KRAMERIA

The shrub **Krameria triandra** is native to the bare and sandy slopes of the Bolivian and Peruvian Cordilleras, growing at from 3,000 to 8,000 feet above sea level. It is often found in great abundance, standing in solid beds scarcely a foot high, and peculiarly attractive by reason of its silver-gray foliage and starlike flowers. The root of commerce comes from the north and east of Lima, and the northern part of Peru. The Spanish botanist Hipolito Ruiz (562, 563), in 1784, observed the native women of Huanuco and Lima using this drug as a tooth preservative and an astringent. On his return to Europe, in 1796, he introduced the root into Spain, and from that country it gradually spread throughout Europe. The first that reached England, however, was as part of the cargo of a Spanish prize, a part of which came into the hands of Dr. Reece (540), who recommended it to the profession, 1806, in his Medicinal and Chirurgical Review, London. There are other species and kinds of rhatany, one being investigated by the writer of this article some years ago, as found in Florida, the qualities of which could scarcely be distinguished from those of the astringent South American drug. This drug was also noticed by Dr. E. M. Hall, of Chicago, a well-known Homœopathic author. Seemingly the species of rhatany are all of similar nature and are dependent upon a kindly, astringent, red tannate.

LACTUCARIUM

Several species of **lactuca,** native to the Old World, yield the juice which, when dried, is known as **Lactucarium,** an extract known also under the name Lettuce Opium. The fact that lettuce eaten frequently induces drowsiness, was known in ancient times, and its reputation in this direction led Dr. Coxe (171), of Philadelphia, to suggest the collecting of the juice, after the manner employed in the making of opium. His experiments were published in 1799 under the title "Lettuce Opium." Since that date others writing on the subject created quite a demand for the lactucarium thus produced. It will be seen that the introduction of this substance to medicine came through usual empirical channels.

LAPPA, (BURDOCK)

This widely distributed plant known under several botanical names, such as Lappa minor (De Candolle) Lappa major (Gaertner) and Lappa tomentosa (Lamarck) is now official as Arctium Lappa. The commercial name **Burdock** seems, however, so expressive as to have become an universal appellation, and needs no interpretation.

The root of this plant has been ever used in its native haunts, which cover much of Africa, Europe, and adjacent lands. Like the honeybee it follows civilization, and like the English sparrow craves the company of man. Its burr journeys with man into all inhabited countries, and whether or not it be a welcome guest, its broad leaves are

to be found about every dwelling. As already stated, Burdock has been used in domestic medicine from time out of date. Several varieties, however, have inherited the common name, such works as Salmon, 1683 (570a) Samuel Dale, 1737 (179) Quincy, 1749 (532) Lewis, 1768 (382) Motherby, 1775 (451b) testifying thereto. In all these it is titled *Bardana.*

LEPTANDRA

Leptandra, **Veronica virginica,** grows in rich woodlands throughout the United States east of the Mississippi River, being found in abundance wherever it is native to a section and the woodlands have been undisturbed. The various species are known under many local names, such as black root, Culver's root, Brinton root, Bowman root, physic root, etc., as used by the settlers. They derived their knowledge of the drug from the American Indians, and designated the plant by the name of the man who used it in his practice, or from its characteristics. The Delaware Indians called the plant *quitel,* and the Missouri and Osage tribes knew it as *hini.* Leptandra was employed in decoction by settlers and savages alike as a violent purgative, and in the practice of early physicians of the United States it was used for bilious fevers. Peter Smith (605), author of the "Indian Doctor's Dispensatory," 1813, states that his father used "Culver's Root" to cure the pleurisy, which it did "with amazing speed." The use of the drug was confined to domestic medication until the appearance of the American Dispensatory (356), 1852, which gave it a general introduction to the profession of medicine. Professor W. Byrd Powell, a physician of high education, valued leptandra very highly, and it was upon his strong commendation to Professor John King (356), editor of the American Dispensatory, that it was there given a position.

LIMONIS, CORTEX ET SUCCUS

The lemon tree, **Citrus limonum,** is a native of the forests of Northern India, occurring elsewhere through the adjacent countries. It has been known from the beginning of written history in its native land, but its mention in Sanskrit literature occurs in more modern times, rather than in antiquity. The Arabian writers gave it the name *limun,* from the Hindu word *limbu,* or limu. (See extract from article of Dr. Rice, to follow.) The lemon was unknown to the early inhabitants of Greece and Rome, but it was mentioned in the third and fourth centuries A. D., in the *Book of Nabathæan Agriculture.* In this connection it may be said that the introduction of the lemon parallels somewhat the record of the orange. The use of the lemon as a grateful acid in drinks and cordials, as well as the peel of the fruit as a flavoring material in medicine, seems to have been known to primitive humanity. Possibly the most authoritative dissertation on the lemon, which embodies the history of the citrus family generally, is that by Dr. Charles Rice (see Frontispiece to this Bulletin), published in *New Remedies,* August, September, and October, 1878. With his

characteristic thoroughness Dr. Rice gives in the body of his work and in numerous foot notes a world of information concerning the derivation of the name of each member of the citrus family used in commerce, together with the record of its products. From his paper we quote, as follows:

Lemon is from the Arabic limûn and this, by way of the Persian, is related to the Hindu *limu, limbu, or nimbu. Adam* already in his *Hindi-Kosha,* (Calcutta, 1829), translates the Sanskrit *nimbu* into Hindi *limu.* This translation is no doubt correct, but the Sanskrit has evidently coined or adopted the word from the North Indian vernaculars. In Cashmeer it is still called *nimbu.* There are many names in Sanskrit for the Citrus-fruits, a number of them standing for lemon. The *Madanavinoda* (explained on p. 231, *New Remedies,* August, 1878) (399a) mentions two kinds of *nimbu* (or nimbûka), one of which is sour, and the other sweet. Another native term is *nisbu,* according to the *Sabdakalpadruma.* The Medievo-Greek is *leimónion lemónē.* The lemon is first mentioned in the book on Nabathæan Agriculture, under the name *hasîa* (see *Meyer, Gesch. d. Bot. III.,* 68).

Dr. Charles Rice, New Remedies, Sept., 1878.

LINUM

Flaxseed, or linseed **(Linum usitatissimum)** has been cultivated from all times in the Old World. From the dropping of its seeds it may become a weed, and thus is found wild in more or less favored locations throughout the temperate and tropical regions of the globe. Flax as a fibrous plant has been utilized throughout the journey of human civilization. The Egyptian tombs carry paintings illustrating the weaving of flax into cloth; the grave-clothes of the early Egyptians were made from flax, its record having been traced back to at least 2300 B. C. The seeds of the plant have ever been employed, both as a food and as a medicine. All the early historians, such as the Greek Alcman of the seventh century B. C., Thucydides and Pliny (514), refer to its qualities as a food, reciting that the seeds were used by the people, both externally and internally, as medicines. Charlemagne promoted its growth in Northern Europe. The plant reached Sweden and Norway from its native land before the twelfth century.

LOBELIA

Lobelia, or Indian tobacco, **Lobelia inflata,** was conspicuously introduced by Samuel Thomson (638) in the beginning of the nineteenth century. It has been, in domestic medication, in the practice of the Thomsonians, and also of the Eclectics, one of the most valued remedial agents of the American flora (388b). Following its empirical use, the first printed record concerning its emetic properties is that by the Rev. Manasseh Cutler, LL. D. (178), who in the American Academy of Science, 1785, under the title "Account of Indigenous Vegetables," mentions it under the name *Emetic Weed.* Following this, Schöpf (582), 1787, incorrectly ascribed to it astringent properties, stating erroneously that it was used in ophthalmia, evidently confusing the properties of *Lobelia inflata* with those of its relative, *Lobelia syphilitica.* The Indians of North America employed lobelia,

when necessity required, as a substitute for tobacco. The statement of Lewis and Clarke (381a), to the effect that the Chippewa Indians used the root of lobelia, refers evidently to the root of Lobelia syphilitica, no record concerning the use of Lobelia inflata by the Indians being found in such publications as the *Book of the Indians,* 1837, by Drake (198). It was not named in *Indian Medicine,* by Browne (104), (edited by W. W. Beach, 1877); Long's (393) account of the medicines and practice of the Indians of the West, 1819; Nuttall (477), who informed Dr. Mattson (415) that he had never known the Indians to use Lobelia inflata; *Indian Captivities,* though prolific as concerns the customs of the Indians; or the *American Herbal,* by Samuel Stearns, M. D. (612), 1772, which ignores Lobelia inflata, though referring to other species of lobelia. Neither Barton (43) nor Rafinesque (535) mention Lobelia inflata, from personal experience, as an Indian remedy. Catlin (131a) in his *Manners, Customs, and Condition of the North American Indians,* omits the drug. However, Mattson (415), 1841, in his *American Vegetable Practice,* states that "there is abundant traditionary evidence that lobelia was used by the Penobscot Indians, long before the time of Dr. Samuel Thomson, its reputed discoverer, but with the exception of that tribe, I have not been able to discover by any researches I have made that the American aborigines had any knowledge of its properties or virtues." Samuel Thomson (638), whose name is so closely linked with that of lobelia as never to be dissociated therefrom, says, "It has never occurred to me that it was of any value in medicine until this time (1793)," and also, "In the fall of 1807, I introduced lobelia, tinctured in spirit, as a remedy in asthma." Mattson (415), however, 1841, insists that its use by the people of New England was long before Thomson's time, reciting that "Mr. Phillip Owen, now eighty years old, relates that when a boy, he was sent into the field by his mother to collect some lobelia for a child, sick with quinsy, and that the herb, administered in the usual manner, afforded speedy and entire relief." The publication in which this occurs, dated 1841, shows that lobelia was a domestic remedy in 1770. Other evidence (see (389) *Drugs and Medicines of North America,* pp. 83-89) indicates conclusively that lobelia was a domestic remedy with the settlers of North America before the day of the noted empiricist Samuel Thomson, who, however, gave to it the conspicuity it has enjoyed for over a hundred years. It is this writer's opinion that lobelia will yet be shown to be one of the most valuable of all the remedies native to America, and he believes it would now occupy that position in "Regular" medication but for its historical connection with their arch-enemy, Samuel Thomson.

LYCOPODIUM

From the beginning of recorded time the minute spores of **Lycopodium (clavatum,** and other species), known also to the early botanists as *Muscus terrestris,* or *Muscus clavatus,* have been commended for their therapeutic virtues. This plant, the common club moss, is found throughout Central and Northern Europe, Russian Asia, even

to Japan, North and South America, the Falkland Islands, and even to the Cape of Good Hope, being so widely distributed as to have led, naturally, to its therapeutic reputation in common life in all parts of the world. The spores of lycopodium have been used in domestic therapy as an application to fresh wounds, and have thus a reputation as an absorbent styptic. Official in pharmacy in the middle of the seventeenth century, the English druggists seem not to have included the powder in their list of drugs before 1692, nor has it been official in any of the London pharmacopeias. Lycopodium is employed in Homeopathic and Eclectic medication, and in connection with shellac and earthy salts is also used in large quantity in the making of different colored signal fires, as well as those for evening celebrations.

MALTUM

The time of the introduction of malt **(Hordeum distichon)** antedates the lore of systematic medication. Germinated barley, kiln-dried, has been employed in the making of malted liquors since a very early date, and malt liquors have been in domestic use, both as a beverage and an extract, for a very long period. The introduction of malt into the pharmacopeia resulted from the empirical use of the semi-proprietary "Extracts of Malt," which a few years after the middle of the last century became popular in domestic as well as in professional use. Its introduction to medicine is, however (as with many other substances of merit or otherwise), due largely to the efforts of manufacturing pharmacists.

MANNA

Manna of commerce is supplied by the manna ash, **Fraxinus ornus,** of the Southern Tyrol, Italy, Switzerland, Asia Minor, and the mountainous islands of the Mediterranean and countries adjacent. In Central Europe it grows as an ornamental tree, the foliage being in great variation in shape of leaflets, and the fruit diverse in form. According to Flückiger and Hanbury (240), previous to the fifteenth century the manna of Europe was imported from the East, and was not derived from the manna ash. In early days manna was a natural exudation, much scarcer than at present, and much more expensive, the increase in the production being now artificially increased and also marked by a decrease in quality. During the sixteenth century the plan referred to above was devised of incising the trunk and branches to produce a more copious supply of the gum, thus largely increasing the amount of the market supply, although the method was strenuously opposed by legislative enactments. The name *Gibelmanna, manna-mountain,* by which an eminence of the Madonia range of mountains in Sicily is known, indicates that this mountain furnished manna during the days of the Saracens in Sicily. Manna has been used as a domestic remedy from all time as a gentle laxative, and, as mentioned in our article on Spigelia, is supposed, in domestic medicine in this country, to modify the griping qualities of a mixture of senna