

GUIDE TO THE
MEDICINE CHEST.

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THE

FAMILY ADVISER

AND

GUIDE TO THE MEDICINE CHEST.

A CONCISE

Hand-Book of Domestic Medicine.

By A PHYSICIAN.

PHILADELPHIA:

JOHN WYETH AND BROTHER,

No. 1412 Walnut Street.

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PREFACE.

A LONG experience as distributing Pharmaceutists has convinced us of the value of a Hand-book, which might, with safety, serve as a *Guide to the Medicine Chest* as well as a *Manual to Travelers*. The preparation of the following publication was assigned by us to a gentleman who is well known to the Faculty of Medicine as a Physician of high standing and experience.

It is a brief manual for the use of families, and is simply intended for those in search of such elementary information as is so often required. Particular attention has been given to the diseases of children, whose attacks, always alarming, often yield quickly to simple remedies promptly applied.

We need not add that whilst its contents

may be useful and often invaluable under circumstances which deprive a family of the services of a medical attendant, it can in no way be regarded as presenting a substitute for that advice which can only be had by having recourse to a competent physician.

JOHN WYETH & BRO.,

DRUGGISTS,

1412 Walnut St., Phila.

NOTE.

In using this book as a Guide or Adviser, two suggestions are important. To answer the question "What to do" in any case, in the absence of a physician, see Part I. For the *doses* of the medicines there referred to, see Part III. For both, resort may be had to the *Index* to each Part, at the end of the book.

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ERRATA.

On page 11, foot-note, for Part II., read Part III.

Page 78, after PAREGORIC, insert the following: "ESSENCE OF PEPPERMINT. A favorite aromatic carminative. Dose, for an adult, 5 to 10 drops; for a very young infant, 1 drop; in water.

In the Index, foot of page 103, insert, "Essence of Peppermint, 78."

PART I.

USES OF MEDICINES.

MEDICINES may do either good or harm, according to their use. Since, in a healthy constitution, nature will often do much toward recovery from disorders without aid, we are safe in giving the following advice: 1. Never take or give medicine without having a good reason for doing so; 2. Do not undertake to treat any case of illness without the advice of a good physician, if such can be had; 3. Do not expect to find a certain and immediate cure for every case of disease. The following pages are written merely to aid an intelligent person in acting temporarily, or in an emergency; as may

often happen to be necessary, especially in the country. Many things which will be said are, no doubt, already familiar to most people. They are written for the benefit of those who have had less opportunity for experience or information.

The purposes for which medicines, or remedies, whether internal or external, are employed, are chiefly as follows :

- To relieve pain ;
- To compose nervous excitability ;
- To give sleep ;
- To open and regulate the bowels ;
- To lower fever ;
- To reduce inflammation ;
- To check looseness of the bowels ;
- To ease or quiet cough ;
- To check vomiting or sickness of stomach ;
- To allay indigestion ;
- To improve feeble digestion ;
- To support the system under prostration or exhaustion ;
- To increase strength in prolonged debility ;
- To cure certain diseases (as ague) by special remedies ;
- To expel worms ;
- To antidote poisons ;
- To arrest convulsions ; and
- To obviate the danger and suffering of various accidents.

I.—To Relieve Pain.

Most common, is pain in the stomach or bowels. In an infant, a *warm flannel* applied to the stomach will often relieve, or a

very little *Essence of Peppermint*;* if the bowels are not open, a dose of *Castor Oil* or *Magnesia*; when severe and obstinate, *Paregoric* may be required.

For an older person, pain in the stomach, or *anywhere else*, may always be safely treated by the application of artificial heat and of a *Mustard Plaster*. Remember this, when you are at a loss for something to do for any one in suffering. Colic is often attended by constipation of the bowels. If so, try to get them open, as by *Magnesia*, or *Castor Oil*, or by an opening injection into the bowels.

Essence of Ginger, *Spirits of Camphor*, *Compound Spirits of Lavender*, *Warner's Cordial*, *Paregoric*, *Laudanum*, and *Opium Pills* are the remedies in our Medicine Chest available for pain in the abdomen, in the absence of a physician. Use one of the first three for mild cases. After mustard has been applied, *warmth* may be kept up by flannels wrung out of very hot water; a bag loosely filled with hot salt, or sand, or corn meal, or oats; or a tin *stomach warmer*, made

* For the doses of the medicines named, see Part II.

for the purpose, filled with hot water. Or else, a piece of warm flannel *wet with the Essence of Ginger*, may be left on.

Pain in the *side* or *chest*, when very acute and much increased by taking a *long breath*, threatens pleurisy. The patient should go to bed, have a mustard plaster applied, and send for a doctor.

Toothache may be of different kinds. The simplest and most common is where there is decay of a tooth and exposure of the nerve in its hollow. For slight degrees or threatenings of this, pure *Tincture of Myrrh* poured into the tooth may answer; or a mouthful of raw *whisky, ale* or very *hot tea*, right in the hollow of the tooth. Tannin is also excellent to relieve tenderness. They all act by their astringent effects on the dental nerve pulp. Severe pain of the same kind is best cured by the direct application of *pure Creosote* to the part, on cotton; this requires care not to burn the mouth, but will hardly ever fail if well used. Laudanum and oil of cinnamon or cloves and tincture of pyrethrum or pellitory are often used for the same purpose.

Earache, so frequent in children, may be palliated usually by dropping into the ear a drop or two of *Laudanum*, with *warm sweet oil*, or warm glycerin.

Pain in the abdomen called *dysmenorrhœa*, which some women suffer almost every month, requires *rest and warmth in bed*, warm applications to the abdomen, and *Compound Spirits of Lavender*, *Spirits of Camphor*, and perhaps *Paregoric* or *Laudanum* to be taken internally. Those who anticipate such pain ought to avoid fatigue for a day or two beforehand.

The pain of *piles* is sometimes mitigated by warm water; if much inflamed, then by cold water instead. A flaxseed poultice saturated with laudanum may be applied in bed if the suffering is severe. Greasing piles often, with cold cream, &c., is soothing and useful.

Strangury, or difficulty and pain in passing water, if produced by some temporary cause, may be treated by the warm bath, or hip, or foot bath, and *Opium Suppositories* or an *injection of Laudanum* into the bowels.

Rheumatic pains in any of the joints, or

in the back, may be met, when *just commenced*, by *dry heat*, as with a flat iron as hot as can be borne. Later, by *mustard plasters*, or *Chloroform Liniment*, or a rag soaked in *Laudanum*, put upon the part, and covered with *oiled silk* to prevent evaporation.

After a rheumatic attack, or one of cold on the chest, it is well to protect the weak part against cold by a warm *plaster*; as of pitch, hemlock or belladonna.

Neuralgia is often a complex and obstinate complaint, taxing all the resources of the physician. Mostly it occurs in weak persons. *Hot liquid food* will sometimes relieve it promptly. *Warm applications*, as mustard, &c., are always appropriate. *Laudanum* or *Paregoric*, applied upon light cloths under oiled silk, may give great relief. *Extreme* suffering requires anodynes, as *Laudanum* or *Opium Pills*, internally.

II.—To Compose Nervousness.

This may depend on various causes, mental or physical. Without advice from a physician, hysterical or other nervous excitement

may suggest the use of *Camphor Water*, *Fluid Extract of Valerian*, *Assafetida Pills*, *Hoffman's Anodyne*. Washing the body all over in bed (uncovering only one part at a time), with hot water, to which an equal quantity of spirit (whisky) has been added, will often compose very much. For infants, restless at night, *Camphor Water* is an excellent composing draught. A warm bath is sometimes better still.

III.—To Procure Sleep.

Seldom should any one venture to take or give strong anodyne or narcotic medicines without medical advice. If it should seem to be necessary to promote sleep in one to whom it does not come naturally, *Syrup of Lactucarium* is one of the mildest medicines for the purpose. *Hoffman's Anodyne* will sometimes do. *Dover's Powders* have the advantage of especially promoting perspiration; but they cannot be taken when the stomach is very weak. *Paregoric*, *Opium Pills* and *Laudanum* are decidedly soporific, but require caution in their use. Hop tea

is very good and safe. A small pillow made of *hops* heated and sprinkled with alcohol, may, if laid under the head, assist in bringing on sleep. It is, of course, very important to keep everything *perfectly quiet* near any one who is trying to sleep, and no *light* should be left to shine upon the bed.

IV.—To Open the Bowels.

No medicine agrees so generally as rhubarb. *Simple Rhubarb Pills* will commonly answer for mere costiveness. *Simple Syrup of Rhubarb* is easier to give to children who cannot take pills. *Compound Rhubarb Pills* are stronger, and may be given if the others prove too weak.

When the *stomach* is out of order with constipation, *Magnesia* will be better. If there is *pain*, especially with *soreness* of the bowels, *Castor Oil* is most suitable. *Headache and fever* call for a *cooling* medicine; as *Rochelle Salts*, *Seidlitz Powders*, *Tarrant's Powders*, *Cumming's Aperient*, *Citrate of Magnesia*, or *Cream of Tartar*.

A very irritable state of the stomach may

make the use of an *injection* better. A simple opening injection may consist of a tablespoonful of molasses, the same of salt and the same of either olive or castor oil, mixed with a pint (for a full grown person) of warm water, in which a little Castile or good brown soap has been dissolved.

Less troublesome, and generally sufficient for mere costiveness, is a *suppository* of brown soap; that is, a piece nearly as large and of the shape of the last joint of the little finger, greased and gently introduced into the bowel.

V.—To Abate Fever.

Cooling measures are here wanted. Plenty of cold water to drink is nature's demand. In the absence of opportunity for advice, *lemonade* may also be given, generally. Solution of *Citrate of Potassa* is an excellent fever medicine. *Sweet Spirit of Nitre* is very often given, freely diluted with water. Small doses are the most sure to be tranquillizing.

Sponging or bathing the face, body and limbs with tepid water, or whisky or rum and water will help to promote perspiration.

A person with fever can seldom digest *solid* food. One who was vigorous before the attack may do best on *slop* diet, that is, gruel, toast-water, rice-water, soaked cracker, &c. But a *feeble* person, sick with fever, (that is, one who would be feeble even if not ill), should have chicken broth, beef tea, or milk, to support strength. It is important to know that *fever* does not necessarily, or nearly always, make it proper to starve a patient. But the food, in such a case, should be given always in *small quantities*, every two or three hours. In *low* fevers (as typhus and typhoid), physicians often direct food and stimulants to be given even every hour, day and night.

VI.—To Reduce Inflammation.

Inflammation of vital organs, as the lungs, bowels, brain, &c., must not, of course, be treated medically by any but a professional attendant. Some general idea of the subject only can be here given. A *severe cold on the chest* is more or less inflammatory—"acute bronchitis," or "bronchial catarrh." An active purgative, as Epsom Salts, or Rochelle

Salts, for the robust, *Tarrant's Powders*, *Cumming's Aperient*, or *Citrate of Magnesia*, or *Cream of Tartar* for others, will be, as a rule, the best thing at first; with quietness, in bed, if really sick. A mustard plaster on the breast, a warm mustard foot-bath and a large draught of flax-seed lemonade (warm or cold according to inclination at the time) at sleeping-time, and low or simple diet, make a good routine of treatment.

All inflamed parts must be kept perfectly at rest. If an eye be inflamed, from cold or from a hurt, let the patient keep it *shut* all the time; *and shut the other eye with it.* Iced water in which pith of Sassafras has been put, may be painted over the lids every little while with a camel's hair pencil; or a soft, light rag wet with it may be laid over the eye. Further treatment, if any, should be under medical advice.

An inflamed *hand* or *finger*, as, for instance, what is called a *felon*, should be kept very still, and wet constantly with cold *Lead-water*, with one-fourth as much *Laudanum*; the part being uncovered to allow of evapo-

ration. That is while it is red and *hot*. When the heat grows less, a soft *poultice* of boiled bread crumbs and milk or water,—or of *flaxseed meal*, will soothe it. A very little sweet oil or lard should be put on the surface of the poultice after it is spread; and a teaspoonful, or less, of laudanum may be added to it if the pain be great. *Every poultice should have a piece of oiled silk outside of it*, to keep evaporation from drying and cooling it at once. So covered, it will remain soft and moist for a number of hours; otherwise it grows hard and cold.

VII.—To Check Diarrhœa.

The causes of looseness of the bowels vary much. Physicians do not always find it proper to stop a diarrhœa at once. In infants at teething time, for instance, two or three passages a day are better than not. And, at any time of life, there may be a disorder of the stomach or system, which is naturally carried off in that way. But when diarrhœa is excessive, or lasts long, it exhausts the strength, and must be arrested.

For young children, *correctives* are often better to begin with than "astringents," or directly binding medicines. *Spiced Syrup of Rhubarb* is very good for this. Sourness of stomach often calls also for *Lime-water*, or a little *Bicarbonate of Soda*. *Cinnamon Water* and *Camphor Water* are rather more checking or astringent; after these, if needed, may come *Paregoric* or even *Laudanum*.

In a grown person, *Spiced Syrup of Rhubarb* may do to begin with in a mild case, especially if there is "grumbling" pain. Even *Magnesia* will sometimes correct the disorder of digestion which causes an irregularity of the bowels. *Chalk Mixture*, *Tincture of Catechu and Paregoric*, (a teaspoonful of each, with water,) and *Tannin and Opium Pills* are convenient Medicine Chest articles for *severe* diarrhœa, in absence of a physician.

When *Cholera* is prevailing, it is the almost unanimous judgment of the medical profession that *every* diarrhœa should be checked at once; lest it run on into cholera. For this purpose, let the person go to bed; have a mustard poultice applied over the stomach

and bowels; and take a moderate dose of Purgative, with Essence of Ginger added to it,—repeated if necessary. Thus *cholera* may often be prevented or arrested in good time.

Dysentery may be attended by such pain, straining and frequency of bloody discharges as to lead a physician to direct the injection of Laudanum and Starch into the bowels. Usually a very *small* syringe is used; a tablespoonful of starch is stirred with just enough hot water to make it run, and then with 30 or 40 drops of Laudanum, which is to be injected. With care and simple common sense, any one may perform this service safely.

VIII.—To Relieve Cough.

The first thing always is, to *loosen* a cough. For this, in a recent case, where it is quite tight, *Syrup of Ipecacuanha* is the best medicine, if the stomach will bear it. If it happen to vomit the patient, the sickness is soon over without harm. But it may often do great good without this.

For a *mild* cough, not very tight, and without soreness of the chest or fever, *Syrup of Wild Cherry* may do. At a rather later stage, *Syrup of Squills*. *Flaxseed tea* to drink between doses, or *Gum Arabic*, *Liquorice*, *candy*, or some demulcent *lozenge* will assist in soothing the throat and chest.

When a cough is fairly loosened, and yet is troublesome, we may try to quiet it, especially *at night*, by *Wistar's Cough Lozenges*, which contain a little anodyne, or by adding *Paregoric* to *Squills*.

FOR CROUP.

Sudden attacks of croup, in the night, the child having gone to bed well, are alarming, but generally of short duration under proper treatment. *Syrup of Ipecac.* should be given at once, in considerable dose, and repeated every ten or twenty minutes until *relief* or *vomiting* occur. Also, if relief does not follow the second dose, let warm water be brought, and put the child's feet into it; or, if it be a very severe attack, immerse the whole body in a warm bath for ten minutes.

After this, if it still be not at ease, a mustard plaster (weakened with flour) may be put upon the front of the chest, and left on till it burns perceptibly and reddens the skin.

Never neglect sending for a physician early if croupy cough or breathing begin or continue in the day-time. Day croup is really in most cases more dangerous than night croup.

HOOPING COUGH.

This disease lasts so long, that it can seldom need to be treated without advice of a physician. It may be merely mentioned, therefore, that, in the early stage, just as for a common cough from a cold, *Syrup of Ipecac.* will be suitable, to loosen it. Afterwards, *Assafœtida* is a favorite medicine; Milk of *Assafœtida* (as it is called) for children. The odor of this makes it not a desirable drug for the medicine chest; but any apothecary can furnish it, and, if well sweetened, children do not mind it more than other drugs. Dose, a teaspoonful or two.

ASTHMA.

This too, is mostly brought under the care of a physician, as the same person is likely to have a succession of attacks. If a severe attack call for something to be done at once for relief, a mixture of *Syrup of Ipecac.* and *Tincture of Lobelia* will be as apt to answer as anything. 20 drops of each of these medicines may be given every half hour till relieved, unless the stomach be sickened by them. A hot mustard foot-bath may help. A popular and often useful remedy during the attack is, to burn in the room bits of paper which have been soaked in a strong solution of Saltpetre, and dried.

IX.—To Check Vomiting.

Of course, the cause of this must modify the treatment proper for it. But it is so distressing a symptom, that it is well to know several things which are likely to aid in relieving it. Those most safe to use in the absence of a physician are as follows: *Ice*, melted slowly in small pieces in the mouth and swallowed; *Lime-water*, one or two teaspoon-

fuls at once, with the same amount of water or fresh milk; *Iced Mineral Water*; very *small* doses of *Brandy*; half-teaspoonful doses of *Compound Tincture of Cardamom*; *Cinnamon Water*; *Bicarbonate of Soda*; small doses of *Calcined Magnesia*; quarter-teaspoonful doses of *Paregoric*; a *Mustard Plaster* over the stomach; in children, or after a mustard plaster in older persons, a *Spice Plaster*.

CHOLERA MORBUS.

This common complaint of summer time may be in most cases soon relieved by a very simple treatment, if taken *early*. Put the patient to bed. Apply a large Mustard plaster all over the stomach and bowels. Give a small lump of ice (as big as a chestnut) every ten minutes, and the following mixture:

Take one teaspoonful of Husband's Magnesia,
one teaspoonful of Aromatic Spirit of Ammonia,
one half tumblerful of Peppermint water.

Mix them in a bottle, and give a teaspoonful every 20 minutes; shaking the bottle before pouring it out. Remember, this is for *common summer cholera morbus*, in the be-

ginning of it. It will do no good at all in epidemic *cholera*.

CHOLERA.

Opinions differ amongst physicians yet, as to the best mode of treatment for the advanced stage or *collapse* of cholera. In this book it is not proper to discuss this. But as every one is likely to wish to have "something to take in case of cholera," the following prescriptions are conscientiously believed to be as suitable for that purpose, in the absence of medical advice, as any others :

Chloroform Paregoric.

- ℞ Chloroform. et
Tinct. Opii et
Sp. Camph. et
Sp. Ammon. Aromat. āā, fʒjss;
Creasot. gtt. iij;
Ol. Cinnamom. gtt. viij;
Sp. Vin. Gall. fʒij. M.

Dissolve a teaspoonful in a wineglassful of iced water; and give of this two teaspoonfuls every five minutes, until improvement begins; then at longer intervals. Follow each dose by a lump of ice in the mouth.

Aitken's East India Cholera Draught.

- ℞ Ol. Anisi;
Ol. Cajuput;
Ol. Juniperi, āā ʒss;
Æther, ʒss;
Liq. Acid. Halleri (*i. e.* one part of Concentrated Sulphuric Acid to three parts of Rectified Spirit), ʒss;
Tinct. Cinnamom. ʒij. M.

Dose, 10 drops every quarter of an hour, in a tablespoonful of water.

Mustard Plasters on the stomach and back, and rubbing the limbs with brandy and red pepper, are useful auxiliary measures, always safe.

INDIGESTION.

If one has evidently eaten a great deal too much, and the stomach soon afterwards feels loaded, an *emetic* will be suitable. A teaspoonful of mustard or a tablespoonful of salt, in a teacupful of warm water, will answer.

So harsh a remedy is rarely needful. Moderate indigestion, with sick and sour stomach, flatulence and pain, may, if the bowels are costive, be treated with a dose of *Magnesia*; if they are open, with *Bicarbonate of Soda*; or *Lime-water*. For continued flatulence, powdered *Charcoal* is often serviceable; and so is *Essence of Ginger*, or *Compound Tincture of Cardamom*, in small doses.

Biliousness is a term often applied without good reason, to an attack of disorder of the stomach. Nausea does not show that the liver is out of order, neither does a white tongue. When there is a decidedly bitter taste in the mouth on rising, with *yellow fur*

on the tongue, or yellowness of the skin or white of the eye, or dizziness (except in feeble persons who may become dizzy from exhaustion), biliary disorder may be inferred. For this, the time-out-of-mind remedy is *Blue Pill*. Formerly it was common to take ten or twenty grains at a dose. But *two* or *three* grains will be sufficient, at all events in the absence of a physician. And blue pill (which, like calomel, contains mercury) is not a medicine to take frequently, upon slight occasions.

— If blue pill has been taken at bed-time, and the bowels are not free the next morning, a dose of magnesia, or citrate of magnesia, or Tarrant's powders should be given. During any kind of indigestion, the diet must be very light and simple.

Colic, as regards its domestic treatment, has been referred to under the head of *Pain*. We may add, that in most cases of colic, the pain is in the *bowels*; but sometimes it is higher up, in the stomach itself; then sometimes called cramp in the stomach. If this follow the taking of food, which has *not di-*

gested and causes a *loaded* feeling in the stomach, an emetic, of mustard, salt, or ipecacuanha, may give prompt relief.

For continued *loss of appetite*, good medicines are (if no reason exist against their use) *Elixir of Vitriol* and *Fluid Extract of Wild Cherry Bark*.

X.—To Increase Deficient Strength.

In debility following convalescence, and under many other circumstances, physicians prescribe *tonics*. Those most important to have in the Medicine Chest are, *Huxham's Tincture of Bark* (or *Cold Liquor of Cinchona* in its place), *Quinine*, and *Tincture of Chloride of Iron*.

XI.—For Extreme Prostration.

If one has a very copious diarrhœa, or a large bleeding from any part, or is otherwise exposed to a drain upon the strength, exhaustion may follow; with cold skin, small (and generally rapid) soft pulse, and feeling of sinking away. In such a case, *stimulation* may be called for; though it requires

judgment not to carry it too far or to continue it too long.

Whisky (of a good quality) is the purest simple stimulant. From a teaspoonful to a table-spoonful or two, in a wineglassful of water, may be given at once. Always prefer the smallest quantity which seems likely to answer the purpose, and discontinue it as soon as it can be done without. *Ordinary* weakness, from slight or even severe recent sickness of any kind, *does not require* stimulation, unless for symptoms or conditions to be judged of by a physician. Resorting to spirits or other stimulants for every feeling of debility, is a very dangerous practice, which has often brought on fatal habits of intemperance.

Brandy is preferred to whisky when extreme diarrhœa is the cause of exhaustion. It may then be given in water, or in arrow-root. Brandy and whisky are also often given in *punch*, with hot milk; or beaten up with *raw egg*. For *nourishment*, in cases of exhaustion, *beef essence* and *beef tea* are very important. They should be given at short intervals, in the night as well as during the

day. With very feeble patients, the weakest time, which needs the most watching, is *between midnight and sunrise*.

XII.—Particular Diseases.

As it is unwise for one who has not had a medical education to undertake the charge of any illness for whose treatment professional advice can be obtained, it is not desirable here to go into particulars about the management of such diseases as ague, bilious fever, continued fever, scarlet fever, measles, gout, inflammatory rheumatism, &c. Since, however, both for ague and bilious remittent fever, *Quinine* is likely to be prescribed, it is well to have it, most conveniently in pills, in the Medicine Chest. The frequent use of *Colchicum* in gout and inflammatory rheumatism is, in like manner, a reason for having it also on hand.

Worms sometimes require to be driven out from the bowels in which they accumulate and produce irritation. A mild and good *vermifuge* is *Fluid Extract of Pink-root (Spigelia)* and *Senna*. A more powerful one

is *Santonin*. For the small but worrying *seat-worms*, *suppositories* of *Santonin*, introduced, one each night, into the bowel, will afford an almost certain cure.

XIII.—Poisons.

Always send for a physician at once, of course, if any one is supposed to have taken poison. But, if you are *sure* of such being the case, do not lose time by waiting.

If it be known that something dangerous has been swallowed, but its nature is uncertain, and vomiting does not result from it, give at once an *emetic*; as, *Ipecacuanha*, a full dose; or a teaspoonful of Mustard, or a tablespoonful of Salt, in warm water; followed by large draughts of the latter.

If it be known that an *acid* poison has been taken, as *Oil of Vitriol* (sulphuric acid) or *Aqua Fortis* (nitric acid) or *Muriatic Acid*, give *Magnesia*, *Lime-water*, *Soda*, or even *Chalk* and water freely. If *Oxalic acid* has been taken, as in a few instances has happened from its resemblance in appearance to Epsom Salts, *Lime-water* in large quantities is the antidote.

Alkaline poisons, as caustic potash, strong *aqua ammoniac* (spirit of hartshorn), &c., require as antidotes acid substances, of which *vinegar* is most convenient. Give it freely. If it is not on hand, olive, castor or lard oil may be given.

Corrosive Sublimate, used in houses to kill vermin, requires, as antidote, as many *whites of eggs* as can be swallowed. They are also the best for *Blue Vitriol* or *Sulphate of Copper*, and for salts of *Tin*. For *Green Vitriol* (sulphate of iron) and *White Vitriol* (sulphate of zinc), the same will be useful, though carbonate of soda, largely diluted in water, is recommended for them. *Sugar of Lead* has for its best antidote *Epsom Salts*; but whites of eggs may be given while waiting for it. For *Tartar Emetic poisoning* (as by antimonial wine) *very strong tea*, followed by *Paregoric*, may be given while waiting advice. For *Lunar Caustic* (Nitrate of Silver) the antidote is *common salt*. For *Iodine*, *starch*. For *Phosphorus*, an emetic followed by magnesia and water, and plenty of flax-seed tea. For *Creasote*, water, milk,

flour and water, whites of eggs. For *Arsenic*, while waiting for the regular chemical antidote (*hydrated peroxide of iron*) give magnesia and water freely.

Narcotic poisons are often longer and more doubtful in showing their nature by their effects. When *Opium*, *Belladonna*, *Stramonium* (Jamestown or "Gymson" weed) or *Hyoseyamus*, or any preparation of either of them has been swallowed, an *emetic* should be given, if it can be got down. If not, a *stomach pump* is needed, which the physician will use. Besides, apply cold water to the head, and endeavor to keep the patient *awake*; by rubbing, by strong mustard plasters, or even by pulling his hair or slapping the back or limbs. Be sure, however, before using such measures, that the stupor is from a narcotic poison. Some persons make the unfortunate mistake of supposing that *every* stupor or unnatural sleep (as after a fall or blow upon the head) is in itself dangerous and ought to be interrupted. That is not so. Sleep, after an injury, or in disease of the brain, may be, more or less according to

the nature of the case, an unfavorable *sign*, but, in itself, it is, in such a case, *useful*, and ought not to be disturbed.

There are no strictly chemical antidotes to be relied upon for *Prussic Acid*, *Cyanide of Potassium*, *Aconite*, *Digitalis*, *Tobacco*, *Lobelia*, *Aniline*, *Strychnia*, and poisonous *Toadstools* or fungous plants. As said before, *vomiting* should be brought on to rid the stomach as soon as possible of any of them which may have been swallowed. *Animal charcoal*, in teaspoonful doses, repeated, is then recommended; with whisky as a stimulant if prostration exist.

For the *bite of a venomous serpent*, it is doubtful whether any reliable antidote exists. The part bitten should be immediately *sucked* forcibly, by the person himself or by another; then well washed out with *Aqua Ammoniac*, or burned thoroughly with *Lunar Caustic*. Timely cutting out of the bitten part, when practicable, is thought to afford the best hope of safety. When the poisoning has not been prevented, experience seems to have shown the propriety of putting the sufferer under the antagonizing influence of

whisky, until the danger is over. It is well to know that not more than one in twenty of those bitten by poisonous serpents dies in consequence. For the sting of a bee or wasp, or bite of a spider, wetting the part *at once* with *Aqua Ammoniacæ* may be of service.

XIV.—Convulsions.

Nothing alarms more than fits. Children, especially while teething, not unfrequently have them without any warning. What is to be done, while waiting for the doctor?

Lay the child upon a bed, apply a mustard plaster (more than half flour, and covered by a thin rag) over the stomach, and another over the back. Meantime, get a warm bath ready; take the plasters off, and put the child into it. While there, apply a rag wet with cold water to its head. If the bowels are not known to be free, prepare an injection of castor oil, soap, salt and molasses (a teaspoonful of each for a child) in warm water. It can be introduced while in the bath, or afterwards. The bath may be prolonged for ten or fifteen minutes if the convulsions do not subside.

Epileptic fits, to which certain persons are liable, require merely that the patient should be placed so as not to injure himself; with the clothing loose about the neck, and plenty of air. Never hold a person still by force during a fit; it does more harm than good.

When a child of a nervous temperament,ⁱ and particularly one which has had convulsions, is found, during its period of teething, to have any of the gums *swollen*, or tender and *worrying* to it, a useful precaution is to lance them. In the absence of a physician, any careful person can do it with a sharp penknife; cutting the gum gently but firmly across, down to the tooth beneath it.

XV.—Preventive Use of Ointment.

Two complaints, one dangerous to life, and the other painful and troublesome, may not unfrequently be warded off by the timely application of cold cream, or even fresh lard or tallow. These are, *erysipelas* and *piles*.

If one feels, on the face for instance, about the eyebrow, a singular tenderness and soreness, and, on looking at it, a line of

redness appears, apply cold cream to it at once. You may thus prevent an attack of spreading erysipelas.

When, again, irritation of the lower bowel exists, with pain and soreness of the fundament, especially on having a stool, the *free* application of cold cream or lard, *several times a day*, may prevent the inflammation from increasing, with the formation of the hard sore tumors called piles.

XVI.—Poison-vine Eruption.

Many persons, by touching or even going near the common poison-vine or three-leafed creeper, or the swamp sumac, are affected with a very disagreeable inflamed watery eruption, lasting for a week or two.

Cold water, cabbage leaves, plaintain leaves, slippery elm bark, mucilage, &c., may *soothe* the parts affected. *When the skin is not broken*, lead-water gives the greatest relief. It is said that the eruption may be killed at an early stage by the application of equal parts of fluid extract of Snakeroot (*Serpentaria*) and alcohol or whisky.

XVII.—Frosted Feet.

To prevent these (besides, of course, trying to keep the feet always sufficiently warm), when the feet have become very cold, warm them *gradually*; not immediately at the fire.

As remedies, cabbage leaves wrapped around the feet at night, bathing with oak-bark tea, alum-water, or glycerin and rose-water, and rubbing with ointment of white lead, may be recommended.

XVIII.—Ingrowing Toe-Nail.

This follows from a swelling of the soft part of the toe, pressing against the edge of the nail. *To keep the flesh from the nail* will secure its cure. Of course, a tight shoe cannot be worn. A strip of lint, covered with simple cerate, may be, with the blade of a small pair of scissors, carefully inserted between the nail and the flesh. But prompt recovery will most generally attend the use of *Collodion*, painted over the sore part with a camel's hair pencil. This makes a sort of *artificial skin*.

For *cracked nipples* at the time of nursing, Collodion, used in the same way, is an excellent remedy.

XIX.—Burns.

Lime-water and oil (linseed, olive or lard), equal parts, make the best immediate application for burns and scalds. Cotton wadding should be well moistened with the mixture, and laid over the burned parts; then over that oiled silk enough to cover all up.

Persons extensively or deeply burned are apt to be cold and prostrate from the shock to the system. In such case, they need stimulation, by wine, brandy or whisky. Great pain from a burn may also call for an anodyne, as laudanum.

XX.—Other Accidents.

FAINTING.

When a person faints, that is, falls or becomes unconscious, with paleness, coldness, cessation of pulse and breathing, he or she must be *laid down* at once. Life may be endangered by keeping one in that con-

dition in an upright position; as, since the heart fails at the time to send fresh blood to the brain, its flow must be favored by the recumbent posture. In unconsciousness from *apoplexy*, *liquor*, or *narcotic* stupefaction, as from opium, there is a warm or hot head, color in the cheek, a full pulse, and very often snoring breathing. In such cases, the body should be laid down with the head and shoulders raised.

Plenty of air is necessary to any one who is fainting. To crowd around such an one is barbarous. Open the windows. Loosen the clothing about the patient's neck; sprinkle cold water in the face; and, if within reach, hold hartshorn or sal volatile at intervals under the nostrils.

DROWNING.

Lay the person, when dragged from the water, in a warm blanket upon a narrow bed, first for a moment upon the face, drawing the tongue forward, to favor the escape of the water from the throat; then upon the back. Raise both arms as far as possible

above the head, and bring them down again, about twenty times a minute. Let the lower limbs at the same time be rubbed vigorously, especially *upwards*, towards the heart. Warm bricks or bottles may be applied to the feet; and a mustard plaster over the abdomen.

BROKEN LIMBS.

Leaving, of course, particulars about fractures to surgical works, we may merely say, that the *signs* of fracture in a bone are, change of its shape, which can be altered by moving it; pain produced by such motion; and a *crackling* sensation, felt when the ends of the broken bone are rubbed together.

The bones most often broken are those of the fore-arm (below the elbow), the arm, leg, and collar bone. In any case, while waiting for a professional attendant, the *ease* of the patient should be consulted, in the position of the injured part. Lay the limb out, as straight as may be, upon a pillow. If he has to be carried, bind the pillow to the limb by wide strips of bandage, and support it by a light board, or by a strip of thin wood or strong

pasteboard, of proportionate length and width. If the collar bone be broken; keep the elbow *up*, and the shoulder *out*, bandaging the arm to the side by rather wide strips of bandage around the arm and body.

DISLOCATIONS.

These are discovered by the change of form of joints, and their immobility. We can hardly venture to give directions for their management by unprofessional persons. The most common is displacement of the arm at the shoulder. There is, then, a hollow under the bone at the outside round-part of the shoulder; and, generally, the head of the arm-bone may be felt in the armpit. A dexterous person may reduce it by laying the patient on the floor, putting his own foot (without a shoe) in the arm-pit and drawing the arm forcibly down by the hand and wrist; after a few seconds, letting it go suddenly.

WOUNDS.

The greatest immediate danger of wounds is from the bleeding. *Pressure* is the simple and mostly sufficient means of arresting this. If

a finger is badly cut, for instance, the bleeding will stop when the edges of the wound are held together firmly, or if the whole finger is compressed. So, also, when there is bleeding from a cut upon the head; pressure at or near the part will stop even a copious bleeding. Anywhere in the body, if there is a bone to press the bleeding part against, this will stop the hemorrhage.

It is important to know how to tell when an artery is wounded, and when, if a bloodvessel is opened, it must be a vein. The wound of an artery is the more dangerous. An arterial wound is known by the blood being *bright red*, and coming in interrupted *jets*, keeping time with the pulse. Blood from a vein is *dark* or purple, and flows steadily.

When an artery is opened, if pressure *at the part* cannot be made to answer, pressure *above* the part (that is, between it and the heart) should be used; best of all, if you can find it, upon the main artery of the limb. The artery runs always in the *most secure* place. Thus it is on the inner side of the arm-bone; near the front and inner side of the

thigh, &c. If an arm or hand be so wounded as to bleed dangerously, and pressure at the part cannot be applied with success, tie a handkerchief with moderate tightness around the middle of the arm above the elbow. Then put a short stick, or the handle of a hair brush, through under the handkerchief and twist it tighter, until the bleeding is stopped. Of course it will not do to keep up such a pressure long; it would endanger mortification of the limb. It is only to be used while awaiting the aid of a surgeon.

When a *vein* is bleeding, the flow may be stopped by pressure either at or just *below* the wound; that is, on the side farthest from the heart.

Having stopped the blood, a cut wound must have its edges kept together. Mostly adhesive plaster will answer; some parts gape so as to require stitching; which few unacquainted with surgery will want to undertake. The plasters must be rather narrow, leaving an interval between each two strips. The best way to heat sticking plaster is to press the back of each strip against a

vessel full of very hot water ; but even passing it rapidly through the flame of a candle or gas burner may do. Over the strapped wound, a piece of lint, doubled and soaked in tepid water, may be laid ; or the same material spread with simple cerate or cold cream. Similar dressings will answer for torn and punctured wounds. When the *hand* or *foot* is punctured or torn, as by a nail, fork, &c., it is well, on account of the possibility of *tetanus* (lock-jaw), to keep the part wet with *laudanum* for a day or two after the injury.

Bruises are called in surgery "contused wounds." *Torn* wounds are designated as "lacerated." For a fresh bruise, as upon the head, the skin not being broken, nothing is better at first than *cold water* ; then *cocoa butter*. If the part inflames and grows *hot* and painful, apply *Lead water* on a light rag, leaving it open for evaporation to cool it. When the *heat subsides*, rub a bruised part, or *sprained* wrist, ankle or knee, twice or thrice daily with *Soap Liniment*. *Tincture of Arnica* is often applied to bruises, but has no special virtues.

BLEEDING, OR HEMORRHAGE.

Bleeding from the nose is only serious when it is uncommonly copious, or continues long. Some young persons often find headache or fulness of the head relieved by it. When it is desirable to stop it, the most important thing is, *not to disturb* the clot which forms in the nostril, by blowing the nose, or otherwise. Clotting is the natural process for the arrest of bleeding. A piece of ice, or rag sopped in cold water, applied to the outside of the nose, or to the forehead, will often stop it; or a piece of ice held far back in the mouth. A popular remedy of uncerain effect is, to hold up the hand on the side from which the bleeding comes, above the head. For obstinate bleeding from the nose, a plug of raw cotton, dipped in alum-water, should be carefully inserted into the nostril, and left there, until all danger of return is over, which may be after some hours.

Bleeding from the nose *backwards* into the throat sometimes occurs, alarming the per-

son, who supposes himself to have spitting of blood from the lungs.

Spitting of blood, not so accounted for, may be from the lungs, throat or stomach. Leaving particulars for the physician, it may be said that if it is *coughed* up, it is from the windpipe or lungs; if *vomited*, then from the stomach.

In either case, a safe remedy in the absence of a doctor is, to hold small pieces of ice in the mouth, melting and swallowing them slowly. For spitting of blood from the lungs, salt dissolved slowly in the mouth is recommended. The patient should keep very quiet, in bed, with the head and shoulders raised.

Hemorrhage from the lungs is, of course, always alarming. But, in itself, it is immediately dangerous only when very large in amount. Quite frequently a consumptive person feels rather relieved by it for a while. It is well to know, also, that, especially in persons under age, bleeding from the lungs does not always prove the existence of consumption.

SUN-STROKE.

Lay the patient down, with the head *slightly* raised ; apply water, cooled with ice, over the head, by means of light, thin cloths, wet repeatedly at short intervals ; and send for a physician.

PART II.

WHAT IS THE MATTER?

WHEN any one is taken sick, this is naturally the first question. To answer it, however, under all possible or probable circumstances, would require a *large volume*. Taking for granted that every judicious person will, upon the occurrence of any real illness, send for a physician, a few hints only will be suitable here.

Several different diseases *begin in the same manner*; with a *cold*, weak, dull condition, headache, pain in the back and limbs, and tendency to sick stomach,—followed by *fever*, with hot, dry skin, thirst, constipation and headache. Just in this way may commence an attack of *influenza*, or of *measles*,

intermittent or remittent fever, *scarlet fever*, *varioid* or *small-pox*. Even a physician should not always be expected to pronounce *at first* what it is that is to come; the succeeding symptoms must show this.

Thus, *Scarlet fever* soon has *sore throat*, and a bright red *eruption* all over the body, which comes out on the *second* day. *Measles* has *sore eyes*, *running at the nose* and *cough*, and a *blotched** or *patched* eruption, coming out on the *fourth* day. *Small-pox* and *varioid* have an eruption beginning on the *third* day, at first in points, then water blisters, mattery sores or pustules, and lastly scabs. *Varioid* is much the milder of the two. *Chicken pox* looks a good deal like these, but is much milder still, and not dangerous, though "catching."

Mumps is an inflamed swelling on one or both sides of the neck, just behind the jaw. It is not dangerous, and lasts but a few days. It is "catching" or contagious.

Hooping-cough begins like a common cold on the chest. It makes its character known afterwards by *spasmodic* coughing; violent

spells, lasting some minutes at a time ; after which, often, though not always, a whooping sound is made in drawing in the breath. Hooping-cough seldom lasts less than six weeks ; now and then several months. It is contagious. So are measles and scarlet fever.

All the above are diseases of any place and season ; but seldom occurring more than once in the same person. Most persons have them during childhood. *Continued* fevers (typhoid and typhus) may also occur at any season.

Ague, or "chills and fever," also called *intermittent*, characterized by regular chills, followed by fever and sweating, is a disease principally of the autumn ; sometimes of the spring. Those who have contracted it in the fall may, if treatment be neglected, continue to have chills all winter ; generally either every day or every other day. *Remittent* or *bilious* fever is also a disease chiefly of the autumn. Both of these disorders are *peculiar to certain localities in the country* ; especially low, marshy places, or on the banks of

not very rapid or deep rivers. Cities, except their suburbs, are not liable to them. But a person living in town and driving or walking out *about sunset* in the autumn into a malarious part of the country, may thus get an attack.

Those who live in a region liable to chills and fever, should always have a fire in one or two rooms in the house on every cool or damp day after midsummer. They should, also, as much as possible, during the autumn, avoid being out of doors after sunset, or in the morning until an hour or two after sunrise. A good hard *frost* puts an end to the danger of fall fevers for the season.

The *treatment* of intermittent and remittent fevers, and of other special diseases, must, of course, be left to the physician.

A few definitions are subjoined, of affections not especially remarked upon in this book.

Pneumonia is inflammation of one or both of the lungs.

Pleurisy is inflammation of the membrane which lines the chest within, and surrounds the lungs.

Quinsy is inflammation and sometimes "gathering" or abscess, of one or both of the tonsils, which are at the opening of the throat on each side.

Chorea is the jerking disorder of children,—"St. Vitus' Dance."

Consumption every one knows to be a general decline or wasting disease; it is attended by a gradually destructive change of the lungs,—called tuberculization.

PART III.

PRINCIPAL MEDICINES.

ALUM.—This is a mineral salt, valued in medicine for its astringency. This property makes it serviceable, under the prescription of the physician, in various circumstances; but for unprofessional or domestic use, it is mainly employed in making a *gargle for sore throat*. A piece of alum as large as a man's thumb may be, for this purpose, dissolved in a teacupful of water, or flaxseed tea, or sage tea. For sore *mouth*, though alum may be relieving, it is liable to the objection that, if left long in contact with the teeth, it acts unfavourably on the enamel.

AMMONIA.—Volatile alkali, this is some-

times called. Two preparations of it are suitable for the medicine chest; *Aromatic Spirit of Ammonia*, and *Aqua Ammoniacæ*, or Water of Ammonia. Both are often named as spirits of hartshorn. Aromatic Spirit of Ammonia is a good, prompt stimulant for sudden prostration; especially where the stomach is weak. *Ten drops*, in a wine-glassful of water, will be an average dose.

Aqua Ammoniacæ is used to make *volatile liniment*, by mixing it with an equal amount of sweet oil. This is an excellent material for *bathing the throat* for sore throat. A warm hand, used gently, is as good as anything to rub with for such a purpose.

ARNICA.—This is a vegetable preparation. Used (Tincture of Arnica) to rub upon *bruised* parts; or a cloth wet with it is laid on and covered with oiled silk. It has probably a higher reputation than it deserves.

ASSAFÆTIDA.—A disagreeable gum-resinous drug, but very composing to excited nerves. For hysterical attacks, in the absence of a physician, assafetida pills (3 grains each) may be safely given, one every two or three

hours. Milk of Assafetida is often given for troublesome hooping-cough; and Tincture of Assafetida (5 or 10 drops at once) for severe infant's colic.

BATHS.—For infants and young children, the *tepid* bath is best when they are well; the warm when they are sick. Under a month old, the babe should not, as a rule, be put into water below 90° of the (Fahrenheit) thermometer. Very delicate infants, 95°. Gradually, by the last months of the first year, it may be got down to 85° with healthy children; afterwards to 80°, in summer at least. Cooler baths are undoubtedly more bracing, when borne well; but they require care. The sign of their agreeing is, a glow of warmth after the bath. A child should never be allowed to remain half in and half out of the water, sitting up, after being wet. Salt baths (with coarse rock salt) are often used to increase strength. A warm or hot *mustard foot bath* is, at any age except infancy, one of the most useful remedies (at bed time) for a cold. Commonly, it should not be more than *comfortably* hot; the feet

remaining in about five minutes. If it be *too* hot, fever instead of perspiration may follow it. A full handful of mustard in the water will not be too much for an adult.

BLISTERING FLUID.—This is a solution of Spanish Flies (Cantharides) in Collodion. It is a very convenient material with which to raise a blister. Paint it thickly over the part with a camel's hair pencil; then apply a thin soft muslin or linen rag, and over that a piece of oiled silk. In an hour or two in a young child, in from four to eight hours in an adult, the soreness complained of may be found on uncovering it, to indicate the raising of the blister. A soft rag *thickly* spread with *Simple Cerate* should then be laid upon it, after gently clipping the bag of water, if there be such. A large rag should then be doubled and laid over the first, to absorb the water running from the blister; and it should be dressed again in twelve hours, or less if uncomfortable.

BLUE PILL.—This once excessively used medicine is a preparation of Mercury with Conserve of Roses. It is one third as strong

as Calomel. Though not suitable for frequent domestic use, sometimes when medical advice cannot be obtained, it may be safe to take two or three grains at once, or a grain twice a day for a day or two, for indigestion and "biliousness;" especially if the tongue, eyes or skin be yellow, the taste bitter in the morning, the bowels costive, and the passages without the natural yellowish brown color.

BORAX.—This is a mineral substance of mild astringent properties, very much used for a *mouth wash* for sore-mouth in children. It is safe, and may be dissolved in water, a teaspoonful in a teacupful; or it may be mixed in fine powder with sugar, and put upon the sore places with the finger or a camel's hair pencil.

Another very soothing application for sore-mouth is a *powder* composed of equal parts of *powdered Gum Arabic* and *Prepared Chalk*.

Another is *Glycerin and Rose-water*; Bower's or Price's Glycerin, one part, and Rose-water 4, 5 or 6 parts.

CALOMEL.—This is too powerful a drug to be employed domestically. As a physician

may want it however, especially in dealing with affections of children, it is well to have it in the medicine chest. It is a mercurial compound, which is believed to increase the activity of the liver more promptly than any other medicine; acting also upon the bowels. When used improperly, and in *excess*, it may salivate, or even injure the constitution. The dose prescribed by physicians varies much with circumstances; sometimes it is but a small portion of a grain; seldom more, now, than from one to three grains.

CAMPHOR.—This oriental gum, from the camphor tree, is an excellent stimulant to the stomach and nerves. *Spirits of Camphor* and *Camphor Water* are its most convenient preparations. Of the former, for an adult, the dose is from ten to twenty drops; for a child, from one to four. *Camphor Water* does better for infants; a teaspoonful will not be too much for a babe a year or two old.

CANTHARIDAL COLLODION.—See *Blistering Fluid*.

CASTOR OIL.—The expressed oil of the

seeds of the Castor Oil Bean. It is a nauseous, but prompt and safe purgative medicine; especially useful where there is pain or irritation of the bowels. Dose for an adult, a tablespoonful; for a young child, a teaspoonful. An infant can generally be made to swallow it by itself, and the smallness of the dose is then an advantage. For an older person, as little disagreeable as any way of giving it, is to mix the oil in *twice as much* Spiced Syrup of Rhubarb, just before swallowing it. Castor Oil is also often used in opening injections into the bowels; one or two tablespoonfuls of it at once.

CATECHU.—A good vegetable astringent. *Tincture of Catechu* and *Paregoric*, mixed in equal parts, a teaspoonful of the mixture for a dose, is one of the best medicines to check a diarrhœa.

SIMPLE CERATE.—Made of bees'-wax, lard and oil. It is the best healing application for raw places upon the surface of the body; a blister, for example.

CHALK MIXTURE.—For diarrhœa requiring to be checked, this is a safe medicine

under ordinary circumstances. Dose a tablespoonful, every two, three or four hours.

CHLORATE OF POTASSA.—Especially valuable in *sore mouth* and sore throat. It has been used a great deal in diphtheria. By the way it may be remarked, that diphtheria is only an *occasionally* prevalent disease, and, while every serious sore throat should of course receive medical attention, it is best always to consider a sore throat *not* diphtheria until a physician has pronounced his opinion.

For an adult, the dose of Chlorate of Potassa is from ten to twenty grains, dissolved in a tablespoonful of water, every four hours. A child of four or five years of age may take from two to five grains as often. It is also used as a *gargle*.

CHLOROFORM.—This powerful medicine is not appropriate for domestic use in its pure state, without advice. *Chloroform Liniment* is a safe thing to apply *externally*, for severe pain, especially of a neuralgic kind. By neuralgia we mean pain in a nerve, without inflammation; that is, without redness, heat and swelling of the part.

CINNAMON WATER.—This pleasant aromatic preparation needs no special description. It is warming to the stomach, and moderately astringent. It may be given to a child for diarrhoea; a teaspoonful at once, diluted with water, or with Lime-water and Camphor water.

CITRATE OF POTASSA.—*Neutral Mixture* is a solution of this, two drachms in four ounces. A heaping teaspoonful of it dissolved in a tumblerful of cold water or lemonade will make an excellent cooling and sweating draught in fever; a tablespoonful for a grown person, every two or three hours, with a little water added.

COCOA BUTTER.—A favorite soothing application for *bruises*, especially about the head and face. There is no objection to its use.

COLCHICUM.—*Wine of the root* of this plant is the most approved preparation. It is a valuable medicine in gout and rheumatism; but not to be carelessly or ignorantly used. Its dose is about ten drops, in water. Larger doses may sicken the stomach, and irritate the bowels, in some persons.

COLD CREAM.—The uses of this, for chapped lips, or sore places anywhere, are too familiar to need mention. It ought to be fresh, particularly when put upon the delicate skin of a child. Tender or raw spots, as between the thighs of an infant, may be gently anointed with it, or sprinkled with powder of arrow-root, starch, or rye-meal. Obstinate excoriations may require *Glycerin and Rose-water* (for an infant, 1 part glycerin to 8 of rose-water) or even lime-water and oil applied upon lint.

COLLODION.—The solution of gun-cotton in ether. Its principal use as a remedy is to paint over cracked places upon the surface of the body, to make an artificial skin; as in *cracked nipple, in-growing toe-nail, &c.* It must be kept in a well stopped bottle.

Cantharidal collodion has been mentioned already, as *Blistering Fluid*.

CREAM OF TARTAR.—Bitartrate of Potassa. It is moderately opening to the bowels, and generally increases the action of the kidneys. It is a not unpleasant cooling medicine. Very little of it is dissolved by cold water; so that

when taken, it should be *stirred up*. Dose, from a teaspoonful to a tablespoonful.

CREASOTE.—Used to great advantage, if with proper care, for that common form of toothache which results from exposure of the pulp of a hollow decayed tooth. To apply it, wrap a little bit of raw cotton around the end of a bodkin or knitting needle, dip it in pure creasote, and insert it into the hollow of the aching tooth. Should any run out upon the lips or gums, rinse them at once with a little cold water. Sometimes repeated applications may be necessary; the object being to *cauterize* or burn the exposed end of the nerve. In doing this no pain is produced, but immediate relief, if it touches the right part; and it does no harm to the tooth.

DOVER'S POWDERS.—These contain, as their important ingredients, *Opium* and *Ipecacuanha*, one grain of each. They promote sleep and perspiration. Dose, ten grains for an adult, at bed-time. If the stomach is decidedly weak, some other anodyne will be better. Seldom indeed, should Dover's powders, or other opiates, be given without advice of a physician.

ELIXIR PROPRIETATIS.—This is an old name for the *Tincture of Aloes and Myrrh*; a preparation sometimes used to restore suppressed menstruation (*monthly change*.) When the suppression occurs from *cold, wet,* or other purely accidental causes, a teaspoonful of the tincture may be given twice a day, and a hot mustard foot-bath or a warm hip-bath used at bed-time.

FLAXSEED.—This is too bulky to keep in an ordinary medicine chest; but all apothecaries have it. *Flaxseed tea* is a very useful drink for a bad cold on the chest, whether it be a cough or a sore throat. It should be made by pouring a pint of boiling water upon one or two tablespoonfuls of whole flaxseed, and stirring it up for a few minutes. Do not *boil* the flaxseed; as that would bring out the oil; it is only the mucilage from the outside of the seeds that is useful; the oil is too heavy for the stomach.

Flaxseed meal is a good material for *poultices*. Mix up a sufficient portion of the meal with hot water, into a soft mushy mass; spread it with a tablespoon upon a piece of

old muslin or thin flannel, and double in an edge of half an inch all round, to keep it from running out. A very little sweet oil or fresh lard over the surface of the poultice will make it more soothing and more easily removed.

In painful affections, as *cold in the face*, for instance, or *face-ache*, inflammatory tooth-ache, a teaspoonful or two of *Laudanum* may be added to the poultice. A piece of oiled silk should always be placed outside of it.

Bread-crumbs makes the softest of all poultices; even more soothing to a hot inflamed part than flaxseed or slippery elm bark. The bread should be neither fresh nor very stale. Either hot water or hot milk will do to mix it with. In summer, water is better, because the milk may sour.

To apply a poultice *warm*, not only should the materials be so when mixed, but it should be spread upon a cloth laid on a hot plate.

GENTIAN.—A simple vegetable bitter, used in the form of a *tea*, a *compound tincture* and an *extract*. Pills containing extract of Gentian, with Rhubarb, are serviceable in dyspepsia, or when there is a tendency to

colic. The following prescription is often useful to prevent threatened colic.

℞ Pulv. Rad. Rhei et
 Ext. Gentian, āā ʒss;
 Mass. ex. Hydrarg. gr. v;
 Ol. Anisi, gtt. iv. M.
 Div. in Pil. No. 20. S. One or two twice daily.

These may be conveniently designated as *Compound Gentian Pills*.

GINGER.—Everybody knows the warming qualities of this. The strongest preparation in use is the *Essence*; of which the dose is from five to twenty drops, in water. It is excellent for *flatulence* and windy pain in the bowels.

For similar pain, or sickness of the stomach, a useful application often is a light piece of flannel well warmed and then wet through with *Essence of Ginger*, and laid over the pit of the stomach. It can generally be borne for an indefinite length of time if required.

GLYCERIN.—Bower's or Price's Glycerin, only, should be used, as the purest. It is often added to rose-water (1 part to 4 or 5), as a wash for chapped hands, or a face abraded with the razor in shaving. With

twice its bulk of warm water or pure olive oil, it is the best thing to pour into the ear for irritation there, or for accumulation of wax. A teaspoon will do very well for the purpose, the patient lying on *the other side*, and turning over in a minute or two to let it run out.

GUM ARABIC.—The nature of this is familiar to all. *Gum-water*, made by dissolving from a teaspoonful to a tablespoonful in a tumblerful of water, is soothing to a cough. In *infants*, it acts sometimes a little upon the bowels. It is well to know that Gum Arabic has almost no *nourishing* power; its former reputation in that respect was founded upon a mistake.

HOFFMAN'S ANODYNE.—An excellent stimulant to the nerves, and to the system generally. In exhaustion, with neuralgia, or asthma, or gout in the stomach, &c., it may be very useful. Dose, a teaspoonful, in a wineglassful of water.

HUXHAM'S TINCTURE OF BARK.—This is a very good and convenient preparation of Peruvian Bark, and an excellent *tonic* or

strengthening medicine. Dose, a teaspoonful thrice daily, in a wineglassful of water. Just before a meal is a good time to take it.

IPECACUANHA.—There is no milder or safer *emetic* than this, and no other expectorant at the same time so loosening and so gentle in its operation. Tartar Emetic, Antimonial Wine, and Coxe's Hive Syrup (which contains Tartar Emetic) should only be used when prescribed by a physician.

Of the *Syrup of Ipecacuanha*, the dose for an adult as a loosening cough medicine, is from a quarter to a half a teaspoonful. For an infant under a year of age, two or three drops; at three years, five drops; and so increasing according to age. In croup, however, it is better to be prompt and free in its use, even at the chance of vomiting.

IRON.—This best of *tonics* is employed by physicians in a great many forms. One will suffice to have in the medicine chest; the *Tincture of Chloride of Iron*; formerly called Muriated Tincture of Iron. Dose, about ten drops, in a wineglassful of water, twice or thrice daily. To prevent its *staining*

the teeth yellow (it does them no other harm), it is well to take it through a tube (such as all druggists have) of glass, or one made of quills put into each other; also, to rinse the mouth after taking it.

LACTUCARIUM.—The extract of lettuce or salad is thus named. It is the mildest of *soporific* or sleep-producing medicines. The *syrup* of it (Aubergier's) is a convenient form. Dose, one or two teaspoonfuls, especially at night.

LAUDANUM.—All know the virtues of this *tincture of opium*, the most powerful of the *anodynes*, or relievers of pain and producers of sleep. A *full* dose for a grown person is thirty drops. For *diarrhœa* which needs to be quieted, as small a dose as ten drops may often answer.

Children are, proportionately, *more* susceptible to the influence of laudanum and other opiates, than older persons. *One drop* is a large dose of laudanum for a young infant. It is unwise to give anodynes to infants at all, unless under advice or well-founded knowledge. The practice of some

nurses, of stupefying infants to keep their cries from disturbing their own rest, is *cruel* and *destructive*. A healthy child, well fed, washed, clothed, kept in a pure atmosphere and kindly treated, will very seldom cry. If it does, there is a reason for it, and the cause should be sought out and attended to.

Laudanum is sometimes injected into the bowels; especially with starch. Twenty, thirty or forty drops may be so used for *retention of urine*, for *threatened miscarriage*, or excessive diarrhoea or dysentery, &c. A physician may, in cases of extreme suffering, increase the dose of Laudanum or of Opium considerably beyond what has been above mentioned; but, to do so, requires the kind judgment of such matters not to be expected of an unprofessional person.

In *keeping* Laudanum, it should be remembered that in a *very old* bottle of it, the lowest portion becomes a good deal stronger, by evaporation and partial deposit.

LAVENDER.—*Compound Spirit of Lavender* is a good warming and stimulating medicine, useful for *flatulence*, &c., and with

camphor, for *dysmenorrhœa*, or painful menstruation. For this, it is well to give it in *hot water*.

LEAD-WATER.—This may be made by dissolving *Sugar of Lead* (Acetate of Lead) in water; or by dissolving a few drops of *Goulard's Extract of Lead* (Liquor of Sub-acetate of Lead) in water. A piece of Sugar of Lead as large as one's thumb will do for a small teacupful of water; or four drops of Goulard's Liquid Extract for the same amount. It thickens after exposure to the air.

Lead-water is used altogether as an *external* application, to the sound skin; for heated *inflamed* parts, as violent bruises, sprained ankle or wrist, &c.; also, in "poisoning" from the poison-vine. Laudanum is sometimes added to it, when pain is considerable. It ought to be remembered that preparations of lead are poisonous when swallowed.

LIME-WATER.—A valuable composer of disturbance of the stomach, nausea and vomiting. Dose, a dessertspoonful or a table-spoonful, with the same of milk, water or cinnamon-water.

When milk sours upon the stomach of an infant fed with a bottle, it is well to add a little Lime-water to it; a tablespoonful to each half pint.

LOBELIA.—Though given unprofessionally as a medicine in some parts of this country, Lobelia is too powerful an article for use without knowledge. In large doses it is a dangerously depressing narcotic. Physicians often advise it for asthma; a few drops, ten, twenty, or perhaps a half teaspoonful, of the *tincture*, at once during the attack.

MAGNESIA.—Calcined Magnesia (Husband's or Henry's) is the best opening medicine when the stomach is disordered. It is often very serviceable for children. Dose for an adult, a full teaspoonful; for an infant, one eighth to a quarter as much.

CITRATE OF MAGNESIA is a different medicine, but a very good one, especially recommended by its *pleasantness*. Its effervescing *solution* is sold by all apothecaries; it is sometimes called Purgative Mineral Water. Half a bottle of this, or for some persons a whole bottle, will be an operating dose. For a

child, from a quarter of a tumblerful down to a tablespoonful. Children do not like much effervescence; of course this soon ceases after it is poured out. Solid or "granulated" citrate of magnesia is also sold in the shops; dose one or two teaspoonfuls.

MUSTARD PLASTERS.—Mix together equal parts (a teaspoonful or a tablespoonful according to the size required) of pure mustard flour and wheat flour, with enough *hot* water to make a moist *mush* of them. Lay a piece of old muslin sheeting or shirting, twice the size wanted, upon a heated plate; and, with a tablespoon or tableknife, spread the poultice over one half (leaving half an inch or an inch of *edge*), and double the other half over it. Then apply it to the body. If the patient's skin be delicate, in a few minutes it will burn so severely as to have to be taken off. Some will bear it half an hour or more.* After it is removed, put on the place a rag spread with cold cream or lard. A mustard plaster should never be allowed to draw

* Crew's ready spread mustard plasters are very convenient.

severely enough for a length of time to raise a blister; it makes a sorer blister than Cantharides (Spanish Fly). *Weaker* mustard poultices, one part to three or four of flour, have the advantage of being borne for a longer time. *Mush*, of Indian meal, freshly made and hot, makes an excellent poultice with *one fourth* or fifth of mustard, for deep-seated pains in the chest or abdomen, in children especially; the amount of mustard being a little more reduced for them. Such warm outward applications sometimes do great good, even in inflammation of the lungs, dysentery, &c.

MYRRH.—*Tincture of Myrrh* makes the best of simple tooth-washes. Ten drops, or a few more or less, in a wineglassful of water, will do. *Pure Tincture of Myrrh* poured into the hollow of a tender tooth, will often allay its tenderness.

NITRE.—*Sweet Spirit of Nitre* is a slightly stimulating medicine which, when given with plenty of water, generally acts on the skin and kidneys. It is very often given in cases attended with fever. For a grown person, a tea-spoonful may be added to a tumblerful of cold

water, to be drunk in the night especially. For a child, five, ten or fifteen drops will be enough at once. Small doses are, generally, the best for soothing effect.

OPIUM.—This, the extract of the poppy, has already been referred to under *Laudanum*. In pill, the dose of it is one grain. By *suppository*, introduced into the bowels, twice as much will be safe.

PAREGORIC.—This is the *Camphorated Tincture of Opium*. It is *much weaker* than laudanum. Dose, a teaspoonful, or, for diarrhœa, less, in water. When continued *colic* requires some anodyne, paregoric is the mildest, to begin with, if merely *warming* and *corrective* articles do not relieve.

PINK-ROOT.—A good, mild vegetable *vermifuge*. For common round-worms, the Fluid Extract of Pink-root (*Spigelia*) and Senna, one or two teaspoonfuls before breakfast and at bed-time, will do usually very well. Do not take for granted, however, the existence of worms, unless they are either *seen* or *felt*.

QUININE.—This is one of the most precious gifts of the science of medicine to man. It is

obtained from Peruvian Bark. Its most signal value is found in its curative power over ague and bilious or remittent autumnal fever. But it is also a valuable tonic in many other cases. There is an altogether unfounded vulgar prejudice against quinine, on an idea that it "injures the constitution." In proper and usual doses it *never* does any injury whatever. Some persons are, by *large* or considerable doses, made to hear a ringing in the ears; but that is transient. At the same time, it is a medicine of such powers as to be best employed under the direction of a physician. Dose, one or two grains, repeated as may be necessary.

RHUBARB.—Turkey Rhubarb Root is the best medicine for *frequent* use, to obviate costiveness of the bowels. Rhubarb pills are convenient for this. *Compound* rhubarb pills are decidedly stronger and more active than the simple rhubarb. *Compound Cathartic* pills (so called) are stronger yet, and contain calomel.

SANTONIN.—An excellent, powerful vermifuge. Dose, for a grown person, about three

grains; for a child, not more than half a grain. It is easily taken in *dragées* or lozenges. Also, for *seat-worms*, *suppositories* of Santonin, three grains each, are very effectual.

SOAP LINIMENT.—*Camphorated Tincture of Soap* this is also called. A good mild material with which to bathe bruises, sprains, &c.

SODA.—*Bicarbonate* or *Super-carbonate* of Soda is the ordinary medicinal preparation. It is an excellent thing for sourness of the stomach, sick-headache, and dizziness. For a single dose, one may take half a *salt-spoonful*, or eighth part of a teaspoonful; when required *often*, after meals, a mere pinch; what would go on an old time three-cent piece, will be enough. Excessive use of it is irritating to the stomach. Physicians often prescribe soda for *gravel*.

SPICE-PLASTER.—Mix for a child, a teaspoonful of powdered ginger, and the same of powdered cloves, and cinnamon, with half a teaspoonful of red pepper, and four teaspoonfuls of wheat flour. Moisten the spices well with brandy, so as to make a poultice, spread it upon a piece of muslin or light flannel,

several inches square, laid upon a hot plate. Then lay the poultice over the stomach and bowels; for nausea or vomiting, flatulent pain, or irritative diarrhœa (summer complaint). It can usually stay on for a number of hours. If it burn so as to cause complaint, make it weaker. When it becomes dry, it may be moistened with brandy and used again.

SQUILLS.—Syrup of squills is a good expectorant, less *loosening* than *Ipecac.* and also less apt to sicken the stomach. It suits best at a *later stage* than that medicine; when the cough has been partly softened but not cured. Dose for an adult, a teaspoonful; for a child, about ten drops.

TANNIN.—This is the astringent principle of galls, oak bark, &c. It has a good deal of power in checking discharges, as diarrhœa; especially in pill with opium; three grains of tannin (also called tannic acid) with about a quarter of a grain, or sometimes half a grain, of opium.

VALERIAN.—One of the most composing medicines for disturbed nerves. Of the *Fluid Extract of Valerian* the dose is a teaspoonful; of the *Tincture*, and of the *Elixir of*

Valerianate of Ammonia, the same; repeated if needful every three hours.

WARNER'S GOUT CORDIAL.—This is the Tincture of Rhubarb and Senna. It is warming, stimulating, and mildly opening.

An excellent medicine for pain in the stomach or bowels in persons of gouty tendency or weakly habit. Dose, from a teaspoonful to a small tablespoonful, in a wineglassful of water.

WILD CHERRY BARK.—Gently tonic, and at the same time tranquillizing to the heart. It is, in the form of *Syrup*, a very good and pleasant medicine for *slight* coughs. Children are generally rather fond of it; which is, of course, a recommendation. (Syrup of Ipecac. has also this quality of easy administration).

WISTAR'S COUGH LOZENGES.—These are made of liquorice chiefly, but contain a small amount of opium. This makes them more *quieting* to cough, and very useful at night, *after* the cough has been *loosened*. Before that, opiates might, by lessening the secretion of phlegm or mucus, increase the oppression. Three or four of them may, in a suitable case, be used in a night.

PART IV.

FOOD FOR INFANTS AND THE SICK.

FOOD FOR INFANTS.

Every mother who has health for it, should, if possible, nurse her own infant. Next best to that will be the natural nourishment of a wet nurse. After this, if it be not attainable, we should prefer goat's or cow's milk, in the *bottle*, from which the babe may take it by *suction*. Either cow's or goat's milk should, for a child less than three months old, have an equal quantity of water added to it, and a little white sugar; and should, of course, be given warm. After the third month, the amount of water added may be gradually lessened; a child of five or six months may

generally digest undiluted cow's milk. Of course if the milk be, as some city milk is, *already thin*, no water at all need be added. *Freshness* is an indispensable quality of milk, most of all, for infants. The milk of two days should never be mixed together. It is not essential that all the milk for a child should be from the same cow, provided that if from several, all are equally good.

During the first six months of life, nourishment is needed every two hours in the daytime, and every three hours at night. In the second six months, as a general rule, it should be given every three hours in the day, and every four hours in the night. Gradually afterwards, the intervals may be lengthened. An infant of three months will, on the average, need $2\frac{1}{2}$ to $3\frac{1}{2}$ pints of milk in twenty-four hours.

Solid food is not natural or wholesome until there are *teeth* to chew it. Bread may be the first thing, after most of the teeth have been cut. But the stomach of a child is always more delicate and easily put out of order than that of a grown person.

The *uses* or purposes of food in the body are, 1. *To make substance, i. e.,* flesh, bone, brain, blood, &c. ; 2. *To make heat and force.* For the *first*, milk is better than cream, and bran than white flour ; for the *second*, cream does more than milk, and white flour more than bran. A combination of the two makes the most nearly perfect food.

Substitutes for milk, or *additional* articles to make *variety*, are not unfrequently wanted with weakly children. Farinaceous articles are most employed for these ends. But sometimes *liquid*, concentrated *animal* food is required. Any one who may object to this ought to be reminded that *milk*, the most natural food for infants, is *animal food*. *Beef tea*, especially, will keep some infants of a year old or upwards alive, when they cannot take or digest milk at all. This is a matter of actual experience. Nothing, however, in a large majority of cases, is so good for the *main* staple of food for children, as milk.

ARTICLES OF DIET.

1. BARLEY WATER.—Take of pearl barley, well washed, about two table-spoonfuls. Boil it, in a quart of water, down to a pint; and then strain, and add sugar to taste.

2. RICE FOOD.—Take two table-spoonfuls of good rice, and soak for an hour in cold water. Pour this water off, and then simmer the rice gently in a quart of water, for two or three hours. Strain through a fine sieve, and add warm milk, with a little white sugar, and a very little salt. Rice and rice water suit well, especially when the bowels are free.

3. OATMEAL GRUEL.—Take a dessert-spoonful of fine oatmeal, (*Canada* oatmeal is the best on this continent), and mix it smoothly with a little water in a basin. Then pour gradually upon it,—stirring it well all the time,—half a pint of boiling water, until well mixed and free from lumps. Boil it gently for ten minutes or rather more, add a few grains of salt and a little loaf sugar. It may be given either alone, or with the addition of a little warm new milk. For an adult

a few raisins may be thrown in before the boiling. Oatmeal gruel promotes a gentle action of the bowels.

4. PANADA.—Cut two slices of stale bread, without crust; toast them brown, cut them up into squares of about two inches, lay them in a bowl and sprinkle with salt and a very little nutmeg. Pour on a pint of boiling water, and stand to cool.

5. ARROW-ROOT.—Mix a tablespoonful, or a tablespoonful and a half of arrow-root with a little cold water, till it makes a paste. Boil a pint of water, stir in the arrow-root, and boil it a few minutes. Sweeten with white sugar. If necessary, brandy or wine may be added. Instead of water, *milk* may be used; or half milk and half water.

6. SAGO.—Soak a tablespoonful of pearl sago, and macerate for two hours in a pint of water placed at the side of the fire. Then let it boil gently for a quarter of an hour, and before it is taken from the fire, add new milk or cream, a little white sugar, and a few grains of salt.

7. TAPIOCA.—Soak a tablespoonful of tapi-

oca for an hour or two in a pint of water, at the side of the fire. Then let it boil or simmer gently for ten or fifteen minutes; and, before removing it from the fire, add new milk or cream, with a little white sugar, and a few grains of salt. Wine or brandy may be added if required.

Arrow-root, Sago and Tapioca resemble Rice in being soothing to irritated bowels, and suitable as food in *diarrhœa*.

8. CORN-STARCH.—This is a very good substitute for Arrow-root. Mix a tablespoonful of Corn-starch in a little cold water or milk, to a paste. Put this into half a pint of milk already brought to the boiling point, and boil it for a few minutes, stirring it all the time. Before taking it from the fire, add white sugar and a very little salt. Flavoring materials, as Cinnamon, Orange-peel, or Vanilla may be added if desired at the same time.

9. CHICKEN SOUP.—Clean a chicken well, and remove all the skin and fat. Cut it then all up into thin slices. Put these, with a proper quantity of salt, into a pan, and pour over them a quart of boiling water. Cover

the pan, and simmer, over a slow fire, for two hours. After allowing it to stand for an hour covered, strain off the soup or tea through a sieve.

10. BEEF TEA.—There are several different ways of making beef tea. We prefer the following. Cut up a pound of good beef into small pieces; pour over it a pint of cold water, and stand it, covered, by the side of a fire for two hours. Then boil it for half an hour. Before taking it from the fire, add a little salt. Skim it carefully, and, if not used while hot, remove all the oil-drops that rise when it cools. Pour it off through a *coarse* sieve. If it is really *strained*, a good deal of its strength is left behind. This is, however, directed by many authorities.

11. ESSENCE OF BEEF.—This is made without water, and is the most concentrated article of food that can be made.

Cut up a pound of good beef into small pieces, and put it into a clean porter bottle. Cork the bottle loosely, and stand it almost up to its neck in cold water, in a large saucepan. Bring the water to a boil, and boil it

around the bottle for three or four hours. Then pour it off, through a coarse sieve; or, for a patient of uncommonly delicate stomach, it may be necessary to strain it. No seasoning is usually proper, except salt; but, sometimes, in cases of debility, a very little Cayenne Pepper may be added.

12. RAW BEEF.—Cut up good lean beef *very fine*, and put it with cold water (half a pint to a pound), in a bottle. Soak it for twelve hours, shaking it a half a dozen times or more during that time. Then strain it off with pressure through a cloth. This Extract of Raw Beef is much used now as nourishment for feeble invalids.

13. RICE AND GRAVY.—Skim the fat from a cupful of the gravy from a leg of roasted mutton or a sirloin of beef; add as much well-boiled rice as will suffice for a meal.

14. BREAD AND BUTTER BROTH.—Spread a slice of well-baked bread with good fresh butter; sprinkle it moderately with salt and black pepper. Pour a pint of boiling water over it, cover, and let it stand to cool. *Toast* may be served in the same way.

15. TOAST-WATER.—Take off the crust from a slice of stale bread, and toast it well without burning. Break it into three or four pieces, and put them into a pitcher with a small piece of orange or lemon-peel. Pour over them a pint of boiling water, cover, and stand to cool. When cold, strain it for use.

16. CURRANT-JELLY WATER.—This is a light and refreshing drink for a feverish person; made by diffusing a tablespoonful of Currant-jelly through a tumblerful of cold water.

17. WINE WHEY.—Boil half a pint of milk, and while boiling, add a wineglassful of Madeira or Sherry wine. Separate the curd by straining through muslin or a sieve. Sweeten the whey, and sprinkle upon it a little nutmeg.

18. EGG AND WINE, OR BRANDY.—Beat up a raw fresh egg, and stir with it two tablespoonfuls of wine, or one of brandy. Sweeten or not, according to taste.

ARTIFICIAL FOODS.

19. HARD'S FARINACEOUS FOOD.—This is a good preparation of baked flour, which chemists sanction and many physicians recommend. A tablespoonful of it may be put into a quarter of pint of cold water; then add three quarters of a pint of new milk, mixing them well together, and simmer for ten minutes, stirring all the time.

20. WHEAT PHOSPHATES.—These are a sort of essence of bran, containing a nutritive principle called *cerealin*, and the mineral substances of the bran which are of importance for nourishment.

21. LIEBIG'S FOOD FOR INFANTS.—This requires some skill to make, but may be used readily by any one. It is prepared from wheat flour, malt flour, and milk, with a little Bicarbonate of Potassa. Two tablespoonfuls of it, with half a pint of water, form a mixture not very unlike mother's milk.

22. IMPERIAL GRANUM.—This is a material prepared by a sort of cooking process, from the *very best* wheat, retaining all its most nour-

ishing parts; those of the bran as well as of the white portion of the grain. It somewhat resembles, therefore, the "Wheat Phosphates." It is an excellent material with which to vary the diet of infants whose appetite or digestion is weak. Mix it with boiling milk, in the same manner as other farinaceous foods.

PART V.

MANAGEMENT OF THE SICK ROOM.

IN the care of the sick, in addition to such medicinal treatment as may be prescribed by the physician, four things require especial attention : *food, warmth, air, and quiet.*

On the subject of food, enough for our space and purpose has been said (Part IV) ; except one or two more general suggestions. Scrupulous neatness and *niceness*, in the appearance as well as preparation of everything, are essential to the delicate appetite of the sick. No cooking should (if avoidable) be done in or near the chamber ; and no scraps, leavings, or unwashed plates, cups or spoons should ever be left in sight. Remember,

also, that very sick persons can never take much food at once ; and they can seldom, till convalescent, take solid food. If weak, they need *a little very often*.

Warmth is indispensable to the sick, but of course it must not be excessive. Enough covering in bed must be provided, but not an unnecessary weight of it. Remember, too, that clothing does not *make* the warmth of the body, it only *keeps* what the body has. People often overlook this with infants ; supposing that a little thing put shivering into cold sheets will surely become warm if blankets are piled upon it. *Actual heat* is often needed for infants and the sick. A bed may need to be warmed by passing a hot flat iron repeatedly between the sheets ; or a hot brick may be laid at the foot ; or a body or foot warmer, made of tin to hold hot water. The English are wiser than we, in still, upon occasion, making use of the old-fashioned warming-pan. *Whenever a sick person's feet are cold, something warm should be at once put to them.*

As to bed-clothing, that worn upon the

body, and the sheets of the bed, must all be *changed* often, not only for simple cleanliness, but for needed refreshment of the patient. The action of the skin is of the utmost importance in sickness; and this cannot be maintained if the same garments and covers are worn day after day and night after night. Of course it requires great *care* to change without danger of *chill* or *fatigue*. But caution and gentleness may always, unless in the extremest prostration, obviate these risks.

Fire or furnace heat in a sick room may be necessary in cold weather. A wood-fire is the wholesomest by far. A stove or open flue will require constant attention to ventilation; that is, pure air must be introduced in some way into the room. Every stove or furnace, moreover, must have a vessel of water always over it, for proper moistening of the heated air.

For *ventilation*, the door or window farthest from the bed will be safest in really cold weather. Two or three small openings will be better than one large one, as making less

draught. Currents of air must also be broken, by window-curtains, blinds, or something else interposed. Some rooms cannot be sufficiently ventilated without occasionally (covering the patient up well at the time), throwing a window or two wide open for a few minutes, several times in the day or night. Never let a vessel which has been used remain uncovered for a *moment*; and have everything removed as soon as possible, and all well cleansed, and *scalded*, always.

Quiet is necessary in sickness; repose of body and mind. Most of all is this imperatively needed with sick children and delicate women. *Noise* in or near the sick chamber is barbarous cruelty. A soft voice, light tread, and gentle movement are often better than medicine. A cheerful face, and unselfish, considerate kindness, are cordials to the sick. To beat a pillow well, and know how always to make it easy to a suffering head, are accomplishments worth study and practice. Ask as few questions of the sick as possible. Have nobody in the room who is not needed for some use; commonly only one,

or two, at a time. Never let visitors, even near friends or relatives, come to see a *very* sick person, unless expressly encouraged to do so by the attending physician. Many a feverish night has followed half an hour's conversation, even with the most well-meaning of friends. Of course there are some kinds of chronic (prolonged, not violently disturbed) ailment, in which company is desirable. Of that the physician must judge.

DISINFECTION.

Much importance is attached to the purification of air, water and clothing, &c., especially when cholera is anticipated or prevailing. Referring to medical and chemical works for details, a few items may be noted.

Fresh air and *pure water* (that is, ventilation and cleansing), are the best of all disinfectants. All that chemical substances can do is to aid or partially substitute these. *Odorous* substances, which once were much used, as cologne, burnt sugar, &c., do not disinfect; they only disguise impurity of the air.

Whitewashing walls makes them more wholesome. Charcoal, lime, and dry earth are all capable of stopping the giving off of foul air from heaps of filth of any kind. Other strong disinfectants are, Green Vitriol (Sulphate of Iron), Bleaching Salt (Chloride of Lime), Labarraque's Liquid (Chlorinated Soda) and Coal Tar, or the more expensive Carbolic Acid. *Boiling* clothes that have been much soiled is important; the worst must be burned. All care must be taken that drinking water shall never be contaminated by anything that comes from the sick. In cholera time, every utensil and water-closet should have poured into it, before and after use, a small quantity of a solution of Permanganate of Potassa, or of Carbolic Acid, or some other disinfectant, such as a chemist will prepare to order.

In the sick room, it is well to *cover* all the pitchers, cups and tumblers, &c., containing food, drink or medicine; so that nothing unwholesome emanating from the patient's body can be absorbed from the atmosphere.

Lastly,—Sunshine is sanatory. As much

sunlight should enter the sick chamber every day, as the patient's eyes will bear. Only in inflammation of the eyes or brain, and in certain cases of violent fever, is it likely to be desirable to darken the room for a time. It has been proved that, in hospitals, the admission or exclusion of sunshine makes a very serious difference in the number of deaths and recoveries. Light promotes vitality, and darkness depresses it.

A qualifying remark must be made to this. When *sleep* is important, and hard to obtain, exclusion of light for a few hours may be necessary. At night, this is nearly always the case. *Artificial* light has no beneficial effect at all; and the glow of a lamp, candle or gas-flame, especially in the case of a child or a very nervous patient, may render sleep impossible. A very *small* light, somewhat remote and shaded from the eyes, may often be better than *total* darkness.

An important precept is, *never, without especial orders from a physician, awaken a sick person from sleep for anything.* Children ought not, as a rule, to be wakened, even in

health; when they have had enough sleep they *will awake*. Rousing a person *abruptly* from sleep always jars the brain.

These observations might be very much extended; but we have room only for main principles and suggestions. One more may be added, on behalf of those who wait upon the sick. Any one who sits up the whole, or the greater part of the night to watch an invalid, should have some *nourishment* provided. Bread and butter, or crackers and cheese, and a single glass of wine, may almost take the place of a couple of hours of sleep in preventing or diminishing the fatigue of a broken night's rest.

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MEDICINE CHESTS, MEDICAL SADDLE BAGS, AND
MEDICINE POCKET CASES,
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A Chest intended for a Family with children, naturally requiring very different quantities and kinds of Medicine than one intended for adult use alone.

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No. 1—10 4 oz., 12 2 oz., 6 ½ oz., 28 bottles,	\$30 00
No. 2—containing 8 4 oz., 12 2 oz., 6 ½ oz., 28 bottles, one large offset drawer for 3 jars, and 2 draw- ers inside,	25 00 25 00
No. 3—slide in back, containing 8 4 oz., 12 2 oz., 20 bottles,	20 00
No. 4—4 4 oz., 4 2 oz., 6 ½ oz., 14 bottles,	17 00
No. 5—3 4 oz., 8 1 oz., 11 bottles,	14 00
Large Walnut Wing Chest—8 8 oz., 12 2 oz., 20 bot- tles,	18 00
Box Pattern with Lid and Drawers under	
No. 6—containing 10 8 oz., 7 4 oz., 13 2 oz., 30 bottles,	23 00
No. 7— " 10 4 oz., 12 2 oz., 7 1 oz., 29 "	15 00
No. 8— " 8 4 oz., 12 2 oz., 20 "	13 00
No. 9— " 4 4 oz., 12 2 oz., 16 "	11 00
No. 10— " 3 4 oz., 10 2 oz., 13 "	8 50
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For Ships and Plantations, Stained and Varnished.

	Walnut.	Poplar.
No. 13—containing 12 8 oz., 16 4 oz., 8 1 oz., 36 bottles, 4 jars.	\$22 00	\$20 00
No. 14—containing 5 8 oz., 7 4 oz., 9 2 oz., 4 1 oz., 25 bottles, 4 jars,	15 50	14 00
No. 15—containing 10 4 oz., 6 2 oz., 4 1 oz. 20 bottles, 3 jars,	12 00	11 00
No. 16—containing 8 4 oz., 10 2 oz., 18 bot's,	10 00	9 00
No. 17—no Drawers—containing 6 8 oz. 4 4 oz., and Space, 15 bottles,		7 00

The following is a List of the most useful and desirable remedies needed. They are adapted for every size of Medicine Chest, whether for Plantations, Ships, Families, or Travelers :

Castor Oil,
Essence of Ginger,
Laudanum,
Paregoric,
Spirits of Hartshorn,
Spirits of Camphor,
Sweet Spirits of Nitre,
Hoffman's Anodyne,
Tincture of Arnica,
Soap Liniment,
Syrup of Squills,
Aromatic Syrup of Rhubarb,
Simple Syrup of Rhubarb,
Compound Spirits of Lavender,
Chloroform Liniment,
Syrup of Ipecacuanha,
Tincture of Chloride of Iron,
Fluid Extract of Valerian,
Chalk Mixture, (Powder,)
Solution of Persulphate of Iron,
Washed Ether,

Aromatic Spirits of Hartshorn.
Collodion,
Diarrhœa and Cholera Mixture,
Wine of Ipecacuanha,
Wine of Ergot,
Wine of Colchicum,
Essence of Peppermint,
Glycerin,
Tincture of Myrrh,
Tincture of Catechu,
Warner's Cordial,
Tincture of Aloes and Myrrh,
Fluid Extract of Spigelia and Senna,
Tincture of Lobelia,
Aromatic Sulphuric Acid.
Syrup of Senega,
Tincture of Capsicum,
Chloroform,
Spirits of Turpentine.

PILLS, POWDERS AND APPLIANCES, from which selections can be made and adapted to any of the Chests we furnish :

PILLS.

Rhubarb Pills,
Compound Cathartic Pills,
Blue Pills,
Compound Gentian Pills,
Tannin and Opium Pills,
Quinine Pills,
Opium Pills, 1 gr.
Assafœtida Pills, 3 gr.
Lady Webster's Pills,

POWDERS.

Alum,
Borax,
Chlorate of Potash,
Cream of Tartar,
Sugar of Lead,
Sulphate of Zinc,
Husband's Magnesia,
Tarrant's Aperient,
Bicarbonate of Soda,

Citrate of Potash,
 Gum Arabic,
 Rochelle Salts,
 Calomel, 1 gr.
 Dover's, 10 gr.

SUNDRIES.

Opium Suppositories, 2 gr.
 Santonine Suppositories, 3 gr.
 Santonine Dragees,
 Wister's Cough Lozenges,
 Simple Cerate,
 Basilicon Ointment,
 Cold Cream,
 Blistering Cerate,
 Cocoa Butter,
 Camphor Tablet,
 Adhesive Plaster,
 Court Plaster,
 Camel Hair Pencils,

Lint,
 Oiled Silk,
 Davidson's Syringe,
 Enema Syringe,
 Scales and Weights,
 Mortar and Pestle,
 Spatulas,
 Bandages,
 Tweezers,
 Medicine Measure,
 Scissors,
 Castile Soap,
 Sponge,
 Thread,
 Cork Screw,
 Lancet,
 Wax,
 Eye-Glass,
 Ear Syringe.

 Medicine Chest, No. 1,

*Containing 28 Bottles—10 four oz., 12 two oz., and 6 half oz.
 With Drawers, Jars, etc.*

PRICE, \$30.

Castor Oil,
 Essence of Ginger,
 Spiced Syrup of Rhubarb,
 Simple Syrup of Rhubarb,
 Camphor-water,
 Lime-water,
 Cinnamon-water,
 Paregoric,
 Spirits of Camphor,
 Spirits of Hartshorn,
 Laudanum,
 Syrup of Ipecacuanha,
 Syrup of Squills,
 Sweet Spirits of Nitre,
 Hoffman's Anodyne,

Chalk Mixture Powder,
 Compound Spirits of Laven-
 der,
 Anodyne Carminative, (Chol-
 era Mixture),
 Tincture of Arnica,
 Soap Liniment,
 Essence of Peppermint,
 Spirits of Turpentine,
 Collodion,
 Aromatic Spirits of Ammonia,
 Tincture of Capsicum,
 Aromatic Sulphuric Acid,
 Wine of Colchicum,
 Glycerin.

Medicine Chest, No. 2,

*Containing 26 Bottles—8 four oz., 12 two oz., and 6 half oz.
With Drawers and Jars.*

PRICE, \$25.

Castor Oil,
Essence of Ginger,
Spiced Syrup of Rhubarb,
Camphor-water,
Lime-water,
Paregoric,
Tincture of Arnica,
Chloroform Liniment,
Simple Syrup of Rhubarb,
Spirits of Camphor,
Spirits of Hartshorn,
Laudanum,
Syrup of Ipecacuanha,
Syrup of Squills,

Sweet Spirits of Nitre,
Hoffman's Anodyne,
Chalk Mixture Powder,
Cholera Mixture,
Compound Spirits of Laven-
der,
Soap Liniment,
Essence of Peppermint,
Aromatic Spirits of Hartshorn.
Spirits of Turpentine,
Tincture of Capsicum,
Glycerin,
Wine of Colchicum.

Medicine Chest, No. 3,

Containing 20 Bottles—8 four oz. and 12 two oz.

PRICE, \$20.

Castor Oil,
Essence of Ginger,
Spirits of Camphor,
Spirits of Hartshorn,
Paregoric,
Tincture of Arnica,
Soap Liniment,
Lime-water,
Aromatic Syrup of Rhubarb,
Simple Syrup of Rhubarb,
Laudanum,

Syrup of Ipecacuanha,
Syrup of Squills,
Sweet Spirits of Nitre,
Hoffman's Anodyne,
Spirits of Turpentine,
Cholera Mixture,
Essence of Peppermint,
Chalk Mixture Powder,
Aromatic Spirits of Harts-
horn.

Medicine Chest, No. 4,

Containing 14 Bottles—4 four oz., 4 two oz., and 6 half oz.

PRICE, \$17.

Castor Oil,	Laudanum,
Spiced Syrup of Rhubarb,	Syrup of Ipecacuanha,
Paregoric,	Essence of Peppermint,
Spirits of Camphor,	Hoffman's Anodyne,
Spirits of Hartshorn,	Aromatic Spirits of Hartshorn,
Simple Syrup of Rhubarb,	Sweet Spirits of Nitre.
Cholera Mixture,	
Syrup of Squills,	

Medicine Chest, No. 5,

Containing 11 Bottles—3 four oz., and 8 one oz.

PRICE, \$14.

Castor Oil,	Hoffman's Anodyne,
Tincture of Arnica,	Syrup of Squills,
Essence of Ginger,	Syrup of Ipecacuanha,
Laudanum,	Cholera Mixture,
Paregoric,	Essence of Peppermint.
Sweet Spirits of Nitre,	

Medicine Chest, No. 6,

Containing 30 Bottles—10 eight oz., 7 four oz., 13 two oz.

PRICE, \$23.

Lime-water,	Compound Spirits of Lavender,
Camphor-water,	Syrup of Senegal,
Cinnamon-water,	Chalk Mixture Powder,
Lead-water,	Chloroform Liniment,
Castor Oil,	Spirits of Turpentine,
Spirits of Hartshorn,	Syrup of Ipecacuanha,
Essence of Ginger,	Cholera Mixture,
Spirits of Camphor,	Essence of Peppermint,
Paregoric,	Aromatic Spirits of Ammonia,
Aromatic Syrup of Rhubarb,	Glycerin,
Simple Syrup of Rhubarb,	Chloroform,
Tincture of Arnica,	Tincture of Capsicum,
Laudanum,	Collodion,
Sweet Spirits of Nitre,	Solution of Persulphate of Iron.
Hoffman's Anodyne,	
Syrup of Squills,	

Medicine Chest, No. 9,

Containing 16 Bottles—4 four oz., and 12 two oz.

PRICE, \$11.

Spirits of Camphor,
Aromatic Syrup of Rhubarb,
Castor Oil,
Paregoric,
Laudanum,
Sweet Spirits of Nitre,
Spirits of Hartshorn,
Syrup of Squills,

Syrup of Ipecacuanha,
Hoffman's Anodyne,
Chalk Mixture Powder,
Tincture of Arnica,
Simple Syrup of Rhubarb,
Cholera Mixture,
Essence of Peppermint,
Essence of Ginger.

Medicine Chest, No. 13,

Containing 36 Bottles, 4 Jars—12 eight oz., 16 four oz., and 8 one oz.

PRICE, \$22.

Castor Oil,
Essence of Ginger,
Spiced Syrup of Rhubarb,
Simple Syrup of Rhubarb,
Spirits of Camphor,
Spirits of Hartshorn,
Paregoric,
Laudanum,
Chloroform,
Soap Liniment,
Tincture of Arnica,
Syrup of Squills,
Sweet Spirits of Nitre,
Hoffman's Anodyne,
Cholera Mixture,
Glycerin,
Chalk Mixture Powder,
Essence of Peppermint,
Spirits of Turpentine,
Syrup of Ipecacuanha,
Compound Spirits of Laven-
der,
Chloroform Liniment,

Fluid Extract of Valerian,
Warner's Cordial,
Tincture of Aloes and Myrrh.
Fluid Extract of Spigelia and
Senna,
Tincture of Myrrh,
Fluid Extract of Senna,
Aromatic Spirits of Harts-
horn,
Wine of Colchicum,
Aromatic Sulphuric Acid,
Collodion,
Tincture of Capsicum,
Tincture of Chloride of Iron,
Solution of Persulphate of
Iron,
Wine of Ipecacuanha.

OINTMENTS.

Simple Cerate,
Basilicon Ointment,
Blistering Cerate,
Oxide of Zinc Ointment.

Medicine Chest, No. 16,

Containing 18 Bottles—8 four oz., and 10 two oz.

PRICE, \$10.

Spiced Syrup of Rhubarb,
Spirits of Camphor,
Spirits of Hartshorn,
Castor Oil,
Essence of Ginger,
Paregoric,
Syrup of Squills,
Tincture of Arnica,
Laudanum,
Essence of Peppermint,

Compound Spirits of Laven-
der.
Cholera Mixture,
Hoffman's Anodyne,
Chloroform Liniment,
Sweet Spirits of Nitre,
Glycerin,
Simple Syrup of Rhubarb,
Chalk Mixture Powder.

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AND RENDERING

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Appliances for the Sick, Dietetics,

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Is large, carefully selected, and embraces everything
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be carefully packed and sent by Express, Mail, or as directed.

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Flavoring Extracts, Fruit Syrups,

DISTILLED WATERS,

FOR CULINARY PURPOSES,

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A trial only of the above is necessary to be convinced of their superiority.

No chemical essence or other artificial flavor or color is employed in their preparation. They are all manufactured from the various fruits and other substances as stated; and with the care, skill, and appliances necessary to preserve and embody in this concentrated form the delicate flavor of the fruits they so perfectly represent.

FRUIT SYRUPS.

We prepare largely the following Syrups, which are warranted not to be excelled and rarely equalled:

LEMON, STRAWBERRY, GINGER, ORGEAT,
 CHERRY, PINE APPLE, RASPBERRY, VANILLA,
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 BLACKBERRY, SHERBET,
 CAYENNE PEPPER, WILD CHERRY AND NECTAR.

FLAVORING EXTRACTS.

VANILLA, PEACH, CINNAMON,
 ROSE, CELERY, ALMOND,
 LEMON, CLOVES, NUTMEG,
 ORANGE, GINGER, RED PEPPER.

NATURAL MINERAL WATERS.

We have always in store, all the *genuine* Mineral Waters of acknowledged merit, of this country, and the VICHY, KISSENGEN, and SELTZER, of Europe.

We can also supply the Artificial Mineral Waters so much in vogue, but except when ordered by a physician, would suggest that the indiscriminate and continued use may be hurtful.

COLOGNE WATER.

We manufacture largely Cologne Water and Essences from the distinct Garden and Wild Flowers. Our simple Cologne Water resembles very much in delicacy and freshness the Farina; quite equalling, we think, the Johann Marie, Joseph Anton, Francois Marie, and Jean Marie, all of which we have in store, direct from Cologne. Persons ordering will please specify the brand wished.

We add list of distinct Colognes we manufacture from the fresh ottos; they are all delicate and faithfully represent the perfume of the flowers:

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And Compound Odors of JOCKEY CLUB, ESS. BOUQUET,
 AMBREE, BOUQUET DE CAROLINE, &c., &c.

QUININE AND GLYCERIN HAIR TONIC.

This Hair Wash possesses the tonic and invigorating properties of QUININE, with the softening and moistening effect of GLYCERIN.

Its use by many has verified the theory that suggested the value of the combination in preventing the hair from falling out, and in promoting its healthy and rapid growth.

As a dressing for ordinary Toilet use, it will be found an elegant preparation.

We prepare many other Hair Washes, and have for sale all the popular Hair Tonics, Washes, &c., &c., for which great and varied merit is claimed, but after an experience of many years in the manufacture and sale of the

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CITRATE OF IRON AND PERUVIAN BARK.

Prepared with Sherry Wine, Calisaya Bark, and Citrate of Iron; each fluid drachm represents two grains of the ferruginous salt, and the activity of twenty grains of Calisaya Bark.

Among the many chalybeate and vegetable tonic combinations that are justly entitled to a high degree of favor, we know of none more worthy of esteem than this. The happy effect, in many cases of debility, loss of appetite, and general prostration, of an efficient Salt of Iron, combined with our most valuable Nerve Tonic, has been so frequently demonstrated, that we feel every confidence in recommending it. For an adult, a teaspoonful immediately before or after each meal.

FERRO PHOSPHORETED ELIXIR OF GENTIAN.

This preparation is identical in strength to the Comp. Infusion of Gentian of the Pharmacopœia, with the addition of one grain of Phosphoreted Iron to each teaspoonful.

This Ferro Phosphoreted Tonic Bitter excites the appetite, invigorates digestion, and operates as a general corroborant. Blended with Aromatics, and slightly acidulated with Phosphoric Acid, it proves grateful to the most delicate stomach.

Give to children one-half to a teaspoonful before eating Adults a dessertspoonful as often.

FERRATED CORDIAL ELIXIR.

This Elixir rivals in delicate and delicious flavor the most prized of the foreign cordials. Specially grateful to a sensitive and delicate stomach, it stimulates digestion and invigorates the whole system. For the general debility, nervous prostration, and loss of vigor of females and children, it is particularly indicated. The healthy color, renewed muscular force, buoyant spirits, and regained appetite, give the best evidence of the rapid assimilation of the Chalybeate Salt. Each fluid drachm contains one grain of Pyrophosphate of Iron.

DIRECTIONS.—Children, one-half to a teaspoonful, before eating. Adults should take a tablespoonful as often.

ELIXIR OF CALISAYA BARK.**AN AGREEABLE STOMACHIC AND EFFICIENT TONIC.**

This is a most delightful and energetic tonic and restorative. Prepared with Sherry Wine, Peruvian Bark, and Aromatics, it is peculiarly grateful to patients suffering from debility, loss of appetite, and general lack of nervous force.

DIRECTIONS.—A teaspoonful for children, a dessertspoonful to adults, three times a day, or as required.

ELIXIR OF THE PYROPHOSPHATE OF IRON.

IRON, WITH PHOSPHORUS AND CALISAYA.

Promptly tonic, without being irritating or stimulant, combining the effects of Phosphorus and Iron with the cordial and tonic influences of the Cinchona Elixir. The freedom from all unpleasant taste, and the ease with which this preparation is borne by even the most sensitive stomachs, together with its ready assimilation with the food, and consequent rapid absorption, render this preparation specially valuable. It is used with benefit in all instances where a nerve tonic is indicated.

Each teaspoonful represents the activity of ten grains of Calisaya Bark, together with two grains of the Soda-Pyrophosphate of Iron. This Salt of Iron is not precipitated in the stomach by the agency of food or gastric juice, and will be found an efficient chalybeate when ordinary iron preparations produce constipation, headache, &c.

The dose for an adult is a teaspoonful three times a day, immediately before or after meals. For children, to be graduated according to age.

FERRATED ELIXIR OF CINCHONA.

IRON, PERUVIAN BARK, AND CHOICE AROMATICS.

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These Pills are made according to the prescriptions of the justly celebrated Dr. Chapman, whose name is a sufficient guarantee of their adaptedness to the purpose for which they are intended.

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A safe and efficient purge, which may be used in all cases where such a remedy is proper; and particularly in the first stage of Fevers, where the Liver and Bowels are inactive, attended with headache, dullness, &c.

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A Laxative known as Lady Webster's Pills, extensively used for habitual constipation.—Their object is to produce a natural evacuation without otherwise affecting the bowels. One or two Pills taken an hour before dinner, or at bed-time, usually answer the purpose.

Wyeth & Bro.'s Wild Cherry Pastilles.

For the alleviation and cure of Coughs, Colds, Hoarseness, Asthma, Bronchitis, &c.—The agreeable form and taste of these Pastilles recommend them to all.

Jackson's Ammonia Lozenges.

This Lozenge is perhaps more used than any other. It will be found a very efficient remedy in recent or chronic coughs, hoarseness, oppression, &c.

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An Expectorant and Tonic without Opium.

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A new liquid for removing grease, tar, paint or stains, from any kind of woolen, cotton, silk, or other fabric; also, for cleaning gloves, stains on paper, and other purposes for which an active solvent is required. It is easily applied, and acts immediately.

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This powder imparts to silver plate a beautiful, brilliant polish, with but little time and labor.

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Prepared expressly for the Nursery.

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This preparation, which is made according to the prescription of Professor Jackson, has found much favor, on account of its beneficial effect as well as from the eminent source from which it originates. It is used as an expectorant in recent or chronic coughs.

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A pleasant remedy for constipation.

Syrup of Hoarhound and Elecampane.

For coughs, hoarseness, &c., &c.

Wistar's Cough Lozenges.

For coughs, colds, asthma, &c. They will be found particularly serviceable at night in allaying coughs and promoting sleep.

Spiced Syrup of Blackberry.

For cholera infantum, or summer complaint, diarrhoea, dysentery, &c.

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Useful in affections of the throat, sore and ulcerated mouth, relieving, almost immediately, coughs dependent upon relaxed uvula and inflamed throat.

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These lozenges are simple in composition, not disagreeable to the taste, and afford almost immediate relief in either recent or chronic sore throat, elongated uvula, hoarseness, &c.

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This preparation, combining the stimulant and anti-spasmodic properties of both Valerian and Ammonia, in a form agreeable and convenient, has proven a valuable agent in all cases of nervous derangement, neuralgia, hysteria, nervous headache, and in all those complicated disorders consequent upon nervous debility and depression.

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Tonic and expectorant. This preparation of Wild Cherry possesses advantages over either the Wine, Syrup or Tea.

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These Lozenges are offered as a safe, and, in most instances, as an effectual remedy for cold in the head, watering of the eyes, sneezing, &c., particularly if taken in the early stages, seldom failing to relieve the unpleasant symptoms attending these complaints. They contain no opium or other anodyne.

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An old and popular remedy for indigestion, flatulency, headache, sick stomach, general debility, &c. The article is prepared from the best Jamaica Ginger, and is warranted to be equal to any offered for sale.

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As agreeable as ordinary candy, and more efficient than most less palatable remedies.

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An agreeable refrigerant and laxative. Our preparation of Citrate of Magnesia will keep in any climate for years, without losing any of its desirable properties.

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Our Syrup of Sarsaparilla is prepared from a choice article, with due regard to the chemistry of the root, and will be found in this agreeable form to represent all its virtues.

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The water is *especially indicated* in those ailments which are peculiar to the female constitution.

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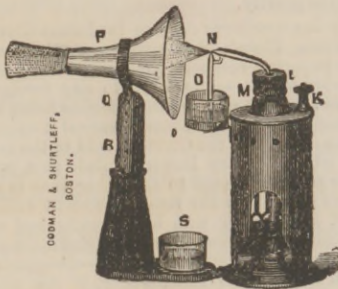
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There is no doubt that the Glycerin sold in the market with the genuine label of Henry Bower, Philadelphia, is free from sugar, and is probably equal to any other that is offered for sale. We are assured by the most competent authorities, including Prof. F. F. Mayer, who has recently had occasion to make a professional examination of that and others, that Bower's Glycerin may be relied on as pure.—*Druggists' Circular and Chemical Gazette*, Feb. 1867.

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