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THE

MEDICAL INSTRUCTER:

CONTAINING

THE SYMPTOMS OF DISEASES, AND DIRECTIONS FOR THEIR REMOVAL,

BY THE USE OF

DR. DANIEL J. COBB'S

HIGHLY CELEBRATED AND INVALUABLE

FAMILY MEDICINES;

TO WHICH ARE PREFIXED,

CERTIFICATES AND OBSERVATIONS RECOMMENDATORY OF THEIR SUPERIOUR VIRTUES IN THE PREVENTION AND CURE OF DISEASES.

"What we have felt and seen,
"With confidence we tell."

BY DANIEL J. COBB,
BOTANICK PHYSICIAN,
Author of the "Family Adviser," and "Plain System of Midwifery."

WARSAW:
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PREFACE.

The great varieties of medicines now in use, appear to forbid the introduction of additional compounds; but when an individual has, by his own sufferings, been prompted to researches which terminate greatly to his own benefit, and that of many of his friends, humanity points to the claims which the publick holds against him, and forbids that he should remain an idle spectator to the sufferings around him. If, then, the publick has a claim upon such an individual, such an individual certainly has an equal claim upon the publick—the one to labour for the good of the many, and the many to investigate and appreciate the value of his labours, and award to him his due.

The object of the publication of this volume, is to point out a systematick course to be pursued in the application of a variety of Botanick Compounds, when used as preventives and curatives of diseases.

Having witnessed the good effects of the medicines herein recommended, not only in the first stage of diseases, but also in the removal of those diseases, which had held their victims in captivity in defiance of all other remedies; and having received testimonials from very many who have used them, showing, in unqualified terms, the success which has invariably attended their use, I confidently trust that this little volume will be thankfully received by the languishing, the sick, and their friends.

I have full confidence in the belief that an impartial investigation, and a practical application, of the medicine, upon the principles herein contained, will enable any person of understanding, to do much towards effecting a cure in all of the common diseases of the country.

It is universally admitted, even by those who oppose the botanick practice, that every country contains vegetable remedies for the removal of all curable diseases of its inhabitants, provided they were known and properly used. It is equally certain to all who have investigated the subject, that enough is known of the curative properties of the indigenous plants of America, to justify the exclusion of all minerals, and deadly poisonous vegetables, from the list of medicines; and I look forward with pleasing anticipation to the time when these, and the lancet, shall give place to the more humane and efficacious use of botanick remedies, exclusively.

To those who hail with gratitude, every effort for the advancement of the cause of Medical Botany, to the exclusion of disease creating remedies, this volume is respectively submitted, by the author,

DANIEL J. COBB.

Castile, N. Y., May, 1837.

ADVERTISEMENT.

The proprietor gives notice to the publick, and his friends generally, that he is now prepared to furnish his invaluable family medicines, either at wholesale or retail.

Those who wish to avail themselves of his skill in the science of medical botany, are hereby informed, that on Saturday of each week, he will devote his time to those who call at his Dispensary, situated in the town of Castile, Genesee county, N. Y. Those who have sought in vain for remedies elsewhere, are particularly invited to call.

In view of past success, and present superiour advantages, he confidently trusts that increasing benefits will be realized by those who may favour him with their patronage. Neither minerals nor vegetables, operating as deadly poisons, are used in any of his compounds; and, instead of that narrow, inefficient, and often fatal, system of quackery which promises to cure every disease with one remedy, a variety of remedies are kept constantly on hand, to answer the important purposes for which medicines are required, in the removal of the diseases incident to the inhabitants of this climate.

The following principles are the result of much observation, through a long course of practice, in which frequent opportunities have offered for testing the intrinsick worth of vegetable remedies, after patients have suffered much from the use of minerals, and deadly poisonous vegetables; yet their great value has often been more clearly manifested in the first stage of diseases.

No medicines, prepared of minerals, or deadly poisonous vegetables, can be taken into the stomach without essentially enfeebling the system, and thereby predisposing it to any disease to which it may be exposed. Metallick substances, being composed of solid and insoluble particles, when taken into the stomach, pass into the circulation, and, acting mechanically, have a very injurious effect; whereas, the medical properties of suitable vegetable remedies, being composed of soluble particles, become fluid, and pass off without injury.

And again: it is much more difficult to restore the health of a person who has been thus enfeebled, by the use of improper remedies, than that of one who is diseased from natural causes. Hence the importance of administering medicines, in all cases, which will remove disease, and not produce an injurious effect upon the system.

But, although medicines composed of vegetables are less injurious in their effects, than those composed of minerals, yet it is of the utmost importance that great care should be taken in collecting, curing, and compounding, as well as in administering them.

To show how far the proprietor of the medicines here recommended, has succeeded in these very important particulars, a few of the many certificates that might be presented, are inserted, which are deemed sufficient to satisfy even the most incredulous, of the intrinsick worth of the compounds.

CERTIFICATES.

WETHERSFIELD, Genesee co., N. Y., }
Sept. 15, 1835. }

DR. D. J. COBB: SIR:—In answer to your inquiry, with regard to my success in the use of the medicine I have had of you for the year past, I can, with much pleasure, inform you, that I have given them a thorough trial in many cases of acute diseases, with the most complete success, having in no case failed of effecting the desired object.

I have also administered the medicine in very many chronick cases, in all of which I have been able to give relief; and in some cases the effect has been truly surprising.

In Scarlet Fever, your Canker Powders, and Vegetable Cough Drops, given alternately, with an operation or two of the Vegetable Emetick, in the first stage, and a dose of Anti-Bilious Pills, or Cathartick Powders, in the latter stage, have, in every case for which I have prescribed, removed the disease in a short time. Your Anti-Dyspeptic Bitters I have used with great success, in many cases of diseases attended with costiveness; and, a number of times, and always to advantage, in connexion with the Preparatory Bitters.

Your other compounds I have found equally necessary and efficacious, in cases for which they are recommended; and I believe them to be well calculated to save much sickness and expense in families where they are kept, to be administered when necessary.

I have full confidence in the efficacy of your Preparatory Bitters,* and the Anodyne Infusion, Tonick Nerve Powder, Sedative Powder, and Vegetable Restorative, which accompany them. The Preparatory Bitters have been used in my own family with surprisingly good effect, during pregnancy; and I have much reason to believe that their use, together with the other compounds, greatly mitigated the severity of labour and its attending consequences. I have also furnished many others with them, by all of whom they have been highly extolled. I confidently believe, that every man, having a proper regard for his wife, who shall become acquainted with the intrinsick virtues of these medicines, will place them in her hands, (if he can obtain them) as often as her situation may require them.

Your compounds for female complaints, I believe to be more efficacious than any other system of practice whatever. So great is my confidence in their curative virtues, that I firmly believe that every female, labouring under complaints peculiar to her sex, can be essentially benefitted by their use.

RICHARD L. CHARLES.

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*The medicines here recommended, have a tendency to obviate the difficulties for which *blood-letting* is prescribed in time of pregnancy; a practice which, every reflecting mind will at once perceive, is in *direct violation of the laws of nature;* and which, instead of *strengthening*, actually *enfeebles* the female and her offspring; whereas, these medicines invariably invigorate the powers of life, and thereby cause both mother and child to be more healthy.

These medicines are put up in packages, with sealed wrappers, containing the directions, at two dollars per package. Further particulars concerning the use and efficacy of these medicines, and directions for the treatment of diseases, peculiar to females, will be found in the "Female's Medical Guide."

SLATERVILLE, Tompkins co., N. Y., }
October, 1835. }

Impressed with a full conviction of the superiour efficacy of the medicines prepared by Dr. Daniel J. Cobb, I feel it my duty to state to the community the unparalleled success which has attended the use of his compounds, witnessed by me, in a practice of more than four years, during which time I have not only administered them with perfect safety to the patient, but they have also been universally productive of the best effects, by searching out and removing the causes of the several diseases for which they were given; and I am fully of the opinion that his compounds for female complaints were never equalled in the history of medicine, if used agreeably to the directions which accompany the medicine.

CORNELIUS STILWELL.

—

AVON, Livingston co., N. Y., }
Feb. 16, 1835. }

This may certify, that for many years my wife had been, at times, severely afflicted with nervous headache, and had tried many prescriptions without the least benefit. About three years ago, I became acquainted with Dr. Cobb's Anodyne Tincture, by which she has been greatly benefitted. I believe it to be an invaluable remedy in cases for which it is recommended. It is the only medicine used in my family to relieve pain; and it has, in every case, proved efficacious.

Myself and family have also used various other compounds prepared by Dr. Cobb, and have always found them to effect the objects for which they are recommended.

DAVID M. SMITH.

NEW-YORK, Oct. 22, 1835.

DR. DANIEL J. COBB: DEAR SIR:—Believing that the publick have a right to expect and receive such information from individuals as tends to serve the cause of philanthropy, I feel it a duty to give to the publick, my decided approbation to the use of your Anodyne Tincture, and Vegetable Pills, having used the Pills, particularly, while afflicted with the small pox, and the Anodyne Tincture in a very severe case of dysentery. The relief I felt in the use of the Tincture, was so great as to cause me to place a great estimate upon its value. I think the Pills superiour to any anti-billious pills with which I am acquainted, giving no pain in their operation, and effectually cleansing the bowels.

ARCHELAUS STEVENS.

—

BENNINGTON, Genesee co., N. Y.,
August 22, 1836.

With a deep sense of gratitude for the benefits myself and family have received from the use of Dr. Daniel J. Cobb's Family Medicines, I feel it a duty to certify, that after suffering much pain from the rheumatism, I was speedily relieved by the use of his Stimulating Bitters, and Anodyne Liniment, and was soon restored to my usual state of health. His other compounds, which have been used in my family, have fully answered the purposes for which they were recommended.

His preparatory medicines have been used by a number of my friends and acquaintance, with the most gratifying success, and I believe them to be of the utmost importance to all females whose situation requires their use.

I therefore cheerfully recommend them, and his medicines generally, as being well worthy the attention of the afflicted. CYNTHIA HADLEY.

Mr. E. W. Gaston certifies that after being severely afflicted with the rheumatism for two years, he was greatly benefitted by the use of the Stimulating Bitters.

Mr. J. S. Herrick certifies that he was cured of an afflicting pain in his breast, of seven years standing, with less than one bottle of the Anodyne Tincture, and has known of a number of others equally benefitted by the same remedy.

Mr. L. Tousey certifies, that in a case of excruciating pain and swelling, caused by the sting or bite of a poisonous reptile, he applied the Anodyne Tincture, which gave instantaneous relief, and in a short time effected a cure.

Mrs. Comantha Waldo certifies, that she has, in her family, made use of the Anti-Bilious Pills, Anodyne Tincture, Cleansing Powder, Tonick Nerve Powder, and Vegetable Cough Drops, which she considers superiour to any medicine with which she is acquainted.

Mrs. Ann Lewis certifies, that she was greatly benefitted by the use of the Anodyne Tincture, while severely afflicted with palpitation, and a rheumatick affection.

Miss Almira Luther certifies, that she was cured of a rheumatick affection of several years standing, by the use of the Anodyne Liniment.

Mr. E. Gaston certifies, that by the use of the Anodyne Tincture, he was cured of a pain in his side, which was so severe that he could not rest day or night, for two weeks.

Mr. Gershom Rice certifies, that his grandson, residing in his family, was cured, by the internal use of the detergent compounds, of a very afflicting humour, over the whole surface of the body, but more particularly on the hands and feet.

Mr. G. Rossman certifies, that for four years he was severely afflicted with chronick catarrh, by which his health was very much impaired, and after trying many prescriptions without benefit, was very materially relieved by the use of the Catarrh Snuff, and the other medicines, as herein recommended, for catarrh, and considers himself in a fair way to recover his health.

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This list of certificates might be increased to thousands, if necessary ; but a sufficient number has been inserted to show that an imposition upon community is not intended, by introducing the medicine above recommended. It is believed that these medicines will be found more universally applicable to all constitutions, than any other medicines now in use, as the utmost pains have been taken, during a long course of practice, and critical observance of the effects produced by the medicine, in different constitutions ; and in cases in which the medicines have failed to produce their usual good effects, a change has been made in the compound so as to render it more congenial, and at the same time the objects to be aimed at, in administering it, have been kept in view and preserved.

As it is a work of much labour to collect and prepare the necessary medicines for family use, it is believed that families can be supplied, from the Botanick Dispensary, much cheaper than from any other source.

REMARKS ON DIET, DRESS, AND EXERCISE.

When the powers of the system are enfeebled, the food should be light and easy of digestion, especially after taking an emetick or cathartick, as the operation of either removes the power of digestion (the gastrick juice) from the stomach. If solid food be taken into the stomach at such a time, it will not readily digest, therefore, the food should be prepared in a liquid form for those who have taken active medicine, and continued until the stomach is again supplied with the gastrick juice, which will be a longer or shorter time, according to the strength of the system, and activity of the fluids.

If the system has not been diseased but for a short time, nature will soon furnish the deficiency, should the operation of medicine remove the disease. Light food must be continued until the cause is removed, when it may be gradually exchanged for more substantial food. Great care must be taken not to over-load the stomach, or give any article, either of food or medicine, to which he patient has a constitutional aversion, as either cannot fail to be injurious.

Broth, made of various kinds of wild game, is considered best, as it is easier to digest, and is more strengthening than that made of domestick animals; but these are not otherwise objectionable. Some of the meat may be eaten, if boiled tender, unless in case of extreme debility; in that case, bread should be the chief part of the

solid food, as that is less liable to putrifaction than any other article of food. Prefer that which is perfectly sweet, light, and at least twenty-four hours old. A small quantity of this may be taken with the broth, if the stomach can bear it. Use a reasonable quantity of salt and pepper, if desired.

Fresh oysters are suitable for the debilitated, prepared in various ways; also, milk porridge, water gruel, and boiled milk. Boiled milk, seasoned with pepper, and mutton broth, are preferable in bowel complaints. Beef tea, buttermilk pop, panado toast, &c., are often used to advantage in many cases of disease.

The diet may, as a general rule, be suitably adapted to the inclination of the patient, with safety, unless the quantity required at a time appear unreasonable. The following statement will illustrates the principle:

I was called upon to visit a woman, several miles distant, whose case had been pronounced incurable, by her attending physicians, and whom I found so much exhausted and emaciated, that I declined making a prescription for her, as I considered her case hopeless. After I had expressed my opinion that she could not live but for a short time, she said to her husband, as the doctors all say there is no help for me, do give me what I want. On inquiry, I found that from the first of her illness, she had expressed a great anxiety for new milk, and fresh beef, which had been strenuously refused by her physicians. I advised that her appetite should be gratified, as much as possible, because, if it had a bad effect, it would not shorten her life but a few hours, and if it produced good effects, which I thought most probable, there would be a possibility of her recovery. She was soon furnished with a quart of new milk, the most of which she drank, and soon after observed that she felt almost

well already; and she was soon restored to her usual state of health.

Another, who had been dangerously sick with pleurisy, desired her mother to prepare her some boiled cabbage, which was refused, until I should visit her again. The first thing I heard on entering her room, was, "Doctor, may I have some boiled cabbage!" This interrogation I hardly knew how to answer, but I finally told her that I would consent to her eating the cabbage, on condition that she would take an emetick, in case it proved injurious. She replied, "I had rather take a dozen emeticks than not have the cabbage." It was accordingly prepared, and she ate all she desired, without the least apparent injury.

When my wife began to recover after a dangerous illness, she desired a meal of our "boilded dinner," as it is familiarly termed. Her mother, fearing it would materially injure her, told her she would consult my feelings on the subject, and on my return, met me at the door, and gave me a strict charge to persuade her not to eat such hearty food, while so weak, as she was afraid it would prove fatal to her; but, in accordance with long established principles in such cases, I consented that she might have a small quantity, which her mother prepared with a trembling hand; the cabbage, in particular, she strongly objected to. My wife, however, partook of a small quantity of each, pork, potatoes, and cabbage, and to all appearance it proved beneficial, without the least apparent injury.

I was present when a woman, exercised with pain, drank from a tumbler filled with spirits, with as much apparent freedom as she would have done from a glass filled with water, and afterward observed, she did not believe that she ever drank so much spirits in all her

life before. It had not the least intoxicating effects, but produced an action which nature, to appearance, required.

There should be a great distinction made between the demands of nature and those of a depraved appetite. Such substances as coal from the fire place, clay, slate stones, &c., should be withheld from every person inclined to swallow them, as they are a useless burden to the stomach and bowels, and prevent the food from nourishing the system.

Great caution is required in gratifying the appetite in any case, and especially in cases of debility. Warm bread, or biscuit, should be carefully avoided when the stomach is in a debilitated state.

The dress should sit easy, and be suitably adapted to the seasons, and their changes. Flannel is proper to be worn next to the skin, in most cases of disease.

The exercise should not exceed the strength, at any time, and especially in cases of debility. All the exercise that can be enjoyed without fatigue, will prove advantageous. Violent exercise, heavy lifting, and cold, damp places, should be carefully avoided.

REMARKS.

The diseases of the human system appear in so many forms, that any one unacquainted with the operations of nature, might suppose that many volumes would be required in their description; but it is a well known fact that diseases may differ very much in their symptoms and appearance, and still require a smilar course of treatment, which in all cases should be calculated to assist the operations of nature.

Many, by their practice, appear willing to induce a belief, that disease ought to be treated like some monstrous animal, on the death of which the safety of nations depends; as they, in addition to blood-letting, give to their patients the most dangerous mineral and vegetable poisons that can be found. By removing a disease by such unnatural agents, another disease is often created, more to be dreaded than the first, as the following, from the pen of the great Dr. Rees, of London, will clearly show:

"We know not whether we have most reason to hail the discovery of mercury, as a blessing, or regard it as a curse, since the diseases it entails, are as numerous as those which it cures. There are serious objections, also, to other articles of the metallick world; antimony, iron, and arsenick, are dangerous remedies, in the hands of the ignorant; and mankind, perhaps, in the aggregate, would be benefitted by their expulsion from the medical practice."

Another sentence from the same pen, may not be amiss in this place:

"Poor must be the resources of that physician's mind, and very narrow his knowledge of medical botany, who could not, from the vegetable kingdom, alone, cure most of the diseases of the human frame."

These remarks, from one so eminent in the profession of medicine, should be received as evidence against the use of minerals, as medicine, and in favour of the cause of Medical Botany.

I have no hesitation in saying that a case has occurred within the knowledge of every person of observation, throughout our country, on which the skill of the medical faculty has been exhausted without benefit. At length the afflicted individual is induced to try remedies which he is assured will not do him an injury, and to his astonishment (I speak from experience) he soon finds himself able to attend to business again.

Will any one of reflection assert, that this case of disease might not have been cured, in its first stage, by equally simple remedies? As well might he assert, that the unfortunate debtor must be totally stripped of property before he can be in a situation to be benefitted by the kind assistance of his friends.

Should an estate be stripped of every thing of value, to prevent the creditors of its possessor from calling for an adjustment of their demands, when by the assistance of his friends, and his own exertions, his estate might have been as easily preserved, unimpaired? The man who could willingly consent to such injustice would justly merit the indignation of community; while the man who suffers his system to be reduced, that disease may have nothing to act upon, is applauded by many for the soundness of his philosophy and wisdom. Diseases are caused, either by a vitiated state of the fluids, or by obstructions. A vitiated state of the fluids, (in which a

foul stomach is included,) is generally the cause of all lingering diseases; and obstructions, the cause of acute diseases. Obstructions soon cause a vitiated state of the fluids, and when obstructions are removed by suitable remedies, the vitiated state of the fluids is also removed; but when the superabundance of the fluids, which are retained in the system by obstructions, are removed from the arm, with the vital fluid, without promoting the natural evacuations of the system, the greater part of the vitiated fluids remain, to lay the foundation of lingering dieases. Health depends upon a due performance of all the functions of the system; and a derangement of these functions constitutes disease. Attend to the natural evacuations, keep the stomach and bowels in good order, eat to live, and not live only to eat; drink for comfort, and not to gratify a depraved appetite; shun every kind of vice, and intemperance, and all violent, useless exertions, and you may enjoy health through a long life of usefulness, and go down to the grave beloved.

Remarks on preserving Health, by Rev. John Wesley.

To this end, we should avoid whatever, in meat, drink, motion, or rest, is likely to produce any considerable change in the blood. The body, likewise, should be as far as possible accustomed to bear some change of food, air, and other externals, that if we should at any time be constrained to make such a change, no ill consequence may ensue. But no precise rule can be laid down which will suit all constitutions. Every man must consult his own reason and experience, and carefully follow them.

The animal machine is like a clock, the wheels whereof may be in ever so good order, the mechanism com-

plete in every part, and wound up to the full pitch; yet, without some impulse communicated to the pendulum, the whole continues motionless.

So fearfully and wonderfully are we made! Made of such complicated parts, each so nicely fashioned, and all so exactly arranged; every one executing such curious functions, and many of them operating in so mysterious a manner! And since health depends on such a numerous assemblage of moving organs; since a single secretion stopped, may spoil the temperature of the fluid, a single wheel clogged may put an end to the solids; with what holy fear should we pass the time of our sojourning here below! Trusting for continual preservation, not merely to our own care, but to the Almighty Hand, which formed the admirable machine, directs its agency, and supports its being!

THE

MEDICAL INSTRUCTER.

Of Ague and Fever.

This disease consists of three stages—cold, hot, and sweating. These are succeeded by a perfect intermission from either. The cold stage is preceded by yawning and stretching; the whole external surface appears rough, with cold pimples, and the back feels as if cold water was running on it. These symptoms are soon followed by shivering, which is, after an hour or two, succeeded by the hot stage, the violence of which is in proportion to the severity of the cold stage, as also the sweating stage, which succeeds the hot stage.

This disease is generally attended with a tedious pain in the head and back. The three stages occupy from six to twenty-four hours, according to the violence of the disease.

This disease is confined to new, uncultivated countries, and is supposed to originate in the effluvia from low, damp places.

Treatment.—Use the Anti-Bilious Infusion, and Cleansing Powders, for three or four days, then take a dose of Anti-Bilious Pills. After the operation of the Pills, repeat the same course, and if the case be severe, the third course will be necessary. After the second or third course, according to the magnitude of the disease,

use the Jaundice Bitters, observing the use of the pills once in four or five days, as before. Bathe the head and back with the Anodyne Tincture, which will relieve the pain. A spoonful of cayenne may be added to the water in which the feet should be bathed at the commencement of each return of the cold stage. (See general directions, No. 4.) The Vegetable Fever Powders should be used during each paroxysm of the fever.

This course of treatment removes the cause of the disease from the system, and leaves the man in the enjoyment of health, and not subject to a return of the disease.

In a few extremely bad cases of this disease, I have found the Vegetable Emetick of great importance, which may be administered between the paroxysms, in any stage of the disease; and in cases of extreme debility, the course prescribed in general directions, No. 3, has proved an invaluable auxiliary.

Of Ague in the Breast.

At the commencement of this disease, the patient is severely afflicted with hot flashes, chills, pain throughout the system, sharp darting pains and soreness, through the breast, headache, and pain in the back.

Treatment.—Use the Anodyne Infusion freely, until the chills and pains subside, bathe the feet, (see general directions, No. 4,) and apply draughts, bathe the breast with the Anodyne Tincture, and if necessary, apply a plaster of the drawing salve to the affected breast.

Asthma.

Treatment.—The Asthmatick Pills, Cough Drops, Cleansing Powders, and Anodyne Tincture, have proved highly beneficial in this disease. All are not equally

benefitted by the same remedy. One kind or the other, or the whole, used alternately, will be found beneficial, in any case of the disease.

Of Bleeding at the Nose.

An unequal balance of the blood is the cause of this complaint, therefore the remedies must be calculated to equalize the circulation. The most alarming hemorrhage I ever witnessed from the nose, was checked in a few minutes by the use of the Stimulating Bitters, and bathing the feet; and its return was effectually prevented by the use of the Bitters. The use of the Bitters will also prevent habitual nose bleeding, which often occurs in hot weather.

Of Biles.

As these are caused by a vitiated state of the fluids, a cleansing course must be pursued in order to effect a cure. When the tumour first makes its appearance, relief may be obtained by bathing it a few times with the Anodyne Tincture, and covering it with the Strengthening Plaster. The Detergent Infusion, &c., must be used to cleanse the humours from the system.

Of Bruises and Falls.

It is the commonly received opinion, that blood-letting is absolutely necessary in cases of bruises and falls, but as an injury of this kind does not increase the quantity of blood in the system, I cannot see the propriety of removing it. It is true, that to remove a part of the blood will cause an action in the blood vessels, which will gradually extend to the whole system, but debility is the unavoidable consequence of a loss of blood. Ac-

tion can be caused by a course of internal and external remedies, equally efficacious, and by far more to the advantage of the patient than blood-letting possibly can be, and which will more effectually prevent soreness, and the congealing of the blood in the bruised part. In case of a slight bruise, the use of the Anodyne Tincture will be sufficient; but in cases of a severe bruise, or a fall, see general directions, No. 6. External friction to the part, immediately after the injury, is highly beneficial; and a dose of Anti-Bilious Pills, or Cathartick Powders, must not be long neglected. If costiveness ensues, see general directions No. 7. Should the flesh be mangled, pursue the course as directed for wounds.

Of Burns and Scalds.

When the skin is not removed by a burn or scald, bathe the part immediately with the Anodyne Tincture, and secure it from the air by a linen cloth, kept constantly moist with the Tincture until the pain and soreness are removed, which will prevent blistering.

When the skin is off, apply a soft poultice, oiled over with linseed oil, until the inflammation is removed, after which the Healing Salve, Cleansing Ointment, or Strengthening Plaster, can be advantageously used. When a hand or a foot is the injured part, great care must be taken that the fingers or toes do not unite when the sore heals; to prevent which, keep cloths, moistened with linseed oil, constantly between them.

Of Canker.

The mouth is generally the seat of this disease, yet the stomach is often affected by it. In most cases of this disease, it is necessary to cleanse the stomach,

either by the Anti-Bilious Pills, or Vegetable Emetick; and in extremely bad cases, both will be required. After cleansing the stomach, the Vegetable Canker Powders will in all cases prove efficacious.

Of Canker-Rash, Scarlet Fever, Scarletia.

In the mild form of this disease, the first symptoms are a sense of weariness, dejection, chills, hot flashes, dry cough, &c. On the second day, an eruption, rough to the touch, appears about the face and neck, in small points, of a bright scarlet colour, which in a few hours extend over the whole body, yet it is most distinct about the joints. In a more violent attack of the disease, there is an inflammation of the face, the heat of the skin is intense, an uneasiness of the throat, and difficulty of swallowing, are experienced, and the throat appears swelled, as in quinsey. In this form of the disease, the eruption does not appear until the third or fourth day, and will frequently vanish and reappear; the throat is clogged with phlegm, and the disease frequently goes on to supperation and to death.

Treatment.—At the first appearance of the disease, the Vegetable Emetick should be administered, and may be repeated in any stage of the disease. The Vegetable Canker Powder, Vegetable Cough Drops, and Vegetable Fever Powders, must be alternately given through the whole course of the disease; and after the disease has in some measure disappeared, a dose or two of the Anti-Bilious Pills, or Cathartick Powder, must be administered. In case of swelling of the throat, apply to the part affected, cloth, moistened in a strong decoction of smart weed, and change them often. For debility, see general directions, No. 3.

Of Catarrh.

This disease is caused by a cold, seated in the glands, and mucous membranes of the head and throat, and is characterized by a discharge of a sharp serum from the nose, and a dropping of a fetid fluid from the head into the throat.

TREATMENT.—The Catarrh Snuff, and Headache Snuff, are indispensably necessary in this disease. If the stomach and bowels are out of order, they must not be neglected.

In slight affections the snuff is sufficient; but in cases of long standing, the stomach and bowels become affected, and in extremely bad cases, the fluids of the whole system become vitiated.

The medicine commonly required, in addition to the above, when the stomach and bowels are affected, is the Anti-Bilious Infusion, Cleansing Powders, and Anti-Bilious Pills; but when the fluids of the whole system become vitiated, the Detergent Infusion, &c., must be also used. Use the Anti-Dyspeptick Bitters, in case of costiveness, and in case of general debility, see general directions No. 3.

Chapped Hands.

Wash them in buttermilk at bedtime, and after wiping and drying them, apply the Healing Salve. Repeat this as often as necessary.

Of Cholera Morbus.

The characteristick symptoms of this disease, are, a violent puking and purging, caused by overloading the stomach with food or fruit—commonly unripe fruit, or

by a vitiated state of the fluids in the stomach. It is an effort of nature to free herself from offending matter; and the action of the stomach is generally increased, and continued by bilious irritation.

TREATMENT.—Use a weak preparation of the Anti-Bilious Infusion, or Stomachick Bitters, in small doses, until the vomiting ceases, and increase as the stomach can bear. The Anodyne Tincture has given great relief in many cases of this complaint. The Anti-Dysenterick Pills may be used if the relax and pain in the bowels do not cease. If the patient be much debilitated, see general directions, No. 3; and if costiveness ensue, see general directions, No. 7.

Of Colds.

Colds cause obstructions, which are the common cause of all acute diseases; therefore, the first appearance of a cold should receive prompt attention, and more especially, as it usually seats upon the vitals. The irritation of the lungs causes a cough, which, if neglected, may end in consumption; and when the symptoms are violent, an inflammation of the lungs is to be apprehended. The obstructions of the lungs require expectorating remedies.

TREATMENT.—At the commencement of a cold, a few doses of the Cleansing Powders, or Cough Drops, assist greatly in removing the complaint; but in case these fail, or when the symptoms are urgent, the Sudorifick Infusion, bathing the feet, &c., (see general directions, No. 4,) in addition to the Powders or Drops, will be necessary. In case of distress, or pressure at the stomach or bowels, the Vegetable Emetick, or Anti-Bilious Pills, must be employed. The Compound Sirup of Wa-ahoo may also be advantageously employed.

Of Colick.

The cause of this complaint, is either indigestible substances in the stomach, or wind pent up in the bowels, and is generally attended with an obstinate, constripated state of the bowels. It is often attended with a twisting sensation, near the navel; some times with cramp, cold extremities, &c.

TREATMENT.—Give a dose of Colick Powder, and Anodyne Tincture, and repeat the dose in fifteen or twenty minutes, if necessary. Bathe the feet, and apply draughts to them, and warm applications to the seat of pain. A dose of Cathartick Powders must be administered, and a cathartick operation encouraged, by injections, composed of a strong preparation of the Anti-Bilious Infusion. Continue the use of these prescriptions until relief be obtained.

Of Consumption.

The characteristick symptoms of this disease, are, a gradual wasting away of the strength and flesh; generally a severe cough, hectick fever,* pulse quick and weak, the eyes bright and clear, and the tongue clean and smooth. An uneasiness and pain in the breast, or side, is experienced, which is increased by exercise; a dry, tickling cough, a husky dryness of the palms of the hands, and soles of the feet, and a flush of the cheek at-

*This fever has usually two paroxysms in a day—one about noon, and the other near midnight. Each paroxysm is preceded by a degree of coldness, and terminates with considerable evacuation through the pores. In many cases this fever is without regularity as to the time of its appearance, and is neither preceded by chills, nor terminated by sweating. It is, however, easily distinguished from any other fever, by the symptoms which accompany it.

tends each paroxysm of the fever. The urine, on cooling, deposites a reddish or ropy sediment.

As the disease advances, the cough and expectoration increase; the patient is drenched with night sweats, and notwithstanding the appetite may be good, the strength and flesh continue to waste away.

The chief causes of this disease are, neglect of remedies in the first stage of the disease, or the use of those which have an injurious effect upon the system, and a predisposition to the disease.

TREATMENT.—The Cleansing Powders, Sedative Nerve Powder, Vegetable Cough Drops, and (in time of the fever) the Fever Powder, must be alternately used. For sourness of the stomach, see general directions, No. 8. The Vegetable Emetick must be used until the stomach is well cleansed. For costiveness, see general directions, No. 7. For a diarrhœa, use the following,* or the Anti-Dysenterick Pills; and the Anodyne Tincture, to relieve pain. After a perseverance in the use of the above remedies, until the stomach shall be well cleansed, and the fever has measurably subsided, see general directions, No. 3. The Compound Sirup of Wa-ahoo may be occasionally used for eight or ten days in succession, instead of the above course.

These prescriptions have cured many cases which would have terminated in an incurable consumption, in a short time; and I have prescribed them to a number, after the disease had advanced to an incurable stage, and from such I have received the highest expressions of

*To one pint of fourth-proof brandy, add two table-spoonfuls of finely pulverized alspice, and four of loaf sugar, and after burning the brandy until it goes out, add a half a table-spoonful of flour, and stir them well together. Dose, one tea-spoonful, at intervals of from one to eight hours.

gratitude, for the relief afforded them even in a dying hour.

Great attention should be paid to diet, dress, and exercise. (See page 15.)

Of Costiveness.

As many lingering diseases are traced back to costiveness, as their predisposing cause, I wish to impress the importance of a seasonable attention to it, upon the mind of every one, and especially those affected with it.

The importance of an evacuation from the bowels, daily, is obvious to every person of reflection, since the retention of the excremental part of food, is a useless burthen to the alimentary canal, and thereby obstructs the regular operations of nature.

TREATMENT.—In slight cases, the Anti-Dyspeptick Bitters are sufficient, but in cases of long standing, see general directions, No. 7 and 8.

Of Cough.

Cases of cough differing from those attending either a cold or consumption, are often met with, and require medical aid.

The common course of treatment required, is a thorough perseverance in the use of the Cleansing Powders, and Vegetable Cough Drops, assisted by the use of the Vegetable Emetick, once in six or eight days.

Of Cramp.

This is an involuntary contraction of the nerves, and when violent, is very distressing. Cases of cramp, which occur in the feet and legs, while in bed, may be relieved

by stretching the limbs at full length, and pressing the feet against a solid substance; but when it is violent, use the Vegetable Anti-Convulsive, and bathe the feet.—(See general directions, No. 4.) It is not unfrequently produced by a vitiated state of the stomach and bowels, and a derangement in the circulalation. When this is the case, cleanse the stomach and bowels, with the Vegetable Emetick, and Anti-Bilious Pills, and regulate the circulation by the use of the Stimulating Bitters, or Vegetable Anti-Convulsive.

Of Croup, or Rattles.

The characteristick symptoms of this disease, are a shrill noise in coughing, nearly resembling the barking of a puppy, a rattling in the throat, and difficulty of breathing.

It is not unfrequently preceded by symptoms of a common cold, but in some cases, its attack is without any previous indisposition. Fever, with a hard, quick pulse, and a restless, uneasy sensation, usually attends this disease. If the disease be not arrested in its progress, the cough and rattling continue to increase, the breathing becomes more difficult, and in three or four days suffocation ends the life of the suffering victim. Children, from one to three years old, are most liable to it. Prompt attention to the first symptoms is absolutely necessary.

Treatment.—A dose of soft animal oil should be given once an hour, and the Cleansing Powders, or Vegetable Fever Powders, once in fifteen minutes, as much as the stomach can bear. Keep a poultice of pounded garlick, or onions, oiled over with soft oil, or an oiled brown paper, constantly over the region of the throat

and lungs; give the Sudorifick Infusion for drink, bathe the feet and apply draughts. If this course does not give relief, it will prepare for the operation of the Vegetable Emetick, which must be administered in two or three hours, unless relief be obtained in that time.

A repetition of this course may be necessary, and be sure to keep the feet, and region of the lungs, secured from the air as much as possible.

Of Diarrhœa.

This complaint usually attends dentition, or teething, and does not require the use of remedies, unless it be so violent as materially to reduce the strength. Should the strength fail, and fever appear, administer the Vegetable Fever Powders, and the Sudorifick Infusion; and if necessary, the Tonick Sirup may be used.

In cases of Diarrhœa, in more advanced life, I have found it necessary to give the Vegetable Emetick, and regulate the stomach by the use of the Anti-Bilious Infusion, Cleansing Powders, and Anti-Bilious Pills, and in some cases the Anti-Dysenterick Pills are necessary. See general directions, No. 3, for debility.

Of Dysentery.

In a violent attack of this disease, the patient is afflicted with cold and shivering, succeeded by heat, griping pains in the bowels, and a frequent discharge from them of mucous, or blood, or both, mixed. In some cases the discharge is thin and putrid, attended with a burning heat, and bearing down of the parts. It is not unfrequently the case, that the excrements are retained, notwithstanding the discharge of blood, or mucous, or both, be violent. When this is the case, a dose of the Anti-

Bilious Pills, or Cathartick Powders, should be administered, and a Cathartick operation encouraged, by the use of injections, composed of an infusion of vegetable astringents; but in cases in which there is no appearance of costiveness, or after it is removed, give the Vegetable Emetick, and follow it with the Sudorifick Infusion, so as to produce perspiration, and, if necessary, use the Anti-Dysenterick Pills.

The anodyne Tincture is efficacious in removing the pain, and has proved of great efficacy in arresting the progress of the disease. Warm applications to the feet and bowels, in most cases of this disease, afford great relief. Bathing the feet, &c., (see general directions, No. 4,) must not be neglected. For debility, see general directions, No. 3.

It must be remembered, that in this disease, no article either of food, drink, or medicine, must be taken into the stomach, of a less temperature than blood heat, in any stage of the disease. Great attention must be paid to the diet. (See page 13.)

Of Dysury.

A suppression of urine attends many complaints, and disappears as soon as other symptoms yield to their remedies; but in case it should not, give the Anodyne Infusion, freely, or a strong infusion of clivers.

Ear Ache and Ulceration.

The symptoms need no description. The Anti-Scrofulous Tincture is a remedy, if it be taken as freely as the stomach can bear, and cotton wool, wet with it, be kept constantly in the affected ear.

Of Fever.

The term fever is applied to all diseases in which there is a greater degree of heat than in a state of health; and this increased heat is usually spoken of as the origin of the disease, when, in fact, it is only one of the symptoms of a disease lurking in the system. The heat of the system is maintained by the circulation of the fluids, principally of the blood, and the blood is invigorated by the oxygen which it receives in its circulation through the lungs. When the operations of nature are duly performed, the action of the circulation is only sufficient to preserve a due temperature of heat to rarify the fluids, that they may regularly perform their functions.

When the regular movements of the fluids are prevented by obstructions, an increased excitement is the consequence, and by this excitement heat is increased; and as the constant accumulation of the fluids continues to increase the friction, or excitement, the whole animal economy is at once thrown into disorder and confusion. When obstructions prevent the fluids from performing their regular functions, alternate changes of chills and heat will be experienced until the obstructions are removed, either by the operations of nature, unassisted, or by the assistance of remedies, or by the increased excitement gaining sufficient strength to maintain the power of heat, which is called a settled fever.

It is a well established fact, that more is thrown off by insensible perspiration than by all the other evacuations combined; therefore the excessive heat, pressure throughout the system, dullness and inactivity of body and mind, pain, a quick, full pulse, hurried breathing, &c., are easily accounted for, when this important evacuation is retained in the system by obstructions.

This form of disease, instead of exhibiting a probability that the blood has increased, during this accumulation of disease, barely exhibits the fact, that the insensible perspiration is retained in the system by obstructions, together with the obstruction of those fluids which support the growth of the hair, nails, and the waste of the skin, by exercise, &c. The blood is increased only by a healthy action of the animal economy; consequently the large quantity drawn from the arm, is the fluids above alluded to, stained with the vital fluid, which have forced their way into the blood vessels, in consequence of the impossibility of their passing from the system through the pores of the skin, as nature has designed.

As soon as the fever abates, after a course of depletive remedies, the powers of nature sink for want of sufficient strength to support the powers of life, and in many cases the greatest exertions are required to preserve life, even in its most feeble state; but when cause and effect are properly understood, and remedies administered judiciously, the disease is removed by promoting the natural evacuations of the system, and the strength is preserved.

Cases in which there is an excessive continuation of heat, dryness of the skin, quick, full pulse, pain in the head and back, thirst, pressure at the stomach, and throughout the system, hurried breathing, &c., no more prove that there is more blood in the system than necessary, than they do that there is too much flesh or bone. All that is thus made manifest, is a retention of the natural evacuations, by obstructions, a vitiated state of the fluids, or a useless, burdensome mass in the stomach and bowels. And does not this state of things point to remedies?

TREATMENT.—When hot flashes and chills, which precede a fever, first appear, bathing the feet, and a thorough use of the Sudorifick Infusion, and Anti-Bilious Pills, or Cathartick Powders, are generally sufficient; but in cases in which these fail, or remedies have been neglected until the symptoms of a settled fever are thoroughly seated, give the Vegetable Fever Powder, or Cleansing Powder, so as to nauseate the stomach, and the Sudorifick Infusion as freely as the stomach can bear; bathe the feet, and the whole external surface, (see general directions, Nos. 4 and 5,) and if these fail to give relief, in four or five hours, give the Vegetable Emetick, followed by the Anti-Bilious Pills, or Cathartick Powders, and repeat the whole course, if necessary. (See general directions, Nos. 2, 3, and 6.)

This course is the result of much solicitude for many years, and has been instrumental in restoring the health of hundreds, in a short time.

Of Fits and Spasms.

These sometimes occur in consequence of a wound. The most violent spasms I ever witnessed, were caused by a wound in the foot, by a pitch fork, and were relieved by a fomenting application of a strong infusion of smart weed to the part affected, and the internal use of anti-spasmodicks. The Vegetable Anti-Convulsive is superiour to any Anti-Spasmodick with which I am acquainted, and is a remedy for most cases of fits, spasms, or cramps.

Of General Debility.

In this complaint, the patient is usually afflicted with a distressing faintness at the stomach, trembling through-

out the system after exercise; the pains either sharp and darting, or more dull and seated, and in some cases, little or no pain is experienced. Many of the symptoms attending indigestion or dyspepsia, are not uncommon in this complaint.

TREATMENT.—To regulate the stomach, use the Anti-Bilious Infusion, and Cleansing Powder, for five or six days in succession, then cleanse the stomach and bowels with a dose of Anti-Bilious Pills, or Cathartick Powders. The Vegetable Emetick should be preferred for cases in which a cathartick operation increases the debility, and in many cases both are required to cleanse the stomach effectually. See general directions, Nos. 1 and 2. When the symptoms are similar to those attending indigestion, or dyspepsia, follow the directions given for that complaint. After the stomach and bowels are sufficiently cleansed, observe the use of the tonick medicine, as prescribed in general directions, No. 3, and for pain, &c., those given in No. 6; and if costive, see No. 7, of general directions.

Of Headache.

This complaint is caused either by costiveness, foul stomach, obstructions in the head, a pressure of blood to the head, or nervous debility. When it is caused by costiveness, follow the prescriptions in general directions, No. 7; if by foul stomach, the use of the Anti-Bilious Pills, or Vegetable Emetick, or both, may be necessary; if by obstructions in the head, use the Headache Snuff; if by a pressure of blood to the head, take a dose of Anti-Bilious Pills, and after the operation of the pills, use the Stimulating Bitters; if it proceeds from nervous debility, it is termed

Nervous Headache.

For this most distressing of all the varieties of headache, the Headache Drops have proved far superiour to any medicine with which I am acquainted, having proved a specifick for most cases in which it has been used. In some severe cases of long standing, I have found the Stimulating Elixir, and Nervine Liniment, of great importance, to be used in connexion with the drops; and for cases in which the nervous system is much debilitated, use the Sedative Nerve Powder; in addition to which, if necessary, follow the directions for general debility. The Anodyne Tincture is useful in every variety of headache.

Of Heartburn.

This complaint is caused by an acrimonious fluid in the stomach, and is attended with a sense of heat, at the pit of the stomach, and a discharge of a watery fluid from the mouth, accompanied with heat. This is caused by a foul, acrimonious fluid in the stomach, and is exceedingly troublesome in many cases of pregnancy.

Treatment.—The Anti-Bilious Infusion, and Cleansing Powder, should be used for five or six days; then give a dose of Anti-Bilious Pills, or the Vegetable Emetick, or both, as the case may require. In addition to these prescriptions, in case of pregnancy, use the Preparatory Bitters.

Of Hooping Cough.

This is a contagious disease, and is attended with a hooping noise, when the breath is drawn in while coughing.

The use of the Vegetable Cough Drops, and Cleans-

ing Powders, renders the disease very mild, and if the patient vomits frequently after coughing, no other medicine will be necessary; but if not, the Vegetable Emetick should be occasionally used.

Of Hypochondriack Affection.

The characteristick symptoms of this complaint, which is confined to the male sex, are, the apprehending great danger, without sufficient cause, as fear of poverty, while blessed with abundance; of approaching death, &c. Sometimes, too, the imagination leads its victim to conclusions still more absurd, the reality of which must be admitted in order to facilitate a cure, of which the following, from Ewell's Medical Companion is an illustration:

"Mr. B. had for a long time been labouring under many of the awful sensations caused by the hypochondriack affection, and on being inquired of by his physician concerning his health, he declared that he had died at twelve o'clock the preceding night. This being admitted by his physician and friends, poor Mr. B. voluntarily entered his coffin, and was carried to the grave yard. On the way, the procession was met by a number, who, on inquiry, were informed by the doctor, that it was poor Mr. B., and all declared their joy at the death of so infamous a character. At length, Mr. B. finding himself the subject of the most vile epithets, and that his death caused so much joy to all who were made acquainted with it, concluded to bear it no longer. He burst the lid from his coffin, made a pass at the calumniator of his character, when a race commenced, from which Mr. B. returned to his house, where he lived for many years without the least return of the disorder.

Another man fancied that he had a bottle growing from the end of his nose, and would not be persuaded to the contrary, either by the reasoning or ridicule of his physician and friends. A physician, on hearing the particulars of the whim, who lived at a distance, undertook the case, purchased a bottle corresponding in size with the imagined one, and proceeded to effect a cure. On entering the room in which the patient was confined, he affectedly expressed great astonishment at seeing a bottle at the end of a man's nose. The sufferer was greatly delighted to find that another person could realize how much he suffered, and earnestly entreated for relief. He readily consented to be blindfolded, when the doctor applied the bottle to the nose, and gave it such a twist as to lacerate the affected part, and the cure was thereby effected, to the great joy of the patient.

Another man, on whose case his attending physician had exhausted his skill without benefit, and had frequently urged upon him the importance of his taking a journey, but this he could not prevail upon him to do. At length the doctor informed him that there was a physician in a certain city, at about sixty miles distant, who was very noted for his skill in such complaints; and as his business was very extensive, he could not be persuaded, under any consideration, to leave the city in which he resided, and therefore advised him to lose no time in availing himself of his skill, which he considered his only hope. The patient finally yielded to the proposal, and on arriving at the proposed city, made diligent inquiry for the celebrated doctor, but he could not be found. Day after day was spent in fruitless exertions, until he became satisfied that no such person was known in the city. He then returned, eager to wreak his vengeance on the doctor, for the imposition he had practised upon him; and on

arriving at home, caused him immediately to be called in, when he inquired of him why he had abused him so. Why do you accuse me of abuse, says the doctor, you are well, are you not? Yes, but no thanks to you, was the stern reply. To this the doctor replied—sir, I had prescribed for you until I found I could not help you, and I could not prevail upon you to travel, until I persuaded you to go for the sake of visiting a celebrated physician. By this you were encouraged to take the journey, and your anxiety to find the doctor kept up your spirits; and on your return you have been equally anxious to scold me. Your journey, sir, has greatly benefitted you, in which I heartily rejoice.

Treatment.—In this complaint the patient is generally costive, for which see general directions, No. 7. If exercised with pain, see No. 6. If afflicted with sourness, wind, &c., in the stomach, see No. 8. See, also, Nos. 1, 2, and 3, of general directions. See remarks on exercise, diet, &c., page 13.

When a man sits down to brood over troubles with which he is unacquainted, except in imagination, he exhibits himself as a victim to his own folly. It is better to brave a thousand real misfortunes, than to be depressed by one, either real or imaginary.

Persevering diligence, in useful employment, will, in most cases, outlive adversity, and secure a competency of the good things of this world, and prevent you from disappointing poverty of its victim, by blowing out your own brains, or other acts of violence.

Of Hystericks.

The peculiarities of this complaint, which appears only in the female sex, are, a sense of suffocation, by an im-

agined ball rising in the throat, apprehension of great danger, or of death, without any visible cause for alarm; sudden change of mind, occasioning alternately laughing, crying, &c. Sometimes the patient falls down suddenly, and during the fit is insensible of what passes; her limbs are variously agitated, and she appears in great distress.

To give relief in time of the fit, loosen the clothes around the stomach, bathe the feet, and give a dose of the Sedative Nerve Powder, which should be continued. The cause must be removed by the use of the Vegetable Emetick, Anti-Bilious Pills, and the use of the medicine as recommended in general directions, Nos. 3 and 8; and if costive, No. 7 also; and for a local seat of pain or debility, No. 6, of general directions.

Of Indigestion, or Dyspepsy.

The symptoms usually attending this complaint, are loss of appetite, nausea, vomiting, heartburn, alternately diarrhœa, and costiveness, sourness of the stomach, uneasiness and pain after taking food, a rising of an acrimonious fluid, with undigested food, and at times an unnatural craving for food.

Causes.—Inactivity, intense study, excessive evacuations, sensual indulgences, overloading the stomach with rich or indigestible food, drinking cold water or any other fluid to excess, also, the immoderate use of tobacco, opium, and other poisonous drugs, may be the exciting cause.

A rigid abstinence from the cause, whatever it may be, is absolutely necessary, in order to admit a cure.

Treatment.—This should be varied according to the symptoms. The Anti-Dyspeptick Bitters, and Stomach-

ick Bitters, used alternately, will regulate the appetite, remove costiveness, prevent pain after taking food, and an unnatural craving for food. The Anti Bilious Infusion, Cleansing Powders, and Anti-Bilious Pills, will remove the nausea, vomiting, sourness of the stomach, heartburn, the rising of acrimonious fluid, &c. For diarrhœa use the Anti-Dysenterick Pills; for a languid state of the system, the Stimulating Bitters, and for debility, see general directions, No. 3. Repeat the whole course, or so much of it as the case may require, until health be restored. When the stomach is foul, use the Vegetable Emetick. (See general directions, No. 2.)

Of Inflammation of the Eyes.

The characteristick symptoms are a painful prickling sensation, as if sand were in the eyes, followed by redness, and an effusion of fluid from the eyes, producing a scalding sensation. As it increases, light becomes intolerable, and pain darting into the head and through the eye balls, is severely afflicting.

Treatment.—In most cases, an application of the Eye Water, and a dose or two of the Anti-Bilious Pills will effect a cure, but when there is an inflammatory excitement in the system generally, use the Anti-Scrofulous Tincture, Detergent Infusion, and Detergent Powders, in addition to the above. Bathe the head and around the eyes, frequently with the Anodyne Tincture.

Of Inflammation of the Lungs.

The characteristick symptoms of this distressing disease, are a sense of fulness and tightness, accompanied with heat across the chest, difficulty of breathing, severe cough, with a scanty expectoration, mixed with blood,

pain under the breast bone and between the shoulders, quick, hard pulse, hot breath, the tongue coated with a yellowish fur, the veins of the neck full, the face appears swelled, and of a dark, red colour. Lying on the side affected, aggravates the complaint; and if the patient can rest in a reclining position at all, he generallly prefers lying on his back, with the head considerably elevated.

A sudden, violent cold is the most common cause of this complaint, but it is sometimes caused by a transfer of a disease to the lungs, such as measles, small pox, &c., and by the use of ardent spirits.

TREATMENT.—Bathe the feet, (see general directions No. 4,) and give the Cleansing Powders, Cough Drops, and a strong preparation of the Anodyne Infusion, or Sudorifick Infusion, as freely as the stomach can bear, for three or four hours, then give the Vegetable Emetick. Should these fail to give relief, continue the use of the Powders, Drops, Bathing and Infusion, as before. Give a dose of Anti-Bilious Pills, or Cathartick Powders in six or eight hours after the Emetick has done operating. (See general directions, Nos. 2, 3 and 6.)

A thorough perseverance in the above course will cure any curable case of the disease in a short time, without the use of disease creating remedies.

Of Jaundice.

This complaint is attended with a bitter taste in the mouth, yellow appearance of the eyes and skin, high coloured urine, slow pulse, sleepiness, and a sense of weariness in the joints of the lower extremities, after exercise, and especially after walking up stairs.

TREATMENT.—After using the Anti-Bilious Infusion and Cleansing Powders four or five days, take a dose of

Anti-Bilious Pills. After the operation of the Pills, repeat the same course, and in cases of long standing, the third course will be necessary. After the second or third operation of the pills, use the Jaundice Bitters, and repeat the whole course, if necessary.

This course of treatment is very beneficial in all bilious complaints which do not require more active remedies, and even then should not be dispensed with.

Of Liver Complaints.

The characteristick symptoms of the acute stage of this complaint, are a pungent pain and sense of bloating in the right side of the abdomen, increased by pressure. The pain rises to the shoulder, and considerable general fever attends this stage of the disease.

In the chronick stage, there is a seated pain in the right side, between the hip and ribs, extending to the right shoulder blade, between the shoulder blades, and a sense of weariness in the back of the neck, as though the head were too heavy.

In the acute stage, use the Cleansing Powders and Anti-Bilious Infusion, as freely as the stomach can bear, for a few hours; then give a dose of the Anti-Bilious Pills, and continue the use of the Infusion and Pills until a thorough cathartick operation is produced. Fomenting the part affected, by the application of cloths moistened in a strong infusion of tag-alder bark, is very beneficial. The Sudorifick Infusion and Vegetable Emetick, may be advantageously employed, if the first prescribed course fail of giving relief. The Cleansing Powders and Anti-Bilious Pills should be used as freely as the stomach and strength can bear, whether the Emetick is used or not.

In the chronick stage, use the Cleansing Powders and Anti-Bilious Infusion as freely as the stomach can bear, for five or six days; then take a dose of the Anti-Bilious Pills, and repeat this course two or three times. External bathing is beneficial. (See general directions, No. 6.) After pursuing the above course for from two to three weeks, as the case may require, use the Jaundice Bitters. If costive, see general directions, No. 7.

Of Measles.

This is a contagious disease, which appears at the surface, in an eruption of a darkish red colour. It first appears at the fauces, then on the forehead and face, gradually progresses downward over the whole system, and when it arrives at the feet, it begins to disappear on the face. The first symptoms of this disease differ but little from those of an approaching fever. In this disease, however, the eye lids and eye balls appear swollen, the eyes are watery and exceedingly sensitive to the light. The patient is also afflicted with a severe cough, which is attended with a distressing soreness of the throat and lungs, hoarseness, difficulty of breathing, great heat of the skin, and drowsiness. In many cases the symptoms are exceedingly mild; in some cases the eruption is the only symptom, while in other cases the symptoms are more severely afflicting than above described, for from three to six days, before the appearance of the eruption.

Treatment.—In the mild form of this disease, nothing more is necessary than to guard against taking cold, and a potion or two of the Anti-Bilious Pills or Cathartick Powders, after the eruption, in passing off, gets below the breast, which will clear the relicks of the disease

from the system. But when the eruption does not appear on the fourth day of the symptoms, or should the eruption disappear by taking cold, or in case of great distress for want of breath, or a pressure at the stomach, the Vegetable Emetick must be administered without delay, which will drive out the eruption and give great relief to other afflicting symptoms. The Cough Drops, Cleansing Powders, Fever Powders, Sudorifick Infusion, or Vegetable Emetick, may be administered in any stage of the disease, when the symptoms require their operation; and if costive, move the bowels gently by the use of the Anti-Dyspeptick Bitters; but a drastick purge must not be administered until after the eruption has passed off below the breast, and is then necessary.

In the summer of 1824, I was called to visit a woman whom I found in great agony and very much distressed for breath, and the eruption began to appear on the face. I gave the Vegetable Emetick as soon as possible, which gave great relief. In a few hours the symptoms returned with considerable violence, and I gave another emetick to equal advantage; and in a few hours after, I gave her another, making three in twenty-four hours' time, and all apparently with increased benefit. She enjoyed better health from this time than she had for some months previously, until about two months afterward, when she gave birth to a fine, healthy son, who, as yet, bids fair for future usefulness. She had previously been confined with six or seven children, and had not, in either case, been more highly favoured than in this instance.

Of Palpitation.

This is an increased motion of the blood through the heart, and when violent, is very distressing, causing a

death like sensation and paleness. It is caused either by an unequal balance of the blood, by which the heart is compelled to perform an unnatural labour; by a debility of the heart and blood vessels, which renders their action unequal; by nervous debility, or by strong emotions.

If it be caused by a fulness or unnatural balance of the blood, the Anti-Bilious Pills and Stimulating Bitters, or Anodyne Tincture will give relief. If by debility, see directions for general debility; if by nervous debility, use the Anti-Bilious Pills, Sedative Nerve Powder, and Anodyne Tincture; and if by strong emotion, learn to govern your passions.

Of Piles.

If costive, see general directions, No. 7, apply the Drawing Salve to the affected part, and bathe the loins and small of the back two or three times a day with the Anodyne Tincture.

Pimpled Face.

For this complaint use the Anodyne Tincture.

Of Pleurisy.

The characteristick symptoms of this disease, are a sense of weight across the chest, severe pain in the left side, near the sixth or seventh rib, darting thence in various directions, especially to the breast, back and shoulder blades, a distressing, dry cough, the pulse quick, strong, and full, the tongue thickly coated, scanty, high coloured urine, and uneasiness.

TREATMENT.—Bathe the feet, (see general directions, No. 4,) and give the Cleansing Powders as freely as the

stomach can bear, and a strong preparation of the Anodyne Infusion, and continue their use until a thorough perspiration is produced, which will, in most cases, soon remove the pain. But should a thorough perseverance in keeping up the perspiration for three or four hours, fail of giving relief, give the Vegetable Emetick; and after its operation, repeat the above prescribed course, if necessary, and give a dose of the Anti-Bilious Pills, or Cathartick Powders, in four or five hours after the Emetick has done operating. (See, also, general directions, No. 6.)

In the fall of the year of 1827, I was called to visit a man labouring under the most violent attack of the pleurisy I have ever witnessed; and in twelve hours the disease was completely removed by the above course, and in three days he commenced his labours again in better health than he had enjoyed for a number of weeks previously.

This was the third attack of pleurisy in the same individual, and this attack he declared the most violent of either. With the first attack, as he informed me, (in which he was treated fashionably,) he was confined to his room three weeks, and seven from his labour; and with the second, (treatment also fashionable,) it was three months before he enjoyed as good health as he did in three days from the time of the third attack.

I have related the particulars of this case, in consequence of its having been a case of uncommon severity, in a constitution predisposed to the disease.

Of Rheumatism.

In the acute stage, the violence of this disease varies in magnitude in different cases, from a slight pain in one

oint, to an affection of the whole system, with symptoms of general fever, swelling of the joints and limbs, and an acuteness of pain surpassing description.

In the early part of my life, I was severely afflicted with this disease, and have been perfectly stiffened with it in every joint, so that I was as helpless as an infant; and it was not until the disease had been eradicated by Botanick Remedies, that I have been free from it for any length of time.

In the chronick stage the pain is also severe, and varies from an affection of one joint, (and some times seats between the joints,) to the most excruciating pain and stiffness of the whole system, which in some cases remains in defiance of all remedies; but to the joy of philanthropists be it said, such cases are rarely to be met with.

Treatment.—In the acute stage bathe the feet, (see general directions, No. 4,) and use the Cleansing Powders, Anodyne Tincture and Sudorifick Infusion, to promote a free circulation, and give a dose of Anti-Bilious Pills; or if the febrile symptoms are violent, the Vegetable Emetick must not be omitted. Bathe the part affected with Anodyne Liniment, and keep it wrapped in flannel. Repeat the whole, or such a part of the course, as the case may require, and after the febrile symptoms are removed, see general directions No. 6.

In the chronick stage, the internal use of the Stimulating Bitters, Anti-Bilious Pills, and Sedative Nerve Powder, and the external use of the liniments, &c., (see general directions, No. 6,) will in most cases give relief in a short time. For cases which seat between the joints, use the Rheumatick Balsam.

Of Salt Rheum.

This is a cutaneous disease, which sometimes forms cracks, and discharges a watery fluid. It is attended with a troublesome, burning, itching sensation.

TREATMENT.—Cleanse the blood with the Detergent Infusion, &c., and apply to the part affected, the Salt Rheum Ointment. The Stomachick Bitters should be occasionally used eight or ten days at a time.

Of Scrofula, or King's Evil.

The characteristick signs of this disease, are swellings of the lymphatick glands, a thick upper lip, smooth skin, florid complexion, and large veins. When it makes its appearance it is attended with hard, unequal, or knotty tumours in the glands, under the jaw near the ear.

TREATMENT.—Use the Anti-Scrofulous Tincture, &c., internally, and the Anti-Scrofulous Balsam, externally, until it breaks, and a poultice of lily root, or spotted plantain afterward. Change the poultices two or three times a day, and occasionally drop a few drops of the Anti-Scrofulous Tincture into the ulcer.

Of Stitch in the Back or Side.

In this complaint a severe, piercing pain is suddenly experienced, which materially hinders the voluntary motion of the part, so that by bending, great exertions are required to get into an erect position again.

TREATMENT.—Use the Anodyne Tincture internally and externally, and bathe it in by a good fire. Repeat this a few times, and it will effect a cure.

Toothache.

For toothache, use the Anodyne Tincture or Anodyne Liniment.

Of Worms.

There are three species of worms found in the human stomach and bowels, viz: the ascarides, which somewhat resemble short pieces of white thread; the teres is the most common, and generally a number of inches in length; and the tape worm, so called from its flatness. This is a short, flat worm, but by the union of a number, they sometimes form a worm of an immense length, which appears to be full of joints, and by this appearance the number so united can be ascertained.

The cause of worms is chiefly, if not always, owing to a foul, disordered stomach and bowels, which also cause all of the variety of symptoms upon which so much dependence is placed, as indicating their presence. The remedies administered in worm complaints, should be calculated to cleanse, regulate, and strengthen the stomach and bowels. When this is accomplished, the symptoms disappear, and the worms, if any there be, cease to be troublesome.

Treatment.—I have used the Vermifuge Powders to great advantage, in many cases where the symptoms appeared to indicate the presence of worms. Sometimes large numbers have been expelled, but not the least appearance of them at other times, and in both cases the patient appeared equally benefitted. The Vegetable Fever Powders and Cleansing Powders, in other cases, have proved equally beneficial. These, as well as the Vermifuge Powders, must be followed, in a day or two,

by a dose of Cathartick Powders. The Vegetable Emetick, also, has proved highly beneficial in many alarming cases of worm complaints, and is perfectly safe.

Of Wounds.

The Anodyne Tincture is of superiour efficacy when applied to a recent wound or broken bone ; and in slight wounds nothing more is required than to bind it up in a linen cloth, and keep it wet with the Tincture. It will ease pain, prevent soreness, and dispose the wound to heal.

The management of deep wounds many times requires the attention of an experienced surgeon ; therefore but little can be advantageously said upon the subject in this volume.

The Strengthening Plaster is a healing application to wounds, and shields them from the air, which is of great importance.

Inflammation must be reduced by poultices, after which the Healing Salve, or Cleansing Ointment is proper.

In cases of costiveness, while confined with a wound, see general directions, No. 7.

GENERAL DIRECTIONS.

NUMBER 1.

In giving medicine for the removal of complaints of long standing, it will be necessary to continue the use of it for a considerable length of time, that the disease may be thoroughly eradicated from the system; and to prevent the medicine from losing its good effects, a change will be necessary as often as once in six or eight days, or two weeks at most.

NUMBER 2.

The stomach and bowels must be well cleansed in all cases of disease, by an emetick or cathartick, or both; but either operation should not be repeated oftener than once in five or six days, unless the symptoms requiring their use be urgent.

NUMBER 3.

In cases of debility, use the Tonick Sirup, or Vegetatable Restorative, after the stomach and bowels have been cleansed, or both alternately, six or eight days each, and the Sedative Nerve Powder in case of nervous debility.

NUMBER 4.

Bathing the feet in warm water is very beneficial in many cases of disease, and should be continued for at

least half an hour, in order to effect any considerable change in the circulation of the fluids, which is the object to be aimed at in the operation. Warm water must be often added while bathing, to preserve a proper temperature of heat; and as soon as the feet are removed from the water, wipe them dry, and wrap them in warm flannel. As soon as this is accomplished, apply draughts, if necessary; keep the feet from the air, and preserve their natural warmth. Half a tea-spoonful of cayenne may be added to the water, in case of a ague and fever, or cold extremities.

Number 5.

In cases of settled fever, the external surface may be bathed with water in which a sufficient quantity of pearl-ash has been dissolved to make it a little slippery, which will assist in opening the pores at the surface, and quiet nervous irritation. The whole surface may also be bathed in cold water, which may be often repeated, if it cause an agreeable sensation, and is followed by perspiration. This, however, must be carefully avoided in all cutaneous eruptions.

Number 6.

In case of a local seat of pain, use internally either the Anodyne Tincture, Stimulating Elixir, or Stimulating Bitters, and apply externally either the Anodyne Tincture, Anodyne Liniment, Nervine Liniment, or foment the affected part by the application of cloths, moistened in a strong infusion of smart weed, or bitter herbs, which, in addition to the above, is of great service in case of a severe bruise. In case of painful swellings, inflammation of the lungs, pleurisy, &c., apply to the region of

the disease, a poultice of cat-tail flag roots, boiled in milk and water, and pounded. Change as often as it becomes cool.

. Use the Anodyne Tincture and Strengthening Plaster in cases of local debility.

Number 7.

In case of costiveness, use the Anti-Dyspeptic Bitters, or the Compound Sirup of Wa-ahoo; and when of long standing, change to the Anti-Bilious Infusion, Cleansing Powders, Stomachick Bitters, Stimulating Bitters, and Tonick Sirup, or Vegetable Restorative, and repeat the course.

Number 8.

Use the Anti-Bilious Infusion and Cleansing Powders; and the Anti-Bilious Pills, or Vegetab e Emetick, in case of sourness of the stomach, or bilious affections; the Anodyne Tincture for pain in the stomach; and the Vegetable Carminative, or Stimulating Elixir, in cases of wind in the stomach.

It should be remembered, that in cases in which the stomach has been out of order for any considerable length of time, the regular action, so necessary to health, is enfeebled, if not wholly destroyed; and therefore, the Cleansing Powder, or Sudorifick Infusion, should be used as freely as the stomach can bear, for a few hours, at least, before an emetick or cathartick is administered; which will cause the operation to be more easy and efficacious. Two or three days have been advantageously employed in preparing the stomach for the operation of an emetick.

Experience abundantly proves, that one man may be

greatly benefitted, and another materially injured, by the same article, owing to a constitutional aversion to it; while the article to other persons is perfectly harmless, even in larger quantities than is necessarily used in any case. This shows the importance of a careful attention to the operation of all medicines, and especially the first prescription for a patient, and in changing one compound for another, that the suffering sick may not receive an injury in the use of that which is intended for their relief.

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To

Covington

N Wood