-known perennial plant possessing emmenagogue, ecbolic, anthelaintic, and antispasmodic virtues. In large doses it is an acrid narcotic poison. It was sometimes taken by pregnant women and produced dangerous symptoms of the stomach and bowels, terminating in miscarriage. However, it was successfully used for flatulent colic, hysterics, worms, epilepsy and some nervous affection. A volatile oil was obtained from it, possessing stimulating, emmenagogue, and antispasmodic properties. Dose of the leaves, in powder, was from ten to twenty grains; of the infusion, from one to four fluid ounces; of the oil, from two to eight drops.

SAGE. *Salvia Officinalis*. This is a well-known perennial, shrubby plant, cultivated in gardens. The tops and leaves are astringent, feebly tonic, expectorant, and diaphoretic, with properties common to aromatics. The infusion was useful in flatulence connected with debility of the stomach, and to check night sweats; used warm, it caused diaphoresis, and acted as an anthelmintic. It was much used as a gargle for inflammation and ulceration of the throat, relaxed uvula, etc., either alone, or combined with Alum, Honey, Vinegar, and Sumach berries. The infusion was also reputed to have the property of allaying strong sexual desires. When used internally it was taken freely.

ST. JOHNS WORT. *Hyperioam Perforatum*. This is a well-known perennial plant, very common throughout this country. The tops and flowers possess astringent, sedative, and diuretic properties and were used in infusion, in suppression of the urine, chronic urinary affections, diarrhea, dysentery, worms, jaundice, hysterics, excessive menstruation, nervous irritation, etc. The dose of the infusion was one or two fluid ounces, three or four times a day. Externally, they were used in fomentation or in the form of an ointment to dispel hard tumors, caked breasts, bruise, ecchymosis, swellings, etc. The saturated tincture was used for the same purpose.

SARSAPARILLA. *Smilax Officinalis*. This drug is the root of a genus of climbing or trailing plants, inhabiting the tropical countries of the Western Continent. Many of them are worthless; and those were generally selected which left a pungent acrid sensation in the mouth and throat, after being chewed for a few minutes. Sarsaparilla was a commonly used treatment, in infusion or syrup, as an alterative in scrofula, syphilis, chronic rheumatism skin diseases, and all other diseases in which an alterative was required, in the dose of three or four fluid ounces, three times a day. The powder was occasionally given in doses of from twenty to thirty grains. The Honduras Sarsaparilla was considered the best.

SASSAFRAS. *Laurus Sassafras*. This tree is common to the United States. The bark of the root is a warm aromatic stimulant, alterative, diaphoretic, and diuretic. It was more commonly used with other alterative, in scrofulous, syphilitic, rheumatic, and skin diseases. The pith of the extremities of the branches forms a mucilage, which was useful as a local application in acute ophthalmia, and as a demulcent drink in disorders of the chest, kidneys, bowels and bladder. Oil of Sassafras afforded relief in painful menstruation,

and was efficacious in diseases of the kidney and bladder. The dose was from two to ten drops, on sugar, or in mucilage, it was a rubefacient when applied externally, and was thus employed in all painful swellings, bruises, and rheumatism.

SAVIN. *Juniperus Sabina.* This is an evergreen shrub common to Europe, and some parts of North America. The tops and the leaves possess emmenagogue diuretic, diaphoretic, and anthelmintic properties. The warm infusion was used in suppressed menstruation, and for the removal of worms. It was never to be given when much general or local inflammation existed, nor during pregnancy, as it was liable to produce, abortion, violently affecting the stomach and bowels, and bringing life into extreme danger. Dose of the powdered leaves was from five to fifteen grains, three times a day; of the infusion from half a fluid ounce. Overdoses would produce inflammation of the stomach and bowels. The powdered leaves, in the form of cerate, were used as a stimulant to indolent ulcers, and to keep up a discharge from blistered surfaces; and mixed with equal weight of Verdigris; the powder was used to destroy venereal warts. The Oil of Savin was used in doses of from two to five drops, on sugar, as a substitute for the infusion.

SENECA. *Polygala Senega.* This is a perennial plant growing in various parts of the United States, and usually called Seneca SnakeRoot. The root is emetic and cathartic in large doses. It is a sialagogue, expectorant, diuretic, and emmenagogue, in ordinary doses. It was used as an expectorant in chronic catarrh, protracted pneumonia, croup, and asthma; as a local stimulant in relaxed sore throat; as a diaphoretic and diuretic in rheumatism; and as an emmenagogue in suppressed menstruation. It was not to be used in active inflammation. The dose of the powder was from ten to twenty grains; of the decoction, or syrup, from half a fluid ounce to two fluid ounces.

SHEEP LAUREL. *Kalmia Angustifolia.* This shrub is also known by the name of Narrow-leaf Laurel, and is common to most parts of the United States, on hills and mountains. The Big Ivy or Calico bush, *Kalmia Latifolia*, is also a common shrub. The leaves of these plants, when taken in large doses produce vertigo, dimness of vision, treat depression of the action of the heart, cold extremities, and sometimes death. In medicinal doses, they were sedative antisyphilitic, and astringent. Internally, a decoction or tincture was successfully used in syphilitic diseases, active hemorrhages, diarrhea, dysentery, febrile and inflammatory diseases, and hypertrophy of the heart,

ophthalmic neuralgia and jaundice. The best form of administration was the saturated tincture, which was given in doses of from 10 to 20 drops every two or three hours. It was to be used with prudence, and when the above named symptoms appeared the dose had to be diminished or the use of the remedy be suspended for a few days. Dose of the powdered leaves was from five to twenty grains; of the decoction, a tablespoonful. Applied In the form of an ointment the leaves were said to be efficient in scald-head, ringworm, itch, and other diseases of the skin.

SHRUBBY TREFOIL. *Ptelea Trifoliata*. This shrub is common to the western states where it is known by the names of Wingseed, Water Ash, etc. The bark of the root is the part used. It possesses tonic properties, and was used in intermittent and remittent fevers, in convalescence after exhausting diseases, in debility connected with irritation of the stomach or bowels, in some affection of the lungs, etc. The extract was used in doses of from three to five grains, three or four times a day; the cold infusion, in tablespoonful doses, every one, two, or three hours. By the use of this medicine the appetite was improved, digestion was re-established and strengthened and the stomach was rendered able to endure proper diet.

SKUNK CABBAGE. *Symplocarpus Faetidus*. This is a plant growing in moist situations throughout various parts of the United States, and is frequently termed, Meadow Cabbage. The root and the seeds are the parts used, the latter being more generally preferred. By age their virtues become much impaired. In large doses, Skunk Cabbage causes nausea, vomiting, headache, vertigo, and dimness of sight. In small doses, it is stimulant, expectorant, antispasmodic, and slightly narcotic, and was effective in whooping cough, asthma, nervous irritability, hysterics, epilepsy, convulsions attending pregnancy and parturition, chronic catarrh, and pulmonary and bronchial affections. Dose of the powdered root or seed, from ten to thirty grains, three times a day; of the infusion, one or two fluid ounces: of a saturated tincture, one or two fluidrachms.

SLIPPERY ELM. *Ulmus Fulva*. This well-known substance is the inner bark of a tree common to this country, and which is sometimes called Red Elm. It possesses nutritive, expectorant, diuretic, demulcent and emollient properties. As a diuretic and demulcent it was valuable in all mucous inflammations of the lungs, stomach, bowels, kidneys and bladder. It was used in the form of a mucilaginous drink, taken freely; coughs, strangury, etc., were benefited by its

use; and it was useful in preventing summer complaint of infants. Its external application proved serviceable in many obstinate diseases of the skin; and as a poultice it was very valuable in burns, scalds, bruises, ulcers, local inflammations, suppurating tumors, fresh wounds, etc., also in the excruciating pains of the testicles which accompany the metastasis of mumps. In injection, the cold infusion was valuable in diarrhea, dysentery, tenesmus, piles, gonorrhoea, gleet, etc. The powdered bark, sprinkled on the surface of the body, prevented and healed excoriation, and chafing, and allayed the heat and itching of erysipelas.

SMALL SPIKENARD. *Aralia Nudicaulis*. This is a perennial plant, growing in rocky woods and rich soils, in the Northern United States. The root has a fragrant odor, and a sweetish, aromatic taste. It is alterative and gently stimulant, and was used in decoction or syrup as a substitute for Sarsaparilla, in syphilitic, rheumatic, and skin diseases: also in diseases of the lungs. Externally, a strong decoction of it was used effectively as an application to shingles, and as a stimulating wash to old ulcers. Dose of the decoction or syrup, was from two to four fluid ounces, three times a day. The *Aralia Racemosa* Spikenard, or Pettymorel, possess similar properties, and was much employed in diseases of the lungs.

SOAP. *Sapo*. Castile Soap, either the plain or the white or mottled variety, was more commonly used in medicine. It possessed slightly laxative, antacid, and antilithic properties, and was usually given in combination with active cathartics to lessen their irritating effects. Given alone, or in combination with Oils of Sassafras, Juniper, Spearmint, etc., it was very useful in many urinary diseases. It was also useful in acid stomach. Externally it was a stimulating discutient, and was used by friction, or in the form of plaster, in sprains, bruises, and various tumors. A strong solution of Soap formed a good injection in constipation, especially when arising from hardened feces in the rectum. Dose of Castile Soap was from five to thirty grains, in solution or pill.

SOLOMONS SEAL. *Convallaria Multiflora*. This is a perennial plant, growing in various parts of the United States. The root is tonic, slightly astringent, and mucilaginous. It has a special influence on irritation and chronic inflammation of the stomach and bowels, piles chronic dysentery, laryngitis, etc. It was generally used in decoction or infusion, in doses of from one to four fluid ounces, three or four times a day: a large dose proved nauseant and cathartic. It was also effective in female debility, excessive menstruation,

affections of the air passages, etc. As a local application, the decoction was found useful in some diseases of the skin, and in the inflammation of the skin caused by the Poison Vine.

SOOT. *Fuligo Ligni.* Woodsoot was useful in acid conditions of the stomach, dyspepsia, hysterics, inflammation of mucous membranes, and as an injection in threadworms. It was used in powder, from five to twenty grains, three or four times a day; or in decoction, one or two fluid ounces for a dose. An ointment of soot was useful in burns, scalds, scald head, fistula, and scrofulous ophthalmia.

SPEARMINT. *Mentha Viridis.* This is a well-known, perennial herb possessing carminative, diuretic, and antispasmodic virtues. The warm infusion was useful in febrile diseases to cause perspiration: The cold infusion acted as an effective diuretic in heat of urine, pain in urinating, etc. A saturated tincture of the fresh herb in gin was found serviceable in gonorrhoea, strangury, gravel, suppressed urine, and as a local application to painful piles. The Oil of Spearmint is diuretic, stimulant, antispasmodic, and rubefacient, and was used externally in rheumatic and other pains. The decoction was drunk freely. Dose of the oil was five or ten drops on sugar.

SPIDER WEB. *Tela Araneae.* The cobweb of the brown or blackish spider, found in barns, cellars, and other dark places, when given in doses of five or six grains, every two or three hours, in pill-form, was reputed effective in fever and ague, hysterics, periodical headache, asthma, hectic fever, St. Vitus Dance, and various nervous and spasmodic affections. Also it was said to be useful in checking bleeding, when applied externally.

STRAMONIUM. *Datura Stramonium.* This is a well-known annual seed bearing the names of Jamestown Weed, Stinkweed, Thorn Apple, etc. The leaves and seed are the parts used; in huge doses they are highly poisonous. In medicinal doses, they acted as anodyne-antispasmodics, without producing constipation, and have been effective in mania, epilepsy, inflammation of the stomach, bowels and rheumatic, syphilitic, and neuralgic pains. Combined with Quinia, Stramonium was useful in fever and ague, headache, painful menstruation, etc. Externally, the fresh leaves, bruised, were valuable as a poultice in rheumatism, acute ophthalmia, swollen and painful breasts, painful ulcers and inflammation of the stomach and bowels. The ointment was serviceable in many skin diseases. It was never to be given internally in plethora or where there was a determination to the head. Dose of the

powdered leaves was from one to five grains: of the tincture of the seeds, not bruised, from five to thirty drops: of the alcoholic extract, from one-eighth of a grain to two grains.

SUMACH. *Rhus Glabrum*. This is a shrub common to various parts of the United States, the bark and berries of which were used in medicine. The bark is tonic, astringent, and antiseptic; the berries contain malic acid, and are refrigerant and diuretic. In decoction or syrup, the bark of the root was found to be valuable in treatment of gonorrhoea, diarrhoea, dysentery, hectic fever, and scrofula. Combined with Elm Bark, and White Pine Bark, in decoction, it was said to have proven highly beneficial in the treatment of gonorrhoea. A decoction of the inner bark of the root was serviceable in the sore mouth resulting from mercurial salivation; it was also useful as an infection in falling of the bowels, and leucorrhoea. And as a wash in some diseases of the skin. The powdered bark of the root, applied as a poultice to old ulcers, formed an excellent antiseptic. The berries were used in infusion in febrile diseases, diarrhoea, dysentery, diabetes, etc., and as a gargle in quinsy and ulcerations of the mouth and throat, and as a wash for ringworm, tetter, and offensive ulcers. The excrescences, which form upon the leaves, are nearly equal in astringency to galls, and, if pulverized and made into an ointment with lard, they afford a soothing application to piles. The gum which exudes from the bark on being punctured during the summer, was beneficial in gonorrhoea, gleet, and obstruction of urine. It was best when formed into four-grain pills with equal parts of Canada Balsam and sufficient powdered Poke root to form a pill mass—one or two of these pills was taken three times a day. Dose of the decoction of Sumach, one or two fluid ounces, three or four times a day.

SUNFLOWER. *Helianthus Annus*. The seeds, as well as the leaves of this well-known plant, possess expectorant and diuretic properties and were very beneficial in the treatment of cough, laryngitis, bronchitis, etc. A syrup was made from the seeds which was very beneficial in many pulmonary affections. Thus: Bruise one pound of Sunflower seeds, add them to two and half gallons of water, and boil slowly down to one gallon and a half; strain off the liquid, add six pounds of loaf sugar, and six pints of Holland Gin. The dose was from half a tablespoonful to two tablespoonfuls four or five times a day. By expression, the seeds yield a fixed oil, upon which their virtues principally depend; in doses of ten or twenty drops three or four times a day. It was found useful in all mucous inflammations; In treble this dose greatly increased the flow of urine. The pith of the sunflower stalk in infusion, is diuretic, and was

likewise used with advantage as a wash in acute inflammation of the eyes.

SWAMP DOGWOOD. *Cornus Sericea*. This shrub is found in damp woods and along the banks of rivers in various sections of the United States. It is also known by the names of Rose Willow, Red-Ozier, etc. The bark is the part used: It is slightly tonic and stimulant, and astringent, and was used for the same purpose as Dogwood barks. It was also recommended in dropsy, dyspepsia, diarrhea, malignant fevers and to check the vomiting of pregnant women; also as an application to foul and ill-conditioned ulcers. Dose of the powdered bark was from twenty to sixty grains; of the infusion, from two to four fluid ounces.

SWAMP MILKWEED. *Asclepias Incarnata*. This perennial plant grows in damp soils throughout the United States. It bears red flowers from June to August. Upon being wounded the plant emits a milky juice. It is also known by the names of White Indian Hemp, flesh-colored Asclepias, Scamp Silkweed, etc. The powdered root is anthelmintic in doses of ten or twenty grains, three times a day; or a decoction was used in doses of from two to four fluid ounces. It was also recommended in catarrh, asthma, syphilis, and rheumatism.

SWEET FERN. *Comptonia Asplenifolia*. This shrub is common in sandy soils and stony woods from New England to Virginia. The whole plant is aromatic and possesses tonic, astringent, and alterative properties. It was used in diarrhea, dysentery, summer complaints of children, bleeding from the lungs, rheumatism, debility succeeding fevers, rickets, etc. Dose of the decoction was from one to four fluid ounces three or four times a day; externally, it was useful as an injection in leucorrhoea.

SWEET GUM. *Liquidambar Styraciflua*. This tree is common to the middle and southern states; when sounded, a balsamic juice flows from its trunk of the consistence of thin honey, yellowish-white, and of an agreeable, balsamic odor, and a warm, bitter, and acid taste. It finally hardens into a soft, resinous, dark-colored mass which is soluble in alcohol oils, lard, or fats. Heated with equal parts of lard or tallow, it formed an ointment decidedly beneficial in piles, itch, ring worm of the scalp, and many other diseases of the skin; also in "fever sores," etc. Internally it was used in chronic catarrh, laryngitis, and other affections of the air passages.

TAG ALDER. *Alnus Rubra.* This shrub is common in swamps and damp places in the northern states. The bark is alterative, emetic, and astringent. The decoction or extract was useful in scrofula, secondary syphilis, and several forms of disease of the skin. The inner bark of the root is emetic, and a decoction of the cones is said to be useful in various hemorrhages. A powder, very effective in some chronic affections of the eye, was made by boring a hole about half an inch in diameter, lengthwise through a stout piece of a Tag Alder limb. Fill this with finely powdered salt, and close it at each end. Put it into hot ashes, and let it remain for three or four days, or until the piece of limb is almost all charred; then split it open, remove the salt, powder it finely, and keep it in a vial. To use it, they blew some of the powder into the eye through the quill.

TANSY. *Tanacetum Vulgare.* This is a well-known perennial herb, possessing tonic, emmenagogue, and diaphoretic properties. A warm infusion is diaphoretic and emmenagogue and was of much service in suppressed menstruation and tardy labor pains. A cold infusion is tonic, and was effective in dyspepsia, with troublesome flatulence, debility from long-continued disease, jaundice, worms, etc., used as a fomentation the herb was useful in swellings, tumors, local inflammations, etc. Dose of the infusion was from one to four fluid ounces two or three times a day.

TARTARIC ACID. *Aldus Tartaricum.* This is a white, six-sided, crystallized solid, prepared from Cream of Tartar. It is soluble in water, and has an agreeably acid taste. It possesses refrigerant, antiseptic, and antiscorbutic properties. A solution of it was used as a drink in febrile and inflammatory diseases, as a grateful acid refrigerant draught, forming an excellent substitute for lemonade.

THIMBLEWEED, *Rudbeckia laciniata.* This is a perennial plant growing in various parts of the United States, in damp places. The whole herb is a valuable balsamic, diuretic, and tonic, and proved useful in many diseases of the urinary organs; it was highly recommended in strangury, Bright's disease, and wasting of the kidneys. The decoction was used freely.

TOBACCO. *Nicotiana Tabacum.* This is an annual plant, the leaves of which are used. They possess acrid, narcotic, and poisonous properties, and were used commonly in the form of ointment in many skin diseases, croup, spasm of the glottis, obstinate ulcers, painful tumors, piles, etc.

TRAILING ARBUTUS. *Epigea Repens.* This is a woody plant common to the United States, and sometimes-called Gravel-Weed, Mountain Pink, etc. The leaves in infusion are diuretic, astringent, and have been very effective in all diseases of the urinary organs, gravel, diarrhea, and bowel complaints of children. It was drunk freely. This was a very valuable medicinal plant.

TULIP TREE. *Liriodendron Tulipifera.* This is a large and magnificent tree, growing in nearly all parts of the United States. The bark of the root or trunk is the part used that from the root being the best. It is of a yellowish color, and bitter, aromatic taste. It should be collected during the winter. It possesses aromatic, stimulant, tonic, and in warm infusion, diaphoretic properties. It proved beneficial in fever and ague, chronic rheumatism, chronic diseases of the stomach and bowels, and worms, etc. It is also called Poplar, White Poplar, etc. Dose of the powdered bark was from a scruple to two drachms; of the infusion, one or two fluid ounces.

TURKEY CORN. *Corydalis Formosa.* This is a perennial plant, growing in rich soil in the western and southern United States, being also known by the names of Wild Turkey-Pea, Stagger-weed, etc. The tuberous root should be collected only while the plant is in flower, early in the spring. It possesses tonic, diuretic, and alterative properties, and was an excellent remedy in syphilis and scrofula. As a tonic, it was used in all cases of where these agents were indicated. Dose of the infusion was from one to four fluid ounces, three or four times a day.

UNICORN ROOT. *Aletris Farinosa.* This is a perennial plant growing in dry sandy soils and barrens, in most parts of the United States. It is also known by the names of Star grass, Crowcorn, Ague-root, etc. The root is intensely bitter, and possesses, when dried, tonic properties. It proved effective in dyspepsia, to improve the tone of the stomach, flatulent colic, and hysterics. But its most valuable property consisted in the influence it exerted upon the female generative organs, giving tone and energy to the uterus, and thus proving useful in tendencies to miscarriage. In chlorosis, suppressed menstruation, painful menstruation, engorged conditions of the womb, with falling of this organ, it was one of the best agents. Dose of the powdered root was from five to ten grains, three times a day; of the tincture, five to ten drops in water.

TWIN LEAF. *Jeffersonia Diphylla.* This is a perennial plant, found in the middle and western states. The root is diuretic, alterative, antispasmodic, and a stimulating diaphoretic. It was successfully used in chronic rheumatism

secondary syphilis, syphilitic pains, spasms, cramps, and many nervous affections. As a gargle, it was beneficial in diseases of the throat, ulcers about the mouth and throat, in scarlet fever, chronic inflammation of the eye, indolent ulcers, etc. Dose of the decoction was from two to four fluid ounces, three times a day; of the tincture, one or two fluidrachms, three or four times a day.

UVA URSI. *Arctostaphylos Uva Ursi.* This perennial plant, also known by the names of Bearberry, and Upland Cranberry, is an evergreen, common in the northern parts of Europe and America. The leaves are diuretic, tonic, and astringent, and were used with advantage in chronic dysentery, diabetes, chronic affections of the kidneys, chronic gonorrhoea, catarrh of the bladder, and in gravel with uric acid deposits. Dose of the powder was from ten to forty grains; of the decoction, two or three fluid ounces.

VERVAIN. *Vervena Nastata.* This is a perennial plant common to the United States. The root is emetic, expectorant, sudorific, and tonic. The warm infusion produces vomiting and sweating, and was useful in intermittent fevers, colds, obstructed menstruation, etc. The cold infusion formed a good tonic in some cases of debility, loss of appetite, and was reputed to be effective in scrofula, gravel, worms, etc. Equal parts of powdered Vervain, Senna and White pepper, mixed with white of egg, was said to form an excellent poultice in bruises, allaying the pain, and promoting the absorption of the effused blood. Dose of the powdered root was one or two scruples; of the infusion, two to four ounces, three or four times a day, or more often if it was desired to vomit.

VINEGAR. *Acetum.* Vinegar possesses diuretic, refrigerant, astringent, and tonic properties. It was useful in febrile and inflammatory complaints, especially when the tongue was coated dark or brown. It was also used in typhus and scurvy, as an antiseptic. In urinary affections, attended with white sediment, consisting mainly of phosphate of lime and ammoniaco-manesian phosphate, it was recommended. In dysentery and scarlet fever, vinegar, saturated with table salt, was very beneficial. It was also useful as an external application in external inflammations, bruises, sprains, swellings, etc. As a gargle, Vinegar was useful in putrid sore throat, ulceration of the throat, laryngitis, hoarseness, etc. It formed a good application to several contagious diseases, in some cases of ophthalmia, nose bleeding, etc., and as a cooling wash in headache during fevers or other attacks. The vapor of Vinegar inhaled into

the lungs was useful in diseases of these organs, sore throat, dryness and irritation of the air-tubes in febrile diseases, and, diffused through the rooms of the sick, was both agreeable and ubolesome to the patient and attendants. Distilled Vinegar should always be used for medicinal purposes. Dose of Vinegar, internally, was from one to four fluidrachms, in water.

VIRGINIA SNAKEROOT. *Aristolochia Serpentaria*. This perennial herb is common to the middle and southern states. The root consists of numerous long, slender, interlaced fibers, having a camphor-like, rather agreeable odor, and a bitter, camphor-like taste. It possesses stimulant, tonic, and diaphoretic properties. A warm infusion causes sweating and may be used in all forms of fever, in measles, small-pox, etc., when eruption does not readily make its appearance, and in suppressed or painful menstruation. A cold infusion was useful in dyspepsia, fevers, etc. Dose of the powder was from ten to thirty grains; of the decoction, one or two fluid ounces; of the tincture, one or two fluidrachms.

WATERMELON. *Cucurbita Citrullus*. The seeds of this well-known fruit, infused in water, formed an excellent diuretic, which was valuable in strangury, heat of urine, inflammation of the stomach and bowels, gonorrhoea, etc., it was drunk freely. The red pulp of the ripe fruit forms a pleasant refrigerant, diuretic, and nutrient for patients with fever, when there were no indications forbidding its use.

WATER PEPPER. *Polygonum Punctatum*. This is a well-known annual plant, also called Smartweed, possesses stimulant, diuretic, emmenagogue, antiseptic, diaphoretic, and vesicant properties. The saturated tincture, in doses of a fluidrachm, two or three times a day, was highly recommended in suppressed menstruation. Infused in cold water, the plant was found serviceable in gravel, colds, and in a cough. A fomentation applied externally, the plant being simmered in water and vinegar, was said to be a good remedy in gangrene and indolent and foul ulcers. The infusion formed an excellent wash in chronic erysipelatous inflammations. The fresh weed, bruised and applied to the skin, caused vesication. Dose of the cold infusion was from two to four fluidounces; of the tincture, from two to four fluidrachms; of the extract, from four to six grains.

BEE'S WAX. Wax is a product of the common bee, *Apis Mellifica*. There are two kinds, yellow wax, *Cera Flava*, and white wax, *Cera Alba*. These were used in medicine chiefly as an ingredient of plasters, ointments, etc. They were also

recommended in diarrhea, dysentery, and inflammation of the alimentary mucous membrane, combined with Olive Oil, and the yolk of an egg.

WHITE HELLEBORE. *Veratrum Album*. This is a perennial European Plant, the rhizome or root of which was used. It is a violent emetic, purgative, and large doses, poisonous. It was seldom used internally; its most ordinary employment was in the form of ointment or decoction, as an application for the cure of itch, and several other diseases of the skin.

WHITE OAK. *Quercus Alba*. The bark of this well-known tree is astringent, tonic, and antiseptic. It was used to advantage in intermittent fevers, chronic diarrhea, chronic mucous discharges, and passive hemorrhages; likewise in consumption, and diseases attended with great prostration, night-sweats, etc., and for these symptoms, it was combined with limewater. In sickly, weakly children, and in severe diarrhea, especially when the result of fever, the decoction given internally and used as a bath to the body and limbs, two or three times a day, was found very effective. The decoction formed a very excellent gargle for relaxed palate and sore throat – a good stimulating wash for ulcers with spongy granulation's, – and an astringent injection for leucorrhoea, falling of the bowel, bleeding piles, etc. A poultice of the powdered bark was often effective in gangrene. Dose of the decoction, was one or two fluid ounces; of the extract, from five to twenty grains.

ACORN COFFEE. A coffee made from roasted acorns of the white-oak tree, was said to be useful in the treatment of scrofula.

WHITE POND LILY. *Nymphaea Odorata*. This is a perennial plant growing in marshes and ponds in many parts of the United States. The root is astringent, demulcent, anodyne, and antiscrofulous. It was effective in dysentery, diarrhea, gonorrhoea, leucorrhoea, and scrofula and combined with Wild Cherry in bronchial and laryngeal affections. Externally, the leaves and roots were used in the form of a poultice to boils, tumors, scrofulous ulcers, and inflamed skin. An infusion was used as a gargle in ulcers of the mouth and throat, and was an injection in leucorrhoea. Dose of the infusion was from two to four fluid ounces.

WHITE TURPENTINE. This is the concrete juice obtained by making incisions in the Longleaf Pine, or Yellow-pitch Pine tree, *Pinus Palustris*. It is of a yellowish-white color, or a consistence depending on the degree of temperature, though it finally becomes dry and hard in consequence of the

loss of essential oils. It is dissolved by alcohol or ether, and combines with fixed oils. White Turpentine possesses stimulant, diuretic, and anthelmintic properties; and in large doses it is laxative. It was used in gonorrhoea, gleet, leucorrhoea, chronic diseases of the urinary passages, chronic catarrhal diseases, chronic rheumatism, piles, chronic inflammation of, or ulceration of the bowels, and in suppressed menstruation. Externally it is rubefacient and stimulant, and enters into various plasters and ointments. The dose was from a scruple to a drachm, in pill-form, or in emulsion with Gum Arabic, or yolk of egg, sugar, and water.

WHITE WEED. *Chrysanthemum Leucanthemum*. This is a perennial seed, growing in almost all of the United States, and is very troublesome to farmers. It is also called Ox-eye-Daisy. It is tonic, diuretic, antispasmodic, and in large doses, emetic. The cold decoction, in doses of two to three fluid ounces, three or four times a day, was useful in whooping-cough, asthma, nervousness, night-sweats, and externally and internally in leucorrhoea, as a tonic, it was sometimes substituted for Chamomile flowers. Externally, it was applied to wounds and ulcers, scald-head, and some diseases of the skin.

WHORTLEBERRY. *Vaccinium frondosum*. This is a shrub, the fruit of which is large, dark blue, and covered with whitish, fine powder. There are several varieties of Whortleberry or Huckleberry, common to the United States. The fruit is diuretic, and was very useful eaten alone, or with milk or sugar, in scurvy, dysentery, and derangement's of the urinary organs. The berries and root, bruised, and steeped in gin, formed an excellent diuretic, which had proven beneficial in dropsy and gravel. A decoction of the leaves, or bark of the root, is astringent, and was used in diarrhea, or as a local application to ulcers, leucorrhoea, and sore mouth and throat.

WILD CARROT. *Daucus Carota*. This is a biennial plant, common to Europe and the United States. The root and seeds are stimulant and diuretic, and were used in infusion for dropsy, chronic affections of the kidneys, gravel, and to relieve strangury produced by Cantharides. The seeds were also used in flatulency. Externally, scraped or grated, the root formed an excellent application as a poultice to gangrenous, cancerous, malignant, and indolent ulcers, relieving the pain, correcting the fetor, lessening the discharge, and altering the morbid condition of the parts. Dose of the infusion, two or three fluid ounces three or four times a day.

WILD CHERRY. *Prunus Virginiana*. This tree is common to many parts of

the United States. The bark is the part used. It is tonic and stimulant in its operation on the digestive organs. at the same time exerting a sedative, influence on the circulatory and nervous systems. It was used as a tonic in convalescence from inflammatory attacks, in consumption, diseases of the air vessels and organs in the chest, cough, scrofula, hectic fever, etc. The dose of the powdered bark was one or two drachms; of the cold infusion, from one to three or four fluid ounces, several times a day: and of the fluid extract, which was the best preparation for use, from a half fluidrachm to two fluidrachms.

WILD GINGER. *Askarum Canadense.* This is a perennial plant, common to nearly all parts of the United States, and is also known by the name of Canada Snakeroot, Colt's Foot, etc. The root is an aromatic stimulant, tonic, diaphoretic, and expectorant, and was used in colic, and other painful affections of the stomach and bowels where no inflammation existed, and in cough, laryngitis and chronic pulmonary affections. It was also used as a snuff in catarrh. Dose of the powder was half a drachm; of the tincture, from half a fluidrachm to two fluidrachms.

WILD INDIGO. *Baptisia tinctoria.* This is a perennial, small shrubby plant, found in most parts of the United States. The leaves and bark of the root are the parts used. The root-bark is purgative, emetic, stimulant, astringent, and antiseptic. It was principally used because of its antiseptic virtues. The decoction acted powerfully on the glandular and nervous systems, increasing all the glandular secretions, and arousing the liver to a normal action. It was used with success in scarlet fever, typhus, and all cases where there was a tendency to putrescence, pneumonia and acute rheumatism. Externally, it formed an excellent application to all ulcers, malignant sore mouth, and gangrenous ulcers. A fomentation of the leaves is said to have discussed tumors of the breast. Dose of the decoction was a tablespoonful every one, two, or four hours, as required. If it purged, produced nausea, or disagreeable relaxation of the nervous system, the dose was lessened or omitted completely.

WINTERGREEN. *Gaultheria Procumbens.* This is an evergreen plant, common to mountainous, dry, lands throughout the United States. The leaves have a pleasant aromatic odor and taste and possess stimulant, aromatic, and astringent properties. The infusion was also used in chronic diarrhea, as a diuretic in dysuria, as an emmenagogue, and in intermittent fevers, and to flavor various medical preparations. The infusion was drunk freely.

WILLOW. *Salix Alba.* This tree is common to parts of Europe and the United

States. There are over one hundred species of Willow, common to these two countries. The bark is the part used: it is tonic and astringent, and was used in intermittent fevers, as an inferior substitute for Peruvian bark. It was a very eligible article in the treatment of chronic diarrhea and dysentery. The decoction was useful as an application to foul ulcers. Dose of the powdered bark was one drachm; of the decoction, one or two fluidounces, four or five times a day.

WITCH HAZEL. *Hamamelis Virginica*. This shrub is common to most all parts of the United States. The leaves and the bark are the parts that were used, and they were tonic, astringent, and sedative. A decoction of them was used effectively in diarrhea, dysentery, hemorrhage, excessive mucous discharges, etc. Externally, it was used as an application to piles, painful tumors, gleet, sore mouth, and leucorrhoea. Dose of the decoction was from two to four fluidounces, three or four times a day.

WORMSEED. *Chenopodium Anthelminticum*. This is a perennial plant growing in wastelands in nearly all parts of the United States, and is also known as Jerusalem Oak. The seed yields a volatile oil by distillation, which is anthelmintic, and was used for the removal of roundworm. It was more commonly used in doses of from four to eight drops, for a child, morning and evening, continuing its use for four or five days, and then giving a brisk cathartic. A strong infusion of the tops was also said to expel worms.

WORMWOOD. *Artemisia Absinthium*. This is a well-known perennial, shrubby plant, the tops and leaves of which possess tonic and anthelmintic properties. The powder or cold infusion was used to promote appetite in dyspepsia, in gonorrhoea, intermittent fever, suppressed menstruation, worms, etc. Dose of the powder was from ten to thirty grains; of the infusion, one or two fluidounces. Externally, the herb was useful as a fomentation in bruises, and local inflammations.

YARROW. *Achillea Hillefolium*. This is a perennial herb, common to Europe and North America. It possesses tonic, astringent, and alterative properties, and was used with advantage in intermittent fever, bleeding from the lungs, kidneys and stomach, excessive menstruation, incontinence of urine, diabetes, piles, flatulent colic, chronic dysentery, and some nervous affections. The infusion was taken three or four times a day in wine glassful doses. The volatile oil obtained from the plant, in doses of from ten to thirty drops.

YEAST. *Cerevisiae Fermentum.* Yeast is stimulant, tonic, nutritious, antiseptic and laxative. It was used in typhoid fevers by mouth and injection and in tympanitis by injection. In all malignant ulcers of the throat and mouth, in diseases where there was a disposition to putridity, in scarlatina, low stages of fevers, with or without the addition of Olive Oil, which rendered it more laxative. Given with Quinia, it was very effective against felons, boils, and carbuncles. The dose was half a fluid ounce or a fluid ounce repeated every two or three hours. Externally, in combination with elm bark and charcoal it formed an excellent emollient and antiseptic poultice in sloughing ulcers, stimulating the vessels, removing the tendency to gangrene, and correcting the fetor.

YELLOW DOCK. *Rumex Crispus.* This is a perennial plant growing in various parts of the United States, in dry fields and waste grounds. The root is alterative, tonic, diuretic, and detergent, and was eminently useful in scorbutic, contagious, scrofulous, scirrhus, and syphilitic affections, leprosy, elephantiasis, etc. The fresh root, bruised in lard or butter, formed an excellent ointment for scrofulous ulcers, itch, and a discutient for indolent glandular tumors. Dose of the decoction or syrup was from one to four fluidounces, three times a day.

YELLOW JESSAMINE. *Gelsemium Sempervirens.* This is a perennial, twining plant, common to the southern United States. The root is the part used. It possesses narcotic, relaxing, and febrifuge properties; quieting all nervous irritability or excitement, equalizing the circulation, promoting perspiration, and rectifying the various secretions, without causing nausea, vomiting, or purging. It was used in all acute diseases, nervous headache, rheumatism, neuralgia, painful menstruation, spasmodic attacks, lockjaw, and whenever relaxation of the system was indicated to lessen pain, etc. It was not to be used in congestive fever, where there was muscular or nervous prostration, or relaxation of the system with exhaustion, nor when there was a tendency to fullness of the head. The dose of the tincture was from ten drops to a fluidrachm or more, according to its influence. Its effects were clouded vision, double sightedness, complete prostration, inability to open the eyes, but which gradually passed off in a few hours, leaving the patient refreshed and relieved, or completely restored. And as soon as the heaviness or partial closing of the eyes was induced, no more of the remedy was necessary in most cases, at least until these symptoms had passed away. Large and continued doses were dangerous, and have proven fatal. The antidotes to improper doses

of it were Aqua Ammonia to the nose; stimulants, or Turks Island salt, about the size of a big pea. Internally; Quinia and Capsicum; and Electro-magnetism. The tincture lost its strength by age.

YELLOW LADIES SLIPPER. *Cypripedium Pubescens*. This is a perennial plant found in most parts of the United States, and also known by the names of American Valerian, Umbel, Nerve Roots, etc. There are several varieties of the plant, all of which possess similar properties. The root is tonic, stimulant, diaphoretic, and antispasmodic, and was found beneficial in hysterics, St. Vitus' dance, nervous headache, and all cases of nervous irritability. Dose of the powder, from ten to thirty grains; of the infusion, from one to four fluidounces; of the tincture, from one to three fluidrachms; of the extract, from one to five grains three or four three a day.

YELLOW PAPILLA. *Menispermum Canadense*. This is a perennial plant common in the woods and near streams throughout the country. The root is tonic, laxative, alterative, and diuretic. It was much esteemed as a remedy in scrofulous, contagious, gouty, rheumatic, syphilitic, and mercurial diseases; also in dyspepsia, general debility, and chronic inflammation of the stomach and bowels. Dose of the decoction was from two to four fluid ounces three times a day; of the extract, from two to four grains three or four times a day.

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