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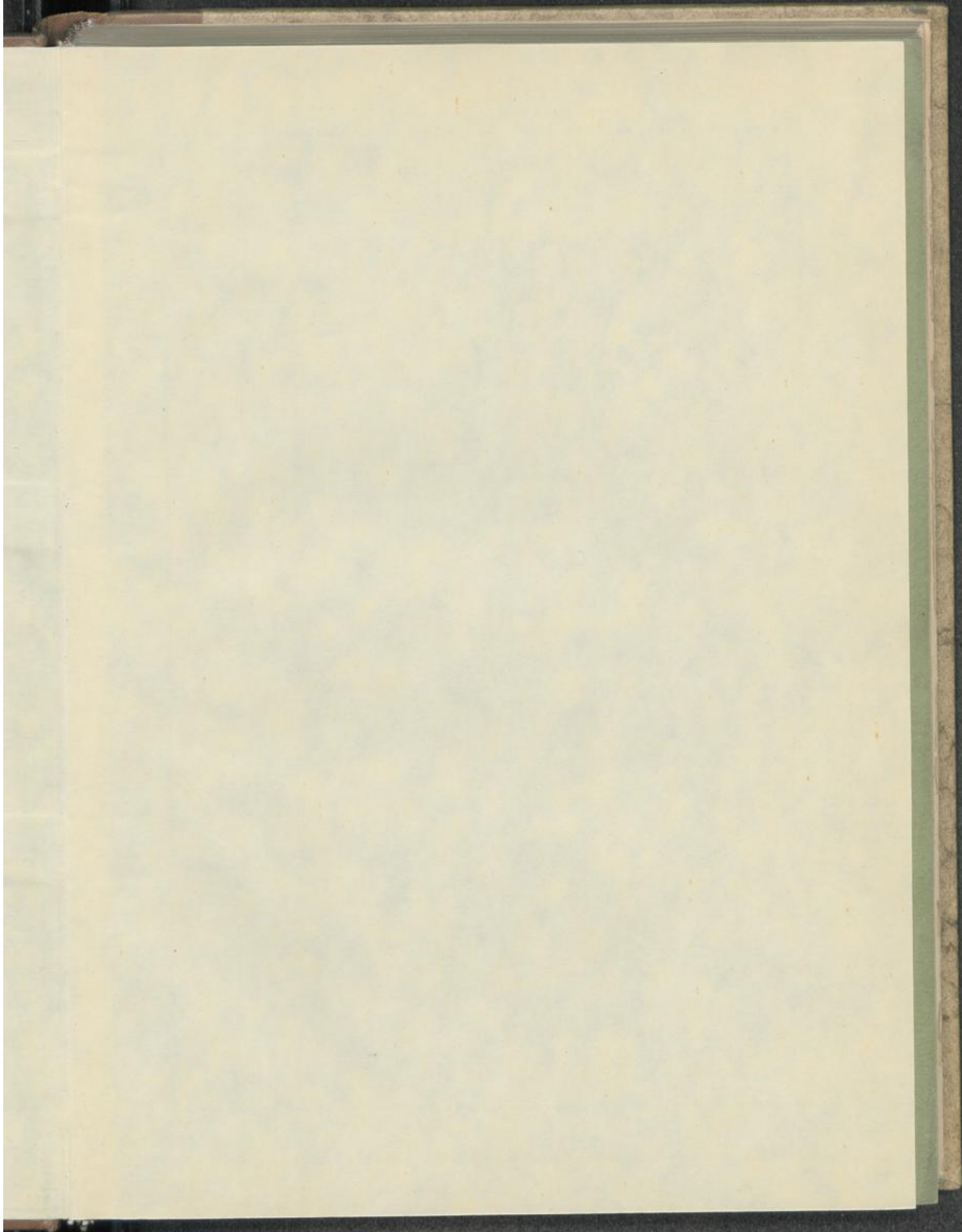
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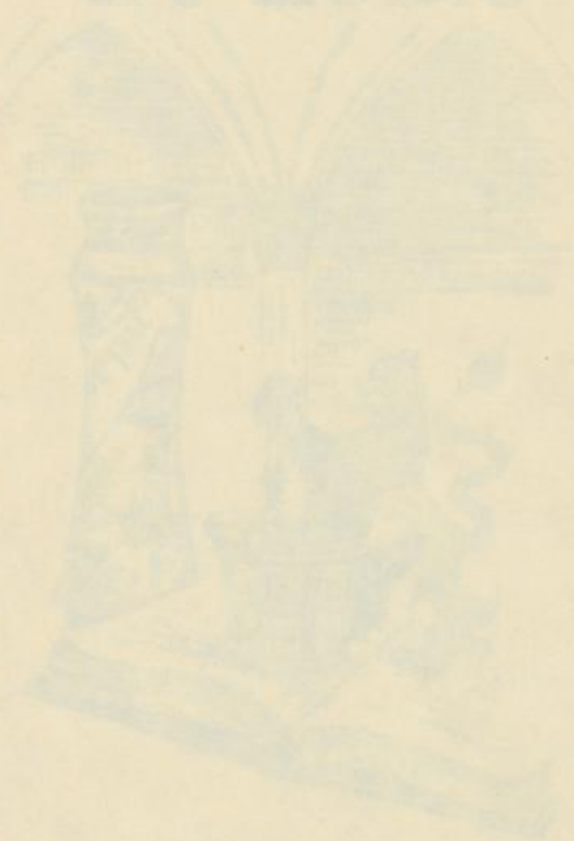
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BULLETIN No. 2.

1901.

REPRODUCTION SERIES, No. 2

BULLETIN
of the
LLOYD LIBRARY
of
BOTANY, PHARMACY AND
MATERIA MEDICA

J. U. & C. G. LLOYD
CINCINNATI, OHIO

REPRODUCTION SERIES, No. 2

THE
INDIAN DOCTOR'S DISPENSATORY
BEING
FATHER SMITH'S ADVICE
RESPECTING
DISEASES AND THEIR CURE

By PETER SMITH
Of the Miami Country

CINCINNATI
PRINTED BY BROWNE AND LOOKER
FOR THE AUTHOR
1812

WITH BIOGRAPHY BY JOHN URI LLOYD



BULLETIN OF THE LLOYD LIBRARY

The Lloyd Library was instituted for the purpose of collecting works on Botany, Pharmacy, Materia Medica, and the allied sections in science. To this was subsequently added a herbarium of flowering plants, and a micrological museum of dried hard fungi, and of fleshy fungi preserved in alcohol.

Some months ago it was determined to issue reprints of rare publications; our plan being to publish, in as nearly facsimile as possible, the rarest of the early works connected with Pharmacy, Materia Medica, and Botany, and to exchange them with Journals and Societies connected with these branches of science, and also at the nominal price of \$1.00 per issue, to persons who desire them for private libraries. To this it may be added, that we propose also to contribute original matter, biographies, and portraits.

Bulletin No. 1 consisted of a facsimile reproduction of Mr. Barton's rare work, "Collections for a Materia Medica of the United States," with portrait and Biography of the author.

The present Bulletin carries a complete reprint in facsimile of the rarest book connected with American Pharmacy, "Dr. Peter Smith's Dispensatory," of which, as is shown in our biography, but one copy is known to be in existence. We regret very much that no portrait remains to picture the face of this interesting personage.

Our third Bulletin will probably consist of a facsimile of the *Materia Medica Americana*, by Schœpf, the first botanical work connected with American medicinal plants.

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CINCINNATI, OHIO.

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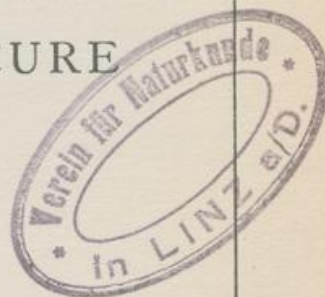
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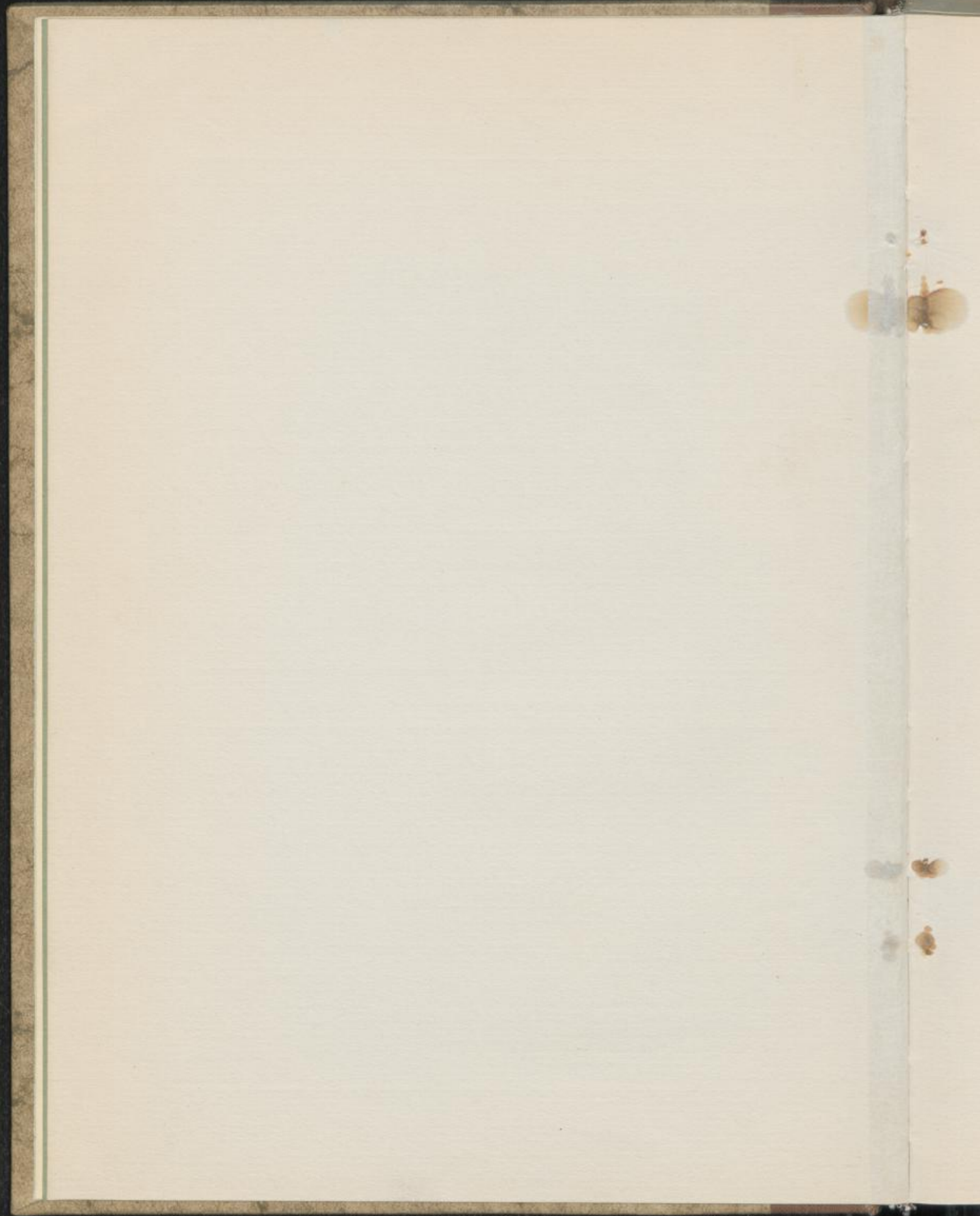
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BIOGRAPHY OF DR. PETER SMITH.*

Close following the frontiersmen, whose footprints were scarcely rubbed out, and whose rifles had not yet been silenced in the territory embracing the Ohio Valley, came a band of men who cleared away the forest and founded their homes among the stumps. The subject of this sketch may be numbered among these people. He was a typical Puritan, an educated, stern man, of indomitable will, and religious to the utmost degree.

The end of the War of the Revolution had been consummated before the Indian had departed from the Miami lands, where this man lived. John Filson tramped from Lexington to the Ohio River, laid out the village of Losantiville, afterward Cincinnati, and, venturing too far from the fort, left his bones somewhere among the adjacent hills. This happened several years after the subject of this sketch was married. David Schœpf, the talented scientist, that energetic Hessian, who, after the surrender of the British, took his pack on his back and tramped over our land in search of American medicinal plants, had not yet written his *Materia Medica Americana*, which is the first systematic publication concerning the American *Materia Medica*.¹

B. S. Barton, of the University of Pennsylvania, who, in 1798, contributed the first study of American drugs, from an educational institution,² and Samuel Thomson³ the combative champion of lobelia, who fought the dogmatism, as he viewed it, of the medical profession, and introduced the Thomsonian method of medication, were contemporaneous with Peter Smith. C. S. R. Rafinesque,⁴ that picturesque, gifted, erratic, enthusiastic scholar, had not landed in America when Peter Smith trod the Kentucky path.

Coming into the Ohio Valley from the South that he hated because of its slavery, preaching the Word of God and practicing medicine, Peter Smith, the representative of a class of men who sought neither fame nor gold, and who feared no privation, made his mark and passed away.

PETER SMITH'S DISPENSATORY AND ITS RECOVERY. "Peter Smith, the Indian Herb Doctor." The name was familiar during the writer's boyhood in Kentucky. It lingers yet about Western domestic medicine, and is occasionally seen in orthodox medical print. Rafinesque cited Peter Smith

* Read at the December meeting of the Cincinnati Section of the American Chemical Society. Revised reprint from the American Journal of Pharmacy, January, 1898.

¹ "Materia Medica Americana," 1787.

² "Collections for an Essay towards a Materia Medica of the United States," by Benjamin Smith Barton, M. D., 1798. See Bulletin No. 1, Lloyd library.

³ See "A Narrative of the Life and Medical Discoveries of Samuel Thomson," 1822.

⁴ "The Life and Writings of Rafinesque." Prepared for the Filson Club, Louisville, Ky., and read at its meeting, Monday, April 2, 1894, by Richard Ellsworth Call, M. A., M. Sc., M. D.

as one of the authorities consulted in the formation of his *Materia Medica*, but Smith's book was lost to sight. Tradition also told of a book by Peter Smith, but no such book was anywhere to be found. Second-hand booksellers, old men and women throughout the "Miami Country," old physicians' libraries, were appealed to in vain. Neither is a copy of this book to be found in the Surgeon General's library. The name of the man alone remained, the book that he wrote had vanished. Then at last, after a search of twenty-five years, the writer gave up in despair.

Last summer (1897), by invitation of Mr. Le Roy Brooks, the day was spent with the Toledo Club at Middle Bass Island, Lake Erie. General J. Warren Keifer, in speaking about old books, chanced to mention Peter Smith's Dispensary, a copy of which he incidentally remarked he chanced to possess. The lost book was found, and, in addition, the history of its author was recovered, for Peter Smith was the father of General Keifer's mother. Added interest accrued from the fact that it was learned that the field of Dr. Smith's operations about Cincinnati was near the old Duck Creek church, a pioneer monument in the history of the Ohio Baptists, in which he officiated, being within a few moments' walk of the home of the writer.

HISTORY OF PETER SMITH.¹ Dr. Peter Smith was a son of Dr. Hezekiah Smith, of the "Jerseys," "*a home old man, or Indian doctor.*" Peter was born in Wales, February, 6, 1753, from whence this branch of the Smith family came. He was also a relative of Hezekiah Smith, D. D., of Haverhill, Mass. Peter Smith was educated at Princeton, and was married in New Jersey to Catherine Stout, December 23, 1776. He seems to have early, under his father, given some attention to medicine, and became familiar with the works of Dr. Rush, Dr. Brown, and other writers of his day on "physic," as well as with the works of Culpepper. He also, during his life, acquired much information from physicians whom he met in New Jersey, Pennsylvania, Virginia, North and South Carolina, Georgia, Kentucky, and Ohio. He called himself an "Indian doctor," because, as he said, he relied in his practice much on herbs, roots, and other remedies known to the Indians, though he did not confine himself to botanical remedies. He seems to have been an original investigator, availing himself of all opportunities within his reach for acquiring knowledge, especially acquainting himself with domestic and tried Indian remedies, roots, herbs, etc.

Starting from New Jersey about the year 1780, he commenced his wandering, emigrating life with his wife and "some" small children. He lingered for a time in Virginia, then in the Carolinas, and "settled" in Georgia. He sought out people from whom he could gather knowledge "of the theory and practice of medicine," and preached the gospel, possibly in an itinerant way. He was a devout Baptist of the old school. A strong anti-slavery man, even in that early day, he could not be content with his Georgia home, as he put it, "with its many scorpions and slaves." Accordingly, he took his family on horseback—little

¹ Credit is due General Keifer for the facts that gave this information.—L.

children, twin babes among them, carried in baskets suitable for the purpose, hung to the horns of the saddle ridden by his wife—and thus, without roads to travel, crossed mountains, rivers, and creeks. The wilderness was not free from danger from Indians, but he traversed the woods from Georgia through Tennessee to Kentucky, intending there to abide. But, finding that Kentucky had also become a slave State, the dogmatic old man and his family bid good-bye to Kentucky. He left that State with a parting shot to the effect that it was the home of "head-ticks and slavery," and emigrated to Ohio, settling on Duck Creek, near the Columbia Old Baptist Church, now adjacent to Norwood village, and near the limits of Cincinnati, reaching there about 1794.

He became, with his family, a member of the Duck Creek congregation, and frequently preached there and at other frontier places, still pursuing the double occupation of farming and the practice of medicine. In 1804 he again took to the wilderness with his entire family, then numbering twelve children, born in the "Jerseys and on the line of his march through the wilderness, the States and the Territories." He finally settled on a small, poor farm on Donnel's Creek, Ohio, in the midst of rich ones, where he died December 31, 1816. It seems from his book (p. 14), published while he resided at his last home, that he did not personally cease his wanderings and search for medical knowledge, as he states that he was in Philadelphia, July 4, 1811, where he made observations as to the effect of hot and of cold air upon the human system. It is certain that he not only taught to the end in the pulpit, but ministered as a physician to his neighbors and friends, often going long distances from home for the purpose. He concluded, near the termination of his long and varied experiences, that "Men have contrived to break all God's appointments but this: '*It is appointed for all men once to die.*'"

Peter Smith, preacher, farmer, physician, pioneer, aggressive Abolitionist before Wendell Phillips or William Lloyd Garrison were born, is buried in a neglected graveyard near Donnelville, Clark County, O. No photograph or other likeness remains to revive the features of this picturesque personage.

Such is the life-record of this man, who, so far as the writer can determine, ventured to publish the first Western work on *materia medica*.

THE DISPENSATORY. It is to be regretted that Dr. Smith neglected the use of botanical names. His plants are all employed under common names, but he describes the appearance and habitat of each specimen so carefully as to enable the experienced reader to identify most of them. Rafinesque, who credits Dr. Smith's work, objects to his common names, which, however, are very interesting in connection with the text. The pains he takes to credit authorities from whom he obtained information is very refreshing, the relationship of these names to the substances used being useful to us to-day in connection with many drugs.

A few examples both of lost terms and others still in use may be cited:

- Brinton's or Culver's Root.
- Miami Columbo (American Columbo) Root.
- The Nine-bark Root.

The Square-stalk Root.
 The Corn Snake Root.
 The Horse Balm.
 The Mountain Mint.
 The Sore Throat or Blueberry Root.
 The Devil's Nip.
 The Devil's Bit.
 The Backache Root, etc.

Following the description and uses of simples come recipes for diseases, in which the originator of each compound is conscientiously credited. We find a few of these names familiar yet; *e. g.*, green ointment and ointment of red lead. Concerning this latter, he refers to an interesting Revolutionary incident where it had been used with good result on a soldier "who had been wounded at the Germantown battle, 1777, in the Revolutionary War. One of his legs had been broken and shattered while he was one of the forlorn party sent to tear down the fence and palings about Chew's house."

Passing to some of his remedies, we are reminded of the animal drugs of mediæval times; *e. g.*, a dead toad is recommended as an application to a wen, and Smith's remedy for toothache—well it would credit the animal extract men, past or present. Dr. Smith seems to have anticipated the cold-water curers (hydropaths), but he recorded his views in language which demonstrates that he stood close to some of the sanative surgeons of to-day. He says:

"COLD WATER APPLICATIONS I reckon among the choicest of my discoveries.

"The following I recommend:

"When the accident of a bruise, piercing of a nail, a cut, a broken bone, an eye knocked out and put in again, etc., takes place, immerse the part in cold water as quick as possible, and then dip a large, soft linen cloth into cold water and apply it, and keep out the air. This cloth should be kept close; aid this by dropping cold water upon it for fifteen minutes, and continue it close for twelve hours. The inflammation by this means will be kept back, and the cure by anything else will be almost forestalled; and then a bruise, a strain or broken bone, will scarcely swell at all; and a like application to a burn will have a similar effect. In about fifteen minutes the first pain will be over, and the future ease will be steadfast.

"I have tried the foregoing application of cold water, with full demonstrations, for forty years past."

And that his observing eye caught yet finer lines is evidenced by the fact that he pointed out an "insect" theory of disease, and placed himself (pp. xiv, xv) in the ranks of the microbe theorists of to-day by asserting, in an extended argument, that the "plague, yellow fever, and other bilious and contagious complaints" were caused by "invisible insects;" and in accordance with his methods the Doctor takes pains to credit another for the suggestion.

But enough has been said concerning this upright, picturesque character, whose "Dispensatory" is reproduced in facsimile in the pages that follow, whose face has left no print, but who wrote the first *Materia Medica* "Dispensatory" published in the West.

J. U. L.

THE
INDIAN DOCTOR'S
DISPENSATORY,

BEING
FATHER SMITH'S ADVICE
RESPECTING
DISEASES AND THEIR CURE;
CONSISTING OF PRESCRIPTIONS FOR
MANY COMPLAINTS:
AND A DESCRIPTION OF MEDICINES,
SIMPLE AND COMPOUND,

SHOWING THEIR VIRTUES AND HOW TO APPLY THEM.

DESIGNED FOR THE BENEFIT OF HIS CHILDREN, HIS FRIENDS AND THE
PUBLIC, BUT MORE ESPECIALLY THE CITIZENS OF THE WESTERN
PARTS OF THE UNITED STATES OF AMERICA.

BY PETER SMITH,
OF THE MIAMI COUNTRY.

Men seldom have wit enough to prize and take care of their
health until they lose it—And Doctors often know not how to get
their bread deservedly, until they have no teeth to chew it.

CINCINNATI:
PRINTED BY BROWNE AND LOOKER,
FOR THE AUTHOR.
1813.

District of Ohio, to wit :

BE IT REMEMBERED, That on the twenty-ninth day of May, in the thirty-sixth year of the Independence of the United States of America, Peter Smith, of the said district, hath deposited in this office the title of a book, the right whereof he claims as author, in the words following, to wit :

“The Indian Doctor’s Dispensatory, being Father Smith’s advice respecting diseases and their cure, consisting of prescriptions for many complaints; and a description of medicines, simple and compound, showing their virtues and how to apply them. Designed for the benefit of his children, his friends, and the public, but more especially the citizens of the western parts of the United States of America. By Peter Smith, of the Miami country. Men seldom have wit enough to prize and take care of their health until they lose it—And Doctors often know not how to get their bread deservedly until they have no teeth to chew it.”

In conformity to the act of the Congress of the United States, entitled “An act for the encouragement of learning, by securing the copies of maps, charts and books, to the authors and proprietors of such copies, during the times therein mentioned,” and also an act entitled “An act supplementary to an act entitled ‘An act for the encouragement of learning, by securing the copies of maps, charts and books, to the authors and proprietors of such books, during the time therein mentioned,’ and extending the benefits thereof to the arts of designing, engraving and etching historical and other prints.”

ANGUS LEWIS LANGHAM,
Clerk of the District of Ohio.

ADVERTISEMENT.

THE author would notify the purchaser that he puts the price of one dollar on this book of advice, well knowing that 75 cents would be enough for the common price of a book of its size. He is conscious that propriety, perspicuity and brevity will be found marked on every piece—and if so, the shorter the better.

But those who do not chuse to allow him 25 cents for his advice, may desist from the purchase. He conceives that these advices are calculated to assist every citizen in the preservation of his health, and his recovery if diseased; so that by attending to them, he may easily receive 30, 60, or an 100 fold for his dollar: by which he may also meet the wished for assistance set forth in simples and preparations, that will be in his own power.

Besides, if a physician must be employed, the boss, or head of the family, ought to know so much about the work he hires his artist to do, as to be able to estimate the value of it. He claims this 25 cents as a small compensation for the labor and observations of fifty years, without having made his labor an emolument of advantage heretofore to himself or family.

The author is well aware that the public mind has been long impressed with these ideas: viz. "*The natives of our own country are in possession of cures, simples, &c. that surpass what is used by our best practitioners.*" He conceives this publication will gratify such generally, whose minds remain under such impressions.

He presumes to add, that he conceives nature has made him a physician; and that to the best of his recollection, he has always remembered every thing that he has ever met with in a medical way, that he has counted valuable. In his youth he had a strong desire to become a student of physic, that he might act with propriety therein as a regular practitioner, but he was somehow providentially prevented; and it now appears to him, that his opportunities have been just such as to allow him to roam in search of every thing in the science of diseases, and their cure, and at length to satisfy himself, that generally speaking, his knowledge is accurate, and the prescriptions he has been able to make will be found valuable.

As diseases radically are but few, and may be all cured by but a few medicines, he conceives he has prescribed enough here for general use, and that they are the best that he has gained knowledge of.

PREFACE.

Something relating to the following work has been on my mind for twenty years past.

In my younger days I made a few memorandums and receipts; but finding as I advanced in reading a little on physic, and conversing with my friends who were physicians, that far the greatest part of them were trivial, I omitted making many more. However, having an insatiable taste and constant desire for relieving the afflicted and diseased, I have still been trying my hand from my youth up, and I am now in my sixtieth year.

My father, old Hezekiah Smith, of Jersey, was always, since I could remember him, a *home old man*, or *Indian Doctor*, with whom, in my raising, I contracted ideas, practice and experience, that have never left me.

There are a few things I wish to state in my preface.

I acknowledge the kindness of my friends in the medical profession, in every place where I have lived for forty years past, and I must acknowledge that I am conscious I shall transgress a little in publishing their communications without their express leave: but I console myself by recollecting, that great minds are generally liberal.

About thirty years ago I called on old Dr. Wilkey, a German, who had been in the business of his profession, in the Flanders wars. He proposed to me to spend a few days with him, to instruct me in some knowledge which he had gained in his long life, and which he regretted should die with him: especially to

make his *Leotrill*, a liquid which he prepared; for the obtaining of which he had paid a large sum in Flanders. With this medicine he did many of his cures, both in physic and surgery. With this, said he, "I can put a person in a complete salivation in ten minutes. I need only throw this with a syringe into any sore, ulcer or wound, and it is fit at once for healing. Yes (said he) if there is a bullet lodged, it need scarcely ever be cut out; and a cancer in a woman's breast, I have never failed to cure with it." I only called to spend a few hours with this eminent old German, on my route from Virginia to Georgia, but have regretted, perhaps a thousand times, that I missed this great opportunity, so kindly proposed. I sometimes think of going yet to see his children (for he had some beautiful young folks, children by an English wife, when I was there) and try to obtain this *Leotrill*, and add it to my prescriptions.

There is an herb cultivated among the Germans, on the west side of the big Miami, I think it is in Montgomery county, particularly, I have been told, by the old Dunkard preacher, Jacob Miller. This herb, I have full reason to believe, is an infallible cure for the bite of the mad dog, or hydrophobia. I have seen this herb in powder, and was assured that only this was used for several, man and beast, where no scruple could be entertained of their having been bitten with a mad dog, and nothing of the dire complaint was experienced; while those creatures to which it was omitted, fell victims. I cannot describe this herb, nor do I remember its name. I remember the dose is only what you may lift on the point of a case knife in powder. This is to be eaten on a piece of bread and butter, three mornings successively, and the cure is effected.

I have mentioned the two foregoing remedies, that if I should never live to obtain them, other persons may avail themselves of them.

If vouchers for the efficacy of my medicine herein described, may be wished for, I can observe that Mr. Edward Bartholomew, who lived in Philadelphia and kept the excise office in 1790, was one of my patients. He was a very heavy fat man; one of his legs had been broken, which often inflamed, and appeared like mortifying. After he had given out applying to doctors, I undertook him; no cure, no pay. I saw him in Philadelphia, about fourteen years afterwards; he then gave me full credit for my applications, tho he had paid me in a few weeks after I first tried my means. His leg, when I first began with him, was as black as an old hat, and as big again as the other. My applications are described in Nos. 23 and 28.

Another voucher I will mention, is Mr. David Jones, a young Baptist minister, who lately lived with Dr. Samuel Jones, of Lower Dublin, Philadelphia county; who, residing a few years ago in the Miami country, I heard that he was sick, and went to see him. I found him attended by two doctors. His disorder was what I call the second grade of the bilious fever, attended with vomiting almost without intermission, which had then been for eight days. One of the doctors tarried with him, and I looked on, until the doctor and all present were convinced that he must die, and that quickly, unless something more effectual could take place. I then begged him of the doctor, who afterwards tarried with us for twenty-four hours.

I gave him my emetic, No. 1, and tho' he had thrown every thing suddenly from his stomach before, this lay on for about twenty minutes: he then had three or four reaches, which were moderate, throwing up considerable bile, notwithstanding his violent vomiting before. At this time we thought that alarming symptoms plainly appeared of an approaching mortification; at least his breath, mouth

and tongue plainly shewed a putrid state: But all yielded to applications, which under God, effected a sudden cure. As soon as the above emetic had done, I began to apply No. 26, to overcome the choleric and spasmodic affections and No. 25, to act as a tonic, which succeeded so that in one hour he had manifest relief and ease. These two last numbers he continued to use, as directed in the present prescriptions; and in one week's time was able comfortably to ride about. He mended unusually fast, and became healthy and well; taking no other medicine. But he continued to take No. 25 three times a day, according to the prescription.

This mode of treating all bilious complaints, I have proved for several years past with general success; and several instances somewhat astonish me when I think of them. And I have found out that in learning to cure one, I have learned to cure them all. For all the bilious tribe of disorders, if I am not much mistaken, will yield to the process described in the case of Mr. David Jones.

But before I conclude, I wish to state my objections against the use of calomel. I learned in early life to give calomel both as a purge and as an alterative. And tho' I gave it, I believe, with the usual success, it is clear to me now, that I since have done much better without it. I have therefore left it out of my prescriptions.

In the winter of 1777, I inoculated about 130 persons for the small-pox. To the first parcel of them I gave calomel in the usual way, with jalap to work it off. The whole of them were allowed to have the small-pox very favorably, so that my practise justified itself. But I observed that every one whose physic had worked him pretty well, as we say, had a sufficient portion of the small-pox; but on the contrary those whose physic had scarcely moved them, all had it very favorably; I then con-

cluded that I would try Warner's pills No. 28. And living at my father's house at that time, I had plenty of them, where they were always kept. Accordingly I gave them to my next squad of small-pox patients which were about twenty. Observing the abstemious diet usual, I gave them nothing till about one day before I expected the fever: then I gave a small portion of the pills above named in such a manner as to purge very little if any, which is usually the case when they are given. But what was very special, there were scarcely any of them that were sick with the fever—and they had small-pox scarcely enough to give any of them a receipt. Afterwards I proceeded with all the rest in the like manner, and with the same success; and of several families it might be said, they wanted two cooks for one nurse.

While I lived in Georgia, a very great attention was paid by almost every body there, to calomel and jalap; for after Dr. Rush's publications relative to the Yellow Fever, there was calomel and jalap prescribed for every thing; so that the poor old tartar emetic lay dead in the shops: and I, like other fools, gave it liberally, and it was thought to do well; and so I went on for some years, not considering that *all the cases* in Georgia, and other hot climates, during the nine warmest months, were *bilious*, and two-thirds of them in the other months, and always belong to debility; or what Brown's Elements state to be the asthenic diathesis; and in every instance, therefore, I think calomel is improper. Besides, I have noticed that when I gave No. 2 (which we had abundance of in Georgia) the relief was sudden; and if sudorific and bracing medicines were joined, to hold fast the advantage of the purge, the disorder was soon cured, and the patient became healthy. But the speedy restoration to good health was not half so common when the calomel was

used; and besides, a state of languor frequently rested upon the patient who had taken calomel, with a dull heavy pain about the abdomen or stomach, attended with other expressions of remaining debility.

If ever calomel has been given to advantage, I conclude it has been in the pleurisy; but I will venture to compare notes at any time with those who use calomel, and only let me have No. 2 or No. 3, there being no comparison (commonly speaking) between the success with which the latter is marked and the former, both as to certainty and speed of the cure.

Now if we can do better without calomel than with it, both in debility and plethora, why should we not throw by the use of it? especially considering that the unhappy sufferer may perhaps happen to take a drink of cool water, or otherwise transgress. I then conclude

1. In bilious cases only, move the bile by taking No. 1, and then follow it with No. 4, or its preparations, or No. 5; then by some course keep up perspiration, and you need no calomel.

2. In plethoric and inflammatory cases, take No. 2 or 3, and bleed, if the pulse is high; mind to restore perspiration, then brace up a little (say by agrimony tea) and you need no calomel.

I call myself an *Indian Doctor*, because I have incidentally obtained a knowledge of many of the simples used by the Indians; but chiefly because I have obtained my knowledge generally in the like manner that the Indians do.

I have indeed had the advantage in my early life of a slight classical education, and of reading some books on the medical business: such as Buchanan, Tissot, Sharp, Culpepper, a little on anatomy, Smith on the nerves, Brown, &c. But as I never pretended to live by my practice, I kept very little of the

medicine of the shops; consequently my advices to my friends mostly were simples; and by this means I have by continued observation come to be of opinion, that our best medicines grow in the woods and gardens. I conceive, moreover, that my mind has providentially been led a step higher than the ancients or the Indians; their views being little more than "*This thing is good for that thing; this medicine will cure that complaint.*" But it stands demonstrated to me, that there are but two radical disorders (see Introduction chap. 2) consequently there need be only two classes of medicine.

In cases of debility, give No. 1 or No. 2, and then brace up, and correct the flatulence and spasms with No. 9, No. 25 and No. 26, promote a gentle respiration, and you will mostly cure all cases of debility.

The cases of plethora and irritation are to be corrected on as simple and general a plan.

Now since I have adopted these views, I seldom feel at a loss to know what ails any patient, or what medicine is suitable to apply.

I have here prescribed many things, so that you may have variety of choice.

Some cases, however, require a radical recruit of the iron property in the blood; and every thing will be in vain until that is done. Such I believe is consumption, derangement, &c. unto which stimulants should be applied; such as Nos. 2, 15, 16, No. 9 and 26, to take off the spasms and flatulence; but the radical cure should be attempted with No. 44 and No. 5. See No. 45.

I mention so many numbers not that they should all be used at once. Yet no one alone should be trusted to—and they may all or any of them be applied in their turns, should the first fail.

Dropsy, echronic-rheumatism, palsy, fits, cramps, &c. I conceive have the same root, and require the like treatment. But there are some medicines which

become common to both diathesis: they are stimulants, and therefore proper to cases of debility in general. Yet when given in plethora and irritation, they soon carry the tide of flood to its summit, and by an easy transition bring on a salutary indirect debility. This may be noticed in the three first numbers and in No. 16, and 26. And corresponds with the use of opium generally. This may stand demonstrated in the pleurisy and other cases that are akin to it. When these stimulant medicines, therefore, are applied, they are not only proper for debility, but perhaps the best that can be for plethora and irritation. This we may rationally account for, when we consider that all emetics and cathartics operate on the principles of indirect debility.

My prescriptions in general I must leave to speak for themselves: I, however, feel a degree of satisfaction in thinking that herein I have in prospect the real benefit of my own children and of their rising, numerous progeny and my fellow men in general, as to their bodily comfort in this life.

INTRODUCTION.

CHAPTER I.

The *Doctrine of Respiration* I think somewhat important, because it will show the necessity of breathing good air.

An Indian, it is storied, when asked what he thought was the reason of the ebbing and flowing of the tide, made answer: "You know there is a great deal of odds between a big creature and a little one; a horse draws his breath a great deal slower than a mouse: the world is a big creature—he draws his breath only twice in the day and night; that makes the tide.

Now my intention is not to enquire about the tide, but to state to you how I think we draw our breath, or respire.

I consider the lungs to be the pump of life.—Fresh, cool air, drawn into the lungs or lights, immediately is rarefied by their heat, and is directly forced back again, in the same way that it was taken in; then we are by some means (voluntary or involuntary) disposed to fill ourselves again with fresh good air. Thus our respiration is carried on by the great author of our existence, to whose praise we ought ever to be ready to say:

"His spirit moves our heaving lungs,
"Or we should breathe no more,"

and however our lungs may act on the principles of the steam machine, and so operate from natural causes, we shall not always breathe.

Men have contrived to break nearly all God's appointments; but this "*It is appointed for all men once to die,*" has never been abrogated or defeated yet by any man. And we should always remember, when we are about to take medicine, *if the Lord will,* we shall do this or that with success; *if the Lord will,* I shall get well by this means or some other.

But to return to the breath—If the air be cool and clear it will always have elasticity, as it is called; it will swell and fly back again easily, when we receive it into our lungs. But if the air is warm or hot, we should soon find a difficulty to draw our breath. This was very sensibly experienced in New-York, New-Jersey and Pennsylvania, in which I witnessed it, being in those parts about the 4th of July, 1811; and I conclude that a farther degree of the warmth of the air, might soon have prevented us from respiring at all.

Such likely was the case in Calcutta, where a close room being filled with about 160 prisoners, it is said they all died except 18 in about 12 hours.

If the air is any how nearly as warm as the lungs, I cannot see how we should breathe at all: it is necessary therefore for us to try to breathe good air, if we would wish to live.*

* In South Carolina I was once in company with old Dr. Dillihoo, who was noted for great skill and experience, having travelled into many parts of the world. In the course of our conversation, I asked him what he conceived the *plague* to be, which has been so much talked of in the world. He readily told me "that it was his opinion the plague is occasioned by an invisible insect. This insect, floating in the air, is taken in with

The motion and circulation of the blood is manifestly connected with our breathing. For every breath extends and contracts our lungs; and by this motion I conceive the valves of the heart are kept in operation; and every spring of the arteries and beating of the pulse are exactly in proportion to the operation of the lungs. When the breath is let out,

the breath into the lungs, and there it either poisons, or propagates its kind, so as to produce that dreadful disease. This, he was confirmed, was likely to be the truth, from the experiments frequently made at Gibraltar. For there, said he, they of the garrison, when they fear the plague, have a way to elevate a piece of fresh meat, pretty high in the air; they put it up at night, and if it comes down sound and sweet in the morning, they conclude there is no danger of the plague. But if the plague is in the air, the meat will be tainted and spoiled, and sometimes almost rotten.

"He was farther confirmed in his opinion of the insect, because in and about tobacco ware houses, the plague has never been known." I will remark. Now it is well known that tobacco will prevent moths from eating our woolen clothes, if we pack but a little of it with them, that is, the moth cannot breed nor exist, where there is a sufficient scent of the tobacco—this scent may be death to the invisible insect even after they are drawn in with the breath and fastened upon the lungs. This may account for tobacco being burned (as I have heard it is) in many old countries, on a chaffing dish in a room, that the people of the house may take in the smoke plentifully with their breath, to preserve their health and prevent pestilential disorders.

Agreeable to this view, we may conclude that all tainted air may bring disease and death to us. And tho the plague has never been (properly speaking) in America, as we know of. Yet other effluvia taken in with the breath may have occasioned other fearful diseases: such as the yellow fever, and other bilious and contagious complaints.

the lungs are immediately, in their blood vessels, filled with blood; and when the breath is drawn in again, the blood in the lungs is forced out into the heart. That is, they say, "From the lungs when the air is inhaled, the blood is pressed into the left auricle of the heart, from thence to the left ventricle, thence to the aorta, and by it and its branches through the body to the capillary extremities of the arteries, through them into the veins, and by the veins to the right auricle of the heart, from thence into the right ventricle, from thence through the pulmonary arteries, at the time of respiration or exhaling the air from the lungs, into the lungs."

Thus the lungs are alternately filling, first with blood, then with air, at every breath, the one pumping or working the other. By this circulation the blood runs its rounds, and is carried (at least some of it) to the extremities of the body in a few minutes; feeding our nerves, sinews and flesh as it passes on, and supplies and forces out that little juice through the pores of the skin, which we call perspiration and sweat.

From the blood vessels in the lungs is communicated a little stream of moisture, which grows into phlegm, and in a relaxed state produces that matter which is raised and coughed up from the lungs.

Indeed I consider that this motion and circulation of air and blood is the true cause of heat being kept up in the body; and as the lungs have the most, and most violent motion, they possess the greatest degree of heat of any part of the body, and even heat the blood.* And it is by this motion, together

*The heat of the lungs and blood ought, I think, never to be suddenly checked or counteracted by cold: especially when the weather is hot, or when violent exercise has raised unusual heat in the lungs, and thro'

with some irregularities, that a fever takes place, producing a kind of electrical charge. When this is attended with too much bile, or an undue portion of the gall of the liver, then the fever is called a bilious fever, and always belongs to the diathesis of debility; and if the weakness is very prevalent, the nerves and tendons tremble and start, and the strength to speak or act be suspended, this is called a typhous or nervous fever.

But if there be a fullness of blood, a hard pulse, a fresh countenance, and an ability to speak and act with a degree of vigor or strength, then the fever may be called an inflammatory fever, and is exactly the opposite to the first mentioned. And your treatment must be accordingly. This belongs to the diathesis of plethora and irritation.

Here may we reflect on the balance of air and blood kept in motion to carry on life. For if the air and breath be suspended, how soon will death

the system. Then take care how you go into cold water, to swim, or even to wash. Remember that cold will coagulate and clot blood—and that very soon if its motion and circulation should be much or suddenly abated. Ah! how many have lost their lives, or their health, or become cripples for life, just by such folly!

A large drink of cold water has often proved fatal when the lungs and blood have been so heated, for the reason before assigned.

Indeed, in very hot weather, I think very cold water ought to be used with caution; and in small quantities, at least until the stomach is moderately cooled by it.

I am persuaded that instead of taking cold drink, when we are very hot, and if we find it is with difficulty we get our breath, we had better take warm drink.

I have noticed how easy it is to breathe in the hottest seasons after I have drank a good dish of hot coffee.

ensue; * or if the blood be taken away, how soon will all vital motion cease.

* A man who had been prisoner among the Indians, related to me the following most horrid incident.

Said he. "I was present at the burial of a squaw who died leaving a young child. When the Indians met to bury her, an old mother squaw took the infant child and offered it to every squaw in the company to take care of, but they severally refused; she then said, now then the mother must take care of it. She then taking hold of the child's nose with one hand, and applying the other to its lips, held them both fast closed. The event was that the child in a minute or two, struggled in death, and expired. She then laid it in the dead mother's arms, who were both buried together. He further said, that he could not but observe how well the old savage understood her business."

CHAPTER II.

The diathesis of diseases, agreeable to Brown's Elements, I conceive to be the truth. I became somewhat acquainted with this system about 22 years ago.

Agreeable to that plan, there are but two kinds of diseases of the human body: consisting 1. in *Plethora* and *Irritation*; and 2 in *Debility*, *Weakness* and *Languor*.

Generally speaking, it is of importance for us to know to which of these an afflicted sufferer belongs. The cases I have compared to a lighted candle—if your candle burns strong and has a superfluous wick, then you may safely snuff it; but if it is dim, burns dull, and its wick is too short already, *you must beware of snuffing it*, lest you put it out. You had better pick open your wick, and gently feed the flame until you bring it to burn well.

Plethora and *Irritation* are not so critical. You may then bleed liberally; especially if the pulse is hard and high; No. 2 or No. 3 may then be given to great advantage. I have sometimes taken blood, and succeeded wonderfully, when mere stagnation had nearly prevented the pulse from beating at all.

But it is altogether *critical* in all cases of real debility to which belong all bilious cases, cramps, fits, hysterics, &c. Then blood ought very cautiously to be let, if at all. And all diuretic and weakening medicines, should be very cautiously given, and sometimes carefully avoided. Your treatment should be strengthening and what is called tonic. Such as No. 1, No. 5, No. 9, &c.

Consequently in consumptive cases, nothing in my view is more improper than calomel, British oil, Tar water, &c. And I think it no wonder that consumptions have so long proved mortal, when it is

clear in my mind, that nothing but a recruit of good blood will affect the cure, such poor victims languishing under real debility and weakness. See my note to No. 44.

So that the elements by Brown seems to me plain, reasonable and practicable. But I have to say of his prescriptions, as David did of Saul's armour, when it was put upon him. "*I cannot go with this, for I have not proved it.*" He then chose his sling, his staff, shepherds bag and stones, because he was used to them, and could recollect what he had heretofore done with them.

I acknowledge myself highly indebted to Brown for his doctrines of excitability, of predisposition of diseases, and observation on the pulse. The nature and use of opium and other stimulants, and his opinion concerning the consumption, and its being a curable disease.

But I conceive that after all, he has in a measure missed the radical cause of the consumption, and that mere stimulants will never effect the cure. But since I have buried two or three of my own family with that fatal disease, the iron doctrine has been strongly impressed on my mind. See the note to No. 44.

The few experiments that I have been enabled to make, justify what I have inserted on that subject. I wonder that this doctrine has never been adverted to before (that I know of) especially when I consider that the iron in the blood has been long discovered, and that in Georgia and South Carolina the cachexy* is often cured with iron, when nothing else will cure it; that a recruit of good blood is frequently obtained by giving iron in female weaknesses; and that the observation may so fairly be

*The cachexy is a kind of dropsy, frequent in southern climates.

made, that black-smiths and those that work in iron are never consumptive or dropsical persons.

To Brown's opinion I assent in one thing more, for I am quite of his mind: to wit, *an old man ought never to marry a young woman.*

A word to the wise is enough.

CHAPTER III.

Obstructed Perspiration I suppose to be the real first cause of half the diseases of the human body. In a state of oozing out of perspiration, or what is called moisture on the skin of a person, all over him, which it is allowed (if my recollection is correct) vents and discharges half or more of all that we eat and drink daily.

It would surprise you to see this floating all over you, in a state of health, like water over a piece of watered meadow.

This salutary perspiration is commonly obstructed, and the skin becomes dry by what we commonly call catching cold. Its first symptoms are a stoppage of the nose, sneezing, and frequently a little dull headach.

But if the cold is suffered to continue, and the perspiration remains obstructed. The lungs will be soon affected. Or the headach will perhaps become violent. Or a lap or griping in the belly will most likely take place, and sometimes a violent vomiting with it; or a fever of some sort. The weak and the strong are all the subjects of this kind of the beginning of diseases.

All this evacuation is by the perspiration being obstructed thrown back upon the blood and intestines. Now all this mischief may easily, or commonly be prevented if when the simptoms are first felt, or you have reason to think that you have taken cold, you will pursue the following directions.

Drink sage tea* copiously and go to bed—and drink it, hot or cold, but not very strong, until you bring yourself into a little sweat, then go to sleep and you may expect to wake up well. But if you have neglected a little too long, take a pill No. 26, and go to sleep but dont neglect the tea. If that do not cure you try No. 29, and some physic, perhaps such as No. 1, 2, or 5. If the stomach or bowels are affected: or pain or inflammation takes place any where.

*Or any other warming, sweating tea will do—such as pennyroyal, mint, sassafras or dogwood buds.

MEDICAL PRESCRIPTIONS.

No. 1.

The home Ipecacuanha, or Indian physic,

is an emetic, but commonly operates also as a purge. It is always safe, if moderately taken. After discharging the bile, it leaves the stomach braced, so that in the lowest cases of debility, tonics (such as Columbo root or its preparations) may be taken after it to advantage. Contrary to other physics, I have found that weakly persons, who were of mere broken constitution, have become healthy and strong, only by taking this to vomit them on every occasion.

This is my great pioneer to clear the way for other medicine, in all cases of oppression in the breast, nausea, violent vomitings & fever in general.

To use it moderately—take a pugil, or what you can grasp moderately with the thumb & fore-finger of the green root, four inches long, or the like quantity of dry root, make it into a decoction (say half a gill) and to a grown person give one third of it at a time every ten minutes, and if it does not work there is no harm done; but I chuse to continue it until it does work up or down. Cool water may be drank during its operation, only quench a coal in it, if you begin that way; gruel may also be given, so as to keep something in the belly. Should its operation be too fierce, a little laudanum may be necessary; for if the dose of the ipecacuanha be too large, it is a lion, otherwise a lamb.

This Ipecacuanha is a very bitter root. In a good bunch the green root will frequently be as big as a goose quill, is quirly and lumpy. The roots adhere in all sizes to a common root. The top and leaf resemble a bunch of close set briars, but smooth. The sprout for the new growth very

much resemble the briar sprout. Many stalks grow to a good bunch two feet high, full of branches. On the top of which are very many lived whitish blossoms. They issue in small nubs or squareish pods, about the size of a buckwheat grain. It grows plentifully in many of our mountains in America, and I believe may be cultivated in our gardens, any where in the United States.

I have raised by planting the sprouts in my garden to great advantage. I wish it to be planted in every man's garden; 'tis a great ornament—it will grow either from the seed or the sprouts. One hill from a single sprout, when three years old, I have found to make half a pound of dried root. What a pity this should be neglected—as it has been sufficiently proved to be fully equal if not superior to the imported. Ipecacuanha of south America. It makes a most excellent and wholesome bitter when put in spirits.

**No. 2.***The Scurvy Grass root,*

is a special good purge. The stalk and leaf is rather of the flag kind, from six to ten inches long, has a small blue blossom on the top, issuing in a foursquare pod, full of small seeds like tobacco seeds. The roots are fine as Virginia snake root, of a pale yellow colour, and taste very hot and peppery, turning the lips and tongue yellow. It is found very plentifully in Virginia, and the southern states. And it is sometimes to be found in meadows, in Jersey, Pennsylvania and the Ohio states. The top is so hardy as to live thro the winter.

I have planted this in my garden for a number of

years past, in the manner of shives, and from a single stool find it increase in two years to a bunch enough for several portions of physic. This can easily be procured from its spontaneous growth in the southern states. The green roots are to be made use of, as the dry will not purge. A pugil of the roots made into a decoction, and given at two draughts at 15 minutes distance, may be given as a common purge for a grown person.

Its operation is tolerably quick, always safe, and if it fails working, it does no hurt.

This little native of the woods was shown to me by old Dr. Wilkey, of South Carolina, who highly commended it; saying that he had known more sudden and effectual reliefs from it, than from any other medicine.* This I have abundantly used for 33 years, without regretting that I had made use of it in a single instance. From my own observations of it as a purge, the idea is impressed upon me, that the waters drained off by it take with them that viscid quality which is the cause of inflammation and pain. Poisons, errors of corrosive sublimate, inflammatory cases, &c. such as pleurisy, are speedily relieved by it; and cases of the contrary diathesis, such as costiveness, cholics, cramps, pains

*I remember that Dr. Wilkey related to me the following fact: said he—"I was one morning very early called to visit a woman who had taken a dose of corrosive sublimate (in mistake, thinking it was tartar emetic) when I came to her, her tongue was so swelled that she could not speak a word. I thought it was over with her, but I would try my little root (meaning the scurvy grass root) I prepared a decoction as soon as possible, and tho it was supposed she could not swallow, yet we tried one spoonful after another, and found it made way for itself.—And what was surprising, she was so soon relieved, that on that very morning the woman fried pan-cakes for my breakfast."

in the stomach, bowels or limbs, &c. can receive no better remedy.

It is to be noticed, that if the skin is chafed with vinegar, and a small poultice of these roots applied, they will draw a good blister. When this is given as a purge, bracing medicine should follow it, such as No. 4, No. 5, or No. 9.

I have sometimes filled a phial with the roots, and then put on spirits, and given a teaspoonful at a time, where the system requires warming and stimulating.

No. 3.

Culver's or Brinton's root,

is a purge, and famous for the cure of the pleurisy. Its top is a weed growing two or three feet high, having leaves coming out of the stalk at joints, some three, some four and so on to seven at a joint, according to the age of the root; a white tasseled blossom grows on the top of each branch, frequently as long as one's finger.

Out of a common stool grow a number of pale yellow roots, about as big as knitting-needles, and taste very bitter. A large handful of the roots made into a decoction, is enough for a common dose.

This root is good for use when dry; it possesses much of the narcotic, and requires the patient sometimes to be roused to keep him from falling asleep during its operation. It may be powdered and used like jalap, generally as a purge.

My father, Hezekiah Smith, for the cure of the pleurisy, practised long with this root, and used to cure the pleurisy with amazing speed. I have found that the root No. 2 is fully as good, or better.—Bleeding should precede the purge, when the pulse beats hard, and the inflammation is high.

No. 4.

The Columbo, or Miami root,

is found in plenty in the Ohio and Kentucky states. This valuable production is several years old before it sends up its stalk. The leaves are very smooth and grow in bunches nearly as big as mullen leaves, but not so wide; the stalk is round as a musket barrel, and often grows six or seven feet high, having always four leaves at right angles growing at a joint; its seed grows in pods shaped like a horse-bean, and are much like parsnip seeds.

The Columbo leaves occasion sweat copiously, when laid to the forehead, and will commonly relieve the headache; and this relief will be found special in many other cases—to sweat away boils, inflammations, and even old chronic pains.

The Columbo root ought to be used as a bracing or tonic medicine; but it is both an emetic and a cathartic, if taken in large quantities. People who will keep this root by them, and only chew as much as their stomachs will easily take (taking it in substance, which is preferable to any other way) will find it a remedy for almost any complaint, especially gripings, purgings, cholics, and generally all pains of the bowels.

One of the peculiar traits of the Columbo root is, that it braces the stomach, if only two or three chews of it are taken, and the spittle or saliva swallowed, that a plentiful drinking of cold water will not hurt you—yet it will perhaps be the best means in order to a sudden and positive cure. This may be relied on in a cholic, or almost any sudden attack of disease—and if you have an insatiable thirst, so that one drink of water only makes way for another, then take this Columbo root until the thirst abates, and drink what cold water you please. But after the thirst is abated, then if you drink cold water as much as you can well force down, you will very likely cure the fever at once.

To finish the cure of fevers, it should be taken in some form, until health is confirmed. Such is the efficacy of this root, that when they who take it recover, they are indeed well at once, needing no other medicine.

Bitters made of this root, are proper to confirm health; and I believe that this root, or its preparations, is the best relief for the nausea and costiveness of a pregnant woman.

The use of this root will, I expect, supercede that of the Jesuit barks, and so fill their place that we shall need none of them.

This Miami-Columbo root is of a pale yellow, its taste is a mild bitter, but of a lower jist than the imported, allowed to be so by reason of the odds of climate, yet fully as efficacious as the other.

This root might be sent to market in great quantities from the Miami country.

Dr. Richard Allison, of Cincinnati, claims the honor of discovering this to be the Columbo root in our country, and to him I am indebted for my first ideas of its virtues.

After Dr. Allison had been informed that the Doctors in Philadelphia denied it to be the Columbo root, I heard him say "*I know the Columbo root as well as any of them—and I believe it to be the Columbo root.*"



No. 5.

The Butternut or White-walnut bark pills,
are a valuable purge, very easy and safe, to all persons under disease.

These pills may be prepared by boiling a kettle of the bark of the butternut tree in water, until you

gain the substance of the bark, then strain the liquor and boil it down; when it becomes thick as syrup, take care not to burn it, but simmer it to a substance like hard wax; then put it by in a cup or gally pot, and make it into pills as they are wanted, for if the pills are made up, they will run together and dissolve in a little time.

This purge is preferable to any that I know, in a weak and debilitated state of the bowels. It may be taken in as small quantities as you please, for if they do not purge immediately, they act the better as a stimulus and tonic to the system, and will produce a good habit of body by repeating them every night, and this may be done for a month together.

This differs from all other purges that I know of in this—that your doses may be less and less, but other physic must have more and more, or it will not purge. Other purges generally leave the body in a worse habit, but this in a better. Its general ease and safety, and its answering in almost every disease, so that I venture to say the trial of it will never be wrong, make it a far preferable medicine to salts or any other purge, where repeated applications are wanted.

I advise to begin with one or two pills at night, going to bed, which may be swallowed in a little stued fruit or rye mush, and the doses may be increased a little every night till they purge; then take less and less till the patient is quite well. Try this for pain in the stomach, worms, colds, consumptive coughs, costiveness, laxes, hemorrhage, or what you will, all is safe.

Those who are exposed by attending the sick, or where fevers or fluxes are suspected to be infectious, ought to take the butternut pills as a preventative. Their nature, and the proofs that I have known, cause me to suppose that they will seldom fail to prevent such infections, if taken for that purpose as

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here recommended. Drenches made of a decoction of this bark may be used for horses that have the yellow water, or for cattle that have the murrain. I have heard of both being speedily and effectually cured by it.



No. 6.

The China Rhubarb root,

will vomit and purge both. The sprouts from which this root was first raised in America, are said to have been brought from China by Doctor Johnson, of Pennsylvania. It is raised only by planting the sprouts. The leaves are nearly as large as burdock leaves and are smooth as beet leaves; it sends up a stock and blooms plentifully, but always blasts.

The roots are long, and lie in different directions, much in the form of horseradish roots, of a redish colour without and within—the root will come to a good maturity in two years.

This I suppose to be a rhubarb of a superior quality. I have chiefly used it by compounding with other medicine. It is a great tonic, but requires to be given in small quantities at a time.



No. 7.

The Nine-bark root,

is found growing plentifully in the state of Ohio, and on the waters of the Ohio river. Its top is a straight stem, partly between the wood and weed kind, growing about three or four feet high, having a pith like elder (but there are no joints in the stalk like elder, to prevent running out the pith, of which weavers' quills are made) the roots grow nearly on

the top of the ground, and an armful of them can be commonly collected as soon as an armful of the tops. Its situation is commonly near creek banks.

This root is said to be a great cathartic, but I have never proved it.

The Indians use a decoction of these roots for fomenting and poulticing, in all cases which require such applications.

It removes the anguish, and cures a burn beyond credibility; cases verging on mortification, fellons, swellings, rising of a woman's breast, &c. yield to its application beyond any thing else.

To apply it, boil the roots and make a strong decoction, then take of the liquor and thicken up a poultice with bran or Indian meal, this may be put into a little bag made of a thin cloth, and apply it as warm and as moist as will be agreeable; this may be repeated as often as you will, until the pain or inflammation is quite gone, or the wound or sore cured. Linen or cotton cloths dipt in the liquor, hot, and applied as warm as can be borne, and then kept close while the case remains, and so repeated, will be a good way to apply it.



No. 8.

The Square-stalk root,

and its leaves, are both medicinal. The stalk is square, nearly of the size and shape of the catnip stalk. It is a native of the soil, grows five or six feet high, branching out with two stems at a joint; its pods and seeds nearly resemble the tobacco; its leaves are beautiful and smooth on both sides.—The Porter's ointment is principally made of these leaves. The root when pulled up, appears tender

and white like a white radish, branching in different directions, somewhat larger than a goose quill.— This root has frequently been used to make poultices for sores, but its chief use by the Indians is for women's complaints. Use it in tea or decoctions, which may freely be drank, being quite innocent, but very efficacious.

It is a remedy for pains attending the peculiar state, or purgations of females; it may be given both before and after child-birth; it will restore obstructed lochia, and briefly speaking, it is the best women's root that I know.

No. 9.*Agrimoney*

is a valuable medicine, both the herb and the root. It is a tonic, or strengthener of the system, and affects most sensibly the regions of the kidneys and bladder. A tea or powder of this simple is a remedy for the diabetes, or involuntary emission of urine. I conclude it is very advisable to give it either as a tea for breakfast and supper, or as a diet drink, whenever we wish to promote nervous strength. The roots may be boiled in milk and water, and given in dysentery and other fluxes.

Culpepper's English physician describes and highly commends this herb. It is a native of the woods, but is friendly to cultivation. There are two kinds, the high land, and water agrimoney, it is the former I recommend.

It may be known by its little lonely stalks being strung with small yellow blossoms, which issue in small burs, it has a rough leaf, a little like a strawberry leaf, but strung out on each side of a stem in

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many divisions from the stalk to the tip of its point. It is of a rough-like taste, and scarcely bitter; the roots taste much like the tops, grow from the stool in a circular direction, are black, and large as knitting needles. The herb and roots may be used green or dry.



No. 10.

The Black Snake root,

is a purger of the urine and kidneys, and a dissolver of scorbutics.

A tea of it may be freely drank in a fever, a handful to make a quart of tea, and is a special medicine where there is soreness or aching across the loins. The yellow fever has been suddenly cured by this tea, the bile having first been moved by an emetic. It cures the bite of a snake by chewing and swallowing the root, and by applying it to the bite as a poultice, chewed or bruised.

The appearance of this root and its top is a good deal similar to the agrimony, having a leaf more like the strawberry leaf, but smooth, and at full growth much larger, more round, and regularly cleaved like a five-finger leaf, and often as broad as a colt's hoof; when it ascends into a stalk with a spreading top, it produces at the extremities a bur a little larger than the agrimony. This root is blackish, tastes earthy and aromatic, is situated regularly round its stool in every direction, in straight roots, a little larger than knitting needles.

The Indians cure the ague by sweating with this root. It is friendly to cultivation. It may be used green or dry.

No. 11.

The Corn Snake root,

grows plentifully in the prairies in the state of Ohio. I call it corn snake root, because its leaf resembles young corn, has prickly points all along on its edges, and a superior one at the extreme point of its leaf; it sends up a round stalk sometimes two feet high, with those prickly pointed leaves scattering along upon it; and on the top grows a round ball about as large as a musket bullet, covered thick with white bloom. The root consists of a knob about an inch long, the bottom being the largest, and appears always as if it was decayed or rotted off, there are small roots adhering round this stool or knob.

The taste of this root resembles the black snake root, but its taste very pungent, and is perhaps fifty times as strong as that.

The great use (as far as known) of this root, is to cure the bite of the rattle snake, or any other poisonous bite or sting. The root need only to be chewed and laid on the bite, and a little of it swallowed. If this can be done when the bite is first sustained, it prevents the place bitten from swelling. It is generally, first or last, a speedy cure.

As this root surpasses every thing we know of for the snake poison, and must pass thro' the secretions amazingly quick, moving the urine and perspiration, and is similar in taste and operation to the black snake root, but vastly more powerful, it becomes an object, cautiously to try it in the cases mentioned, and proved, of the black snake root, that is, in scrophulous and venereal complaints, the bilious, typhus or camp fevers, and in infectious diseases generally.

But it should always be remembered, that when these attenuating, dissolving, diuretic roots are used, they should be continued but for a short time, and then followed with bracing medicine, as agri-money tea, Columbo root, or chalybeate oxymel, No. 44.

No 12.

The Mountain Mint,

is a large wild herb, of a very hot taste, grows frequently between two or three feet high, bearing a blossom on the top of its stem like a small rose.

A tea made of this herb has been found very effectual to relieve the gravel, and that when other medicines had proved ineffectual (but see for relieving that complaint No. 24.) The mountain mint may easily be raised in our gardens; and is generally speaking, a fine, safe, diuretic and perspirative medicine, when made into a tea.

No. 13.

The Horse Balm,

or as it is called by some, Clown Wounds Wort, Rich Weed, and Hard Root. The leaves are famous for raising sweat wherever a bunch of them is applied to the skin, and by that means give ease of pain in any part where they are applied. Apply a bunch of them to a stiff neck, bind them close, it will raise a sweat and effect a cure. These leaves thus applied to boils, softens them and eases their anguish, and frequently will carry them away when half grown. The same application will merit a trial in any inflammations on the skin, or more deeply seated in any part of your body, or the aching of your back, or any joint or limb.

The New-England people, I have been told, make an ointment of these leaves to put upon the necks of their oxen.

The root of these medicinal leaves is much like an artichoke, but of a wood-like substance; its stem is round and small, grows about two feet high, the

leaves are notched like a hickory leaf, but wider and very smooth, its blossoms are yellow, it has a delicious smell. It is a native of the woods, but will be soon eat out where stock run. It will grow well in the garden.

No. 14.

The bark of the White Pine,

is a great medicine for sores. It should be boiled, and the soft part stript out and beat to a poultice in a mortar, and then sufficiently moistened with the liquor and applied to burns, or sores of any kind. Repeat the poultices and wash with the liquor until the sore is well. This will not terrify or smart in its application; a new skin will come on quickly, without a scar.

The same application is a cure for the piles. A little tea of the bark should be drank, while the external applications are continued. As this bark cannot always be had, it would be desirable that an essential oil should be made of the white pine, or an essence of the bark and limbs, which if mixed with water in a bottle, and applied with a feather, it is conceived would answer in place of the above application of the bark.

No. 15.

The Abela, or Trumpet-weed root,

is a fine stimulus, and promotes excitability in cases of numbness, and want of sensibility in the feelings, which follow fevers, or may otherwise exist. Two drachms of the dried root, or a pugil of the green, may be put into a pint of spirits: a teaspoonful or two at a time may be given three times a day

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when the stomach is most empty, in a little tea, and a little nourishment may follow in a few minutes. It should be continued, increased or omitted, according to its effect on the patient.

This root the Africans give to make the wenches amorous and fruitful. It is supposed to excite venereal desires.

The Abela, or Trumpet-weed root grows plentifully in the southern states, and some of it I have found in the Miami country. The leaf is large as a horse's hoof; the stalk is round, and grows five or six feet high, having a scatter of leaves, one at a place, on the stalk, which is guttered like fine dimity, of a rough and russet appearance; the show of its blossom is much like the cotton weed; the roots are remarkably small for the size of the top, consisting of a stool as long as one's finger, to which adhere a number of small brown roots, not much larger than knitting-needles: the taste of these roots is mild and spicy, but becomes pungent in a minute or two.



No. 16.

The Blue-berry, or Sore throat root

is a very pungent aromatic. The stalk and leaves much resemble the squaw root, but are more slender and nice; it grows about knee-high, & is divided regularly into three branches, and then subdivided in the same manner. It bears a few berries on a middle stem, which when ripe are blue, and rather larger than a blue whortleberry. The roots adhere to a stool, and form a great bushy bunch; the fibres are not much larger than Virginia snake root, and

are very strong and severe in taste, but leave a sweet and agreeable relish at last. See No. 48.

A tea made of the blue berry root, when it comes to be known and proved, will probably be esteemed as the best antispasmodic in the compass of medicine. That is, it will prevent and do away spasms of every description in a safe and superior manner. By spasms I mean involuntary contractions—such as cramp, hiccup, choleric, cholera morbus, epilepsy, hysterics, and I suppose every other species of fits, even the ague.

Should the blue berry root be wanted abroad and in the shops, the state of Ohio can furnish great quantities of it for market.

The blue berry root is said to be the great medicine that the squaws use at the birth of their children. Experience has however proved, among white women, that its assistance is very special. It is to be made use of in the following manner—Take a good handful of green or dry roots, make it into a tea (say half a pint) give the half of it, and fill up with hot water; repeat the drinking every 10 minutes, or oftener, until it has its effect.

When a woman finds that she is taken in labor, let her drink as above, having her help at hand—if it is not her time, she will probably get easy and be well; but if it is her time, expect the delivery will be facilitated with much safety. It is to be noticed, that if the anguish attending the delivery is not moderated, the doses have not been strong enough; for they act on the same stimulant principles that opium does—and a suitable degree of indirect debility will moderate the great distress that must otherwise be experienced. The delivery is facilitated by it, so as seldom to be slow and lingering. But the great benefit is the state of safety and of speedy and sure recovery that the mother experiences afterwards.

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The squaws, I have heard, drink a little of a tea of this root for two or three weeks before their expected time. I have given this tea in a case of inflammation of the uterus, and found it a speedy cure.

The tea of this root is neither a purge nor a vomit, but acts as a stimulus to the nervous system, till by indirect debility it will give ease in any distress. I believe that it is always safe.



No. 17.

The Squaw root,

is also called Rattle weed and Black Snake root. Its stalk is parted regularly into three branches, which support nice leaves at about two feet high, but the stalk that goes to seed is often four or five feet high, strung towards the top with white blossoms, which terminate in a jumble of pods filled with fine seed; adhering to the stool is a great bunch of small black roots: these roots are purgative, make a good bitter when put in spirits, famous for curing the chronic rheumatism, and strengthens the system when moderately used. See No. 48 and No. 65.

I have heard that this root is famous for the cure of a snake-bite. The root is to be applied to the bite in a poultice, and a little taken inwardly.

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No. 18.

The Back-ache root,

is, I believe, the same that is called Devil's bit by the New-England people. It grows plentifully in the prairies of the Ohio and western country. The stalk is a round weed about three feet high, lightly strung with long leaves, and towards the top arises a kind of tassel of purple bloom. The root is a knob much like the corn snake root; its taste is mild and spicy, but with all resembles the taste of a pine bud.

This root, if made into a tea, is said to promote a gentle sweat, and cure the backache. The croup, or bold hives, used to be speedily cured in New-England, I have been told, by giving this tea, and taking a handful of these roots sliced, hot out of the decoction, and binding them to the child's breast.

No. 19.

The Devil's nip,

as it is shamefully called, grows about knee high, parting its stalk into three branches, on which are situate handsome oval pointed leaves; on a slender middle stem grows one handsome flower, resembling a lilly, some of which are white, and some of a pale pink color. The root is a knob; the whole resembles the well known Indian turnip, but the root is more conical; its taste is too severe to be endured, but not biting like the Indian turnip. It is said, that any person carrying a root or two, need never fear that any snake will bite him. A little of it put in the mouth of a snake, is instant death to him.— A German doctor used to give it to persons deranged and announced their cure by it. Its stimulant qualities are certainly rare.

No. 20.

The Devil's bit,

like the foregoing, has an ill name, but is a good root. This is, in some places, known by the name of Star root. It has a small round stalk, about nine inches or a foot high, scattered round with little leaves, resembling corn leaves, and has a white tasselled bloom on the top; the root is conical, being a knob about an inch long, largest at the bottom, and appears as if it had rotted off.

This root is a delicate nice bitter, and of a tonic and bracing nature. It is said to be excellent for a sore throat, and is one of the ingredients in a former celebrated preparation for the choaking quinsy. It has been called Maiden's Relief, because when used in tea, it relieves from pains and distress which are peculiar to the fair sex. It will help with dogwood and wild cherry bark to make a very pleasant and wholesome bitter when put in spirits.



No. 21.

The small Asmart,

if dried, makes a tolerable and very wholesome tea. It has been used by persons troubled with the gravel, or otherwise passing their urine in distress, to their great relief.

It is amazing to see how plenty this invaluable remedy grows in our country every where, and how few know and respect it. A tea made of this herb would probably cure a cough or cold in a special manner, and will always be quite innocent. The herb is so common and so well known, that I need not describe it. I will only add, I have drank it myself, and know what I have here written to be true.

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I conjecture that the asmart tea would destroy and expel worms; but the thought is new with me. I recollect that I once saw some boys catching fish in a little pond where they had previously scattered asmart, and in a little time they had the fish floating dead on top of the water.

 No. 22.

John's Wort,

is a valuable herb, and should be cultivated in our gardens. It is so generally known, that I hardly need to describe it. But I will just say—the tops of its branches grow full of little yellow flowers, and contain its seed in small knobbed pods, not much larger than buckwheat grains. It is a native of the soil, and grows in all parts of our country. (But it should always be noticed, that what I here commend, is not that noxious weed which grows in old fields, and causes sores and scabs on the horses noses that are white.)

A tea made of this herb, relieves the lungs and breast, when respiration is obstructed, especially if joined with sage. Ointments and Oils prepared with it, are delicate and valuable, and may be applied to a fretted skin, a galled groin, a swelled face, &c. See No. 47 & 48.

 No. 23.

Eye-water,

first prepared by Doctor Elijah Reeder.

To make 3 gills—take a spoonful heaped up of white vitrol, and the same quantity of common salt, calcine them together on copper, or a piece of earthen, on coals, stirring it with a stick, until it be-

comes a grey powder; then put it into a bowl, and add to it three gills of rain water. Strain it thro paper, or a fine rag two or three double—then add two table spoonfuls of white sugar and a lump of blue-stone, as big as a large grain of Indian corn, and bottle it for use. Three times the quantities will make a bottle, or quart. Remember, no iron or pewter is to be employed in the process. This eye-water will keep good for years, but beware of frost, lest you loose your bottle. This eye-water cures the western country sore eyes, which are scarcely, if ever relieved by the old eye-waters. This eye-water I have kept and used these fifteen years, with the greatest success, and without a single complaint of its doing hurt.

Throw a drop or two of this eye-water into your eye out of a silver teaspoon, and repeat it often, if your eyes are bad; or wet them with your finger, and you will find, commonly, that the inflammation will soon abate, and the eye will bear it better and better; and then you may prolong your times to two or three times a-day, but continue to use some till your eyes are quite well. This eye-water will scarcely affect a well eye at all. It cures old sore eyes of drinking people—but a gentle purge, and sometimes a blister, in highly inflamed cases, have been necessary.

No. 24.

Dr. Perkins' last remedy,

is prepared by taking a small quantity of good vinegar (say two table spoonfuls) and dissolve common salt in it as long as it will melt; then take a table spoonful of this mixture, put it into a teacup, and add four table spoonsful of boiling water, and as soon as it is cool enough, it is to be drank. Or it

may be taken gradually; and respect should always be had to the age and strength of the patient. This is recommended in obstinate fits of the cholic, dysentery, and in all cases where pains are occasioned by obstructed perspiration. I have given it in obstinate vomiting, dividing it into three doses, and giving it at ten minutes distance, and when thrown up, repeating it until it did stay. The whole surface of the body being cold, became warm, and the patient lived, when probability said he must die.

No. 25.*The Columbo Root Oxymel.*

To prepare—

When our Miami root (No. 4.) can be had green, slice up enough to fill a tin cup; put it in, and cover it with good Vinegar, and stew, and fill up, until the root will yield its strength to the liquor. Then strain and wring it out, and return it to stew: then add a teacup of sugar and a gill of spirits: then simmer it down to molasses, and bottle it for use.

The process with the dry, or the imported root, will be easy; and larger quantities may be made by proportion.

This oxymel may be taken hourly for three or four hours, a teaspoon full at a time for a grown person, in extreme cases, or until ease takes place: after that three doses in twenty-four hours is commonly enough.

In the rise of a fever, it may be given sparingly or in small doses, but when a remission or intermission takes place, it should be taken more liberally, cool water may be drunk plentifully, in all cases, a few minutes after taking the oxymels. The third

will undoubtedly abate, by the oxymel being thus taken; but then, a plentiful drinking of cold water will greatly facilitate the cure of a fever.

Respect should be had to the strength of the patient; for excess or indiscretion may occasion indirect debility; but a long continuance (at times omitting it) will never do hurt, but is always calculated to promote health and strength.

Give it in cases of nausea, diarrhoea, dysentery and costiveness. The last will be relieved in two or three days without any other medicine.

It is calculated to brace the system, especially the stomach and bowels, acting principally upon the nerves: and where this is used, barks and wine may be omitted.

Nothing can be better to relieve the sick qualm and costiveness of a pregnant woman.

**No. 26.***Anodyne Pills,*

for the cholic, hysterics, &c.—Take half a ounce of opium and one ounce of asafœtida, rub them in a mortar, and moisten them with a few drops of spirits, till they form a mass of pills. This may be put by in a roll, and made up as they are wanted. A pill of a common size should be given as early as possible, when a cholic is approaching, and if in one hour the symptoms do not subside, repeat the pill hourly till ease and drowsiness takes place; for the exact dose can never be known but by this sparing hand procedure; but one pill will be a cure nine times out of ten.

The hysterics, and all spasms and cramps, especially of the stomach, may be relieved the same way.

Children that suck, have often taken this to quiet them and cure their belly-ache; a pill as big as the head of a pin is commonly enough for a child six months old. This composition is such as to flux the opium, that its killing power seems to be laid aside; and a person may safely take four times as much opium in this state, as they might otherwise dare to take.

This pill I have always found to be laxative, and slowly operates in that way in the course of 24 hours. I have carried these pills with me constantly for more than twenty years, and tried them instead of laudanum, on almost every occasion.

A child in my neighborhood was obliged constantly to take these pills, twice a-day for six months, and increase their size; he throve well upon them, and finally they overcame his spasms, belly-ache (and otherwise continual crying) and after awhile he could do as well without them as any body, and is now a stout hardy boy. This child doubtless partook of the affection of his mother, who was dreadfully affrighted before he was born.

No. 27.

Dr. Reeder's chalybeate, for female weaknesses.

To prepare—take three quarts of strong vinegar, two ounces anvil scales, pounded fine and the dust blown out, one pugil of Virginia or Seneca snake root, one pugil of mountain ditay or garden ground ivy, simmer them together in an iron pot to a pint; then strain the liquor and return it into the pot; put into it ten grains of myrrh and ten grains of aloes, a pound of sugar and a gill of spirits; cover it close, and simmer it down on coals to thick masses, and put it by for use.

A teaspoonful is a dose, night, morning and night; then miss the like times, and take it again; and so continue the course till nature is braced & strengthened. This is a cure for obstructed menses, or wasting fluor. See No. 44 how to give it.

With this medicine many have been relieved: the barren have become fruitful; and those despairing of life, have been restored to health by taking this.

The prescriptions No. 25 and No. 44 were devised after the pattern of this, for which I am ever indebted to the friendship of Dr. Elijah Reeder, of Franklin, on the big Miami.

No. 28.*Warner's blood-purging pills.*

To prepare—take one pound of ipecac. No. 1, of dry roots, or two pounds of green roots, four pounds of green horse radish roots, and two inches of blue flag root; put them into a pot and boil them in stale cider until you gain the strength of the roots; then strain and wring out the liquor; boil it down to a quart; then add half an ounce of aloes and half an ounce of myrrh, and simmer it down to a mass for pills: then put it by for use in a vessel or galley pot.

This kind of pills, my father used to make and keep in my day of living with him, and long before I was born. He used always to sell them at three prices. He used to give them in his cures of old ulcers, and sores, frequently two or three times a week. Those who took them said they generally made them hungry.

I believe they give the blood a lively circulation. I have given them to my patients inoculated with the small pox, a few hours before I expected the fever, having given nothing before it; the effect

was favorable, beyond all expectation; for they then had little or no fever at all.

Three or four pills of common size, is a common dose; it is expected only to be a slow purge, but it will sometimes puke a little. Take care to give little enough, and you are always safe.



No. 29.

Porter's ointment.

To prepare—take four pounds of square-stalk leaves, No. 8, two pounds of elder leaves, and one pound of catnip leaves; beat them well in a mortar and mix them up in fresh butter or good hog's fat, put them in a brass kettle or an earthen pot, and heat it or stew it moderately, keeping grease enough in it to cover the herbs; keep it about the fire, and simmer it at times for a week; then wring out the ointment, and put it by for use.

The *Green Ointment*, or tent salve, is made by taking of the above ointment and Venice turpentine, of each half a pint; put them in a saucepan or some suitable vessel, not iron; add of blue stone the size of two grains of Indian corn, and the same quantity of verdigrease; both are to be powdered and stirred in: the whole is to be boiled or simmered on the fire until it looks like green glass. This tent ointment cleanses ulcers and old sores to the bottom, and keeps out proud flesh or fungus. My father used to say it would scrape a bone. The cure may always be looked upon as sound, where this is used.

The first ointment is to be used for fomenting benumbed and withered limbs. Such have been often restored by it, when many other applications had failed.

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Sores are to be anointed with this first ointment, around, even when the tent ointment is put in; and it is very excellent to anoint a woman's sore breast.

No. 30.

The Red Lead Sear Cloth Salve.

To prepare—take three half pints of Sweet Oil, or in case that cannot be had, take the like quantity of fresh butter when boiled & skimmed; one pint of Linseed oil: boil them in a skillet, so hot that it will burn a feather; then add one pound of pulverised Red Lead to be stirred gently into it, while hot, (but the oil must be somewhat cooled or it will foam and run over) until it becomes like soft wax.

This is to be spread on thin leather, and applied as a Sear Cloth or Plaster; which is not to be taken off, until it comes off of itself. If matter should gather in a sore, it must be let out by an awl through the plaster.

This plaster I have heard was formerly in the possession of a German whose name I do not recollect, who lived latterly in Kentucky. He performed many astonishing cures with it. I saw one of his patients, who had been wounded at the Germantown battle, 1777, in the Revolutionary war; one of his legs had been broken and shattered, while he was one of the forlorn party sent to tear down the fence and palings about Chew's house. He told me that due care had been taken in setting the bone, and trying

to cure the humours, but all in vain, he had to endure grievous sores, every application being of little or no avail; until in about twenty years, he fortunately fell in with this German, who by the means of this plaster, cured his leg. It was then sound and well, when I had this story from his own mouth.

Since the secret has been disclosed, I know families who keep it and use it on all occasions, and speak in the most absolute terms in its praise.

Before this disclosure, there were people who would have paid twenty dollars for this receipt, as willingly as any of you would pay twenty dollars for a horse worth an hundred.

Put this plaster to a fresh wound or cut, it keeps all close, and you have no trouble with it as a gaping, fretting and running sore.

No. 31.

Common Salve,

May be made by taking Horse balm leaves, (No. 13.) Burnet, Mallelet, Spikenard Root, or any two or three of them; beat them well in a mortar, and stew them in tallow and fresh butter, equal quantities; and when you get the strength of the herbs, strain and ring out the grese, and add equal quantities of Rosin and Castile Soap, until your salve becomes a right consistence.

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No. 32.

Wild Pursley Ointment,

There is in our western country, near our creeks, on places overflown in high water, a little wild Evergreen, much resembling Pursley. It is one of the Indian medicines for Snake-bites, and other poisons; they use it inwardly and outwardly; but when an ointment or salve is made of it, I have found it very cool and pacifying to fretting, smarting sores; it is the best for blistering humours, of any thing I have ever tried. I have proved it on sore lips and other inveterate smarting sores.

A little Tar put into this ointment will add to its excellence.

No. 33.

A Tent Salve for Fellons,

May be made, by taking equal quantities of Brimstone, Bluestone and Allum; rub them in a brass mortar, and when powdered, moisten it with spirits, honey and white of an egg, mixed, equal quantities; rub all together fifteen minutes with a brass pestle, and make it of a right consistence.

The property of this tent salve is to destroy fungus or inflamed flesh, by turning it quickly into matter; and if followed up and attended rightly, it will bring out the core, and get to the bottom of any rising in two or three days. Cancers may be destroyed and eaten out by it.

This will answer all the ends of what is called caustic, with less anguish.

No. 34.

The Tooth-ache, to cure by Sympathy.

The process—The patient is enjoined not to narrate what is done to him, or the Tooth-ache will return, (but a repetition will restore the cure.)

All the finger and toe nails are to be trimmed, the pieces off of each are to be laid on a rag or paper; to which also is to be laid a lock of hair taken from the head; then the gum of the tooth is to be gouged or pierced, to add some blood to the nails & hair; then the whole is to be wrapped together in the bank of some creek or gulley, at a place where no creature crosses. The operator may keep the putting away to himself, if he pleases.

Indians they say have queer notions. Hah! but I have tried this for perhaps fifteen years, on myself and many others, and seldom without immediate success. The tooth, it is believed, when it becomes easy, will never ache again.—If the pain remains, chew root, No. 2, or No. 16.

If you are willing to try this, you may rest assured, it will do you no hurt.

No. 35.

The Ear-Ache,

Will often be cured by the application of Spikenard Root. Take the green Spikenard Root, beat it and add a little water to moisten the root; then squeeze out the juice and put it into a phial; drop this into the ear, morning and

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evening, a drop or two at a time, and continue it as long as you please.

This is likely to help a deaf ear, if any thing will, and is a real Indian cure. The Oil of Spikenard, used in like manner, might perhaps be better than the above.

No. 36.

The King's Evil,

Has I know been cured by the Pond Lilley Root; I mean those of a slender stem, a floating leaf, shaped like a horse's foot; often growing in water eight or ten feet deep; the Lilley is the most delicious, also floating on the water, held by a slender flexible stem. The root is knotty and oval, like a Calamus root, and as large nearly as a chair-post. This root should be boiled, beat soft in a mortar, and moisten to a poltice with the liquor; a little of which should be drank morning and evening, and the poltices repeated.

These boils and risings in the glands of the neck, called the King's Evil, have been also digested and cured, by applications of green Frog-spawn, taken out of springs, and applied as a poltice.

I would recommend the root and bark, No. 7 and No. 14 to finish the cure.

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No. 37.

Cold Water Applications,

I reckon among the choicest of my discoveries.

The following I recommend :

When the accident of a bruise, piercing of a nail, a cut, a broken bone, an eye knocked out and put in again, &c. takes place, immerse the part in cold water as quick as possible, and then dip a large soft linen cloth into cold water and apply it, and keep out the air. This cloth should be kept close; aid this by dropping cold water upon it for fifteen minutes, and continue it close for twelve hours. The inflammation by this means will be kept back, and the cure by any thing else, will be almost forestalled; and then a bruise, a strain or broken bone, will scarcely swell at all; and a like application to a burn will have a similar effect. In about fifteen minutes the first pain will be over, and the future ease will be stedfast.

I have tried the foregoing applications of cold water, with full demonstrations, for forty years past.

No. 38.

The Poor Man's Medicine.

Boil four ounces of pure Quicksilver in an iron pot, with two quarts of water, until half is evaporated, and bottle the water for use.

The same Quicksilver will serve, again and again, as often as you want a fresh supply of

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the water. This medicine is said to be as simple in taste, and as safe in using as so much simple water, and may be drank as often and as much as you please. The virtues are many: it may be used externally or internally; it destroys worms, purifies the blood, opens obstructions, scours the glands, cures all impurities of the skin, ulcers, scald-head, &c.

The yellow water in horses, we have often cured, by boiling only one ounce of Quicksilver in a large pot of water; letting the horse drink a gallon at a time, or mixing his feed with the water; continuing the course for about ten days, and boiling the Quicksilver again and again; and I have found them cured, of imposthumes, following the throat-distemper, by the same means.

No. 39.

A Sweat of Virginia Snake Root and Sage Tea,

Is one of my old remedies for fevers.

Take one drachm of Virginia Snake Root, and make it into a decoction, say half a gill; let the patient drink it and cover warm in bed; then have ready a coffee-pot of weak Sage Tea, say three pints; let the patient begin to drink in ten or fifteen minutes, as warm and as much as he can, out of the spout, not rising or uncovering.— By this drinking keep up the sweat for four hours; then cool moderately and take care of all exposure and excess for the first twenty-four hours. Follow it with No. 9 or 25.

This sweat I have often given (after a puke or purge) in obstinate fevers, such as the nervous, the intermittent, the fever and ague, &c.

I have used this sweat in old second or third day agues, always with success. I have chosen to begin about an hour before the ague, and take up the hour of ague in the sweat. In other cases, I have chosen the wellest time, and never omit it when pain or sickness attend the rise of a fever.— Chips or blocks of wood taken out of a pot of boiling water, may be wrapped up and put in the bed with the patient, to set the sweat agoing.

This sweat should be repeated again, after two or three days, if there is not manifest signs of recovery.

Such a sweat has appeared to me, to move off the obstructions to a right circulation, and to take away the very offending matter out of the blood.

Persons very weak, and especially those who have pain in any part of the body, or all over them, ought to try this. But it should always be followed with bracing medicine, such as the above cited or No. 4. Dont omit, even if the patient seems fairly well by the sweat.

No. 40.

To cure the Jaundice.

1. Give the Emetic No. 1.
2. Give the Pills No. 41, every night, what the stomach can bear.
3. Make a diet drink of wild Cherry bark, and use it constantly till well.

4. If the case is obstinate, give one dose of No. 24, to move the perspiration.
5. Then save the urine, (say a pint) mix it into a cake with rye meal, and burn it slowly behind the back log twice or three times, (per sympathy.)
6. Give Chalybeate Oxmel, (No. 44.)

Doctor Hole relates, that he was cured of an obstinate habit of the Jaundice, into which he had several times relapsed, and which he had proved on others for twenty years, with the most happy success. The process is as follows :

1. Put wild Cherry bark into stale cider, (say a double handful to two quarts.)
2. Take the scale that forms on an old chimney back-wall, or on an old iron tramel, (scrape off a good handful) and make a decoction.— Drink turn about of each of these, five or six times a day, as much as the stomach can take, and follow it up till the cure is perfected. Probably there is a good portion of Oxigen in the scale that is generated by smoke. See note, No. 44.

You can have choice, and if one thing wont do, try the other.

No. 41.

Pills for the Jaundice.

Take three ounces of China Rhubarb, powdered (No. 6) one drachm of Myrrh, and one drachm of Aloes, rub them fine, and put altogether, and moisten it with spirits to form a mass of Pills. They must be made up soon, or they

become hard. I choose always to keep some of this preparation by me in a roll; I can then put some of it into a phial of spirits, so that a tea spoonful will be a dose. This roll will make excellent bitters, will be an antidote against Dysentery, excess of Bile, the Jaundice, &c.

A little matter of these pills, will answer to relieve costiveness; they answer best, gently or gradually taken; they will then strengthen the system. In this they will be good in Diarrhoea or fluxes, but are not equal to No. 25.

No. 42.

An Antidote for Epidemic Diseases.

Prepare you a few Brimstone matches, and a bottle half full of spirits; light a match and thrust it into the mouth of the bottle, so as to fill the empty part with smoke. When the match is taken out, put your thumb on the mouth, and shake the spirits, to incorporate the smoke what they can. Do thus with several matches.

This I had from a very old man, when I was but a little boy. I remember he said, a dram of this rum will keep you from catching the Small-Pox or Meazles; yes, if you will drink a dram of this in the morning, you may go safely where the plague is all day. But I rather suppose it had better be taken morning, noon and night.— I tried it myself before I had the Small-Pox.— See Antidote, No. 5.

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No. 43.

Huron's Cure for the Dropsy.

Take Bitter Sweet Root, White Roots of Elder, Horse Radish Roots, of each a large handful, steep them in one gallon of Cider. Take a tea cup full in the morning, and always before meal times through the day.

In a very weak case, a jelly of calf's-feet is to be eaten cold, with vinegar. If the stomach rejects food, a little Elixer of Vitriol made into punch, may be allowed. Diet is not to be high seasoned, but any kind to be liberally used, that the stomach will take. This medicine may be prepared with Vinegar, or even with water where cider can not be had. This receipt came to me well attested; by it was performed several singular cures, after patients were given over by physicians for lost.

A single instance experienced but in one trial, from a child of my own I wish to relate.

My youngest daughter, when about two years old, lost her appetite, became uncommonly disposed to sleep, her sprightliness turned to stupidity, and in a few days she became bloated and apparently filled with water or dropsical swelling in her whole frame; and as I could not conceive how I could administer any means of relief to her by any thing I could give her internally, I studied to endeavour it by an external application.

I took Horse Radish and Spiknard Root, (two diureticks) equal quantities, pounded them in a mortar, green, and applied them by way of poltice to the bottoms of her feet. The wished for

effect, a plentiful emission of urine took place, & cleared the dropsy in about forty-eight hours. I gave her a few doses of Linseed Oil, agreeably to No. 55, and she soon became well and hearty.

But try the following (No. 44) for the Dropsy.

No. 44.

Chalybeate Oxy-mel.

Take two ounces of Columbo Root,* one drachm of Virginia Snake Root, twenty ten-penny Nails, and one quart of good Vinegar, put them together in an iron pot; simmer it a little over fire; then let it stand forty-eight hours; then boil it down to a pint; strain and wring out the liquor, and return it into the pot; then add one pound of sugar and a gill of spirits; simmer it down on coals to the consistence of molasses, and bottle it up for use.

The common dose for a grown person may be a tea-spoonful, morning, noon and night, when the stomach is empty, about ten minutes before meals; but begin with less, and increase the dose, as you find the stomach can bear it.

The intention of this medicine is to recruit the blood, and strengthen the system. It may be taken a week, and then miss a week; and then take it again; and so at intervals renew the

* The Columbo Root, if left in whole pieces, may afterwards be strung and dried, it will then be good to chew, or to be used instead of barks.

course, more or less, until the patient is quite well and strong.

In consumptive cases the person should drink ground ivy or agrimony tea, for two or three days at a time, and then miss as long, and then resume it again. The latter of these herbs is preferred for bracing and giving strength, but the former is conceived to touch the disorders of the liver.

This medicine will be found a superior remedy for worms, as those vermin cannot live with the iron. It is most excellent for the weaknesses of women, either under suppressions, or in excess of the fluor of either kind. But when it takes place, the doses should be omitted until it subsides. It may be given to finish the cure of fevers in general. It merits a trial in all reduced and low cases of the blood, such as consumption, dropsy, asthma, jaundice, derangement, &c. to recruit the oxygen,* or iron property in the blood; a deficiency of which, as I conceive, is the radical cause of these diseases.

Healthy persons have a right proportion of oxygen; but an excess or deficiency may either of them be the occasion of disease. The excess

* Take notice—There is a certain part of our bodily substance that I call oxygen, or iron; this is the basis of strength. There is abundantly more oxygen in the blood than in any part of us. When blood is taken in a vessel and stands to be cold—1. There is the clods, or viscid, tenacious part, called the grume: 2. The thin and watery part, called the serum. It is said there is much more iron in the serum than in the grume.

of oxygen* is not so much to be feared, and occurs but seldom; but deficiency of oxygen happens very often, and I expect always in consumption, dropsy, jaundice and palsy; but I leave it to future observation more accurately to determine this. I have however observed, that blacksmiths, or those working in iron, seldom if ever have the consumption or dropsy.

A late patient of mine, who had been a year or two in a state of melancholy, told me that the electrical machine had been tried on her, but the same charge that would shock other people hard, had little or no effect on her. I leave it to those who have opportunity to observe, whether the electrical shock will not be the same in the cases of consumption, dropsy and jaundice; and whether it does not announce a deficiency of oxygen.

But the great question with me is how to restore the oxygen in a consumptive person; iron or a preparation of it being my alternative. Two things I fear—1. An increase of the pulmonary, or pain in the breast; 2. Bleeding at the lungs. My prescription No. 44, I conceive will not expose the patient either as to pulmonary or bleeding at the lungs; but will gently increase the oxygen, and innocently prepare good blood: the issue will be a recovery to good health, if such a thing be possible.

* I have noticed that blacksmiths are very subject to rheumatic pains: the cause, I conceive, is an excess of oxygen: and this may most generally exist with, and be the root of the diathesis of plethora and irritation. The remedy most probably will be No. 39 and 72.

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My children and friends—after you look over this, when you see a person with a white face, male or female, you will be ready to say "*That person wants Father Smith's chalybeate oxymel*"
No. 44.

No. 45.

Dr. Tiffin's prescription for derangement, or mania.

Get gum myrrh, asafoetida, aloes and castor, of each a quarter of an ounce, opium and camphor one drachm each; powder them separately, and mix them all together with oil of amber sufficient to make them up into pills the size of garden peas. Get at the same time two ounces of Peruvian bark, red or yellow, and half an ounce of rust of steel; mix them well together into a powder. Give two of the above pills morning, noon and night; give also a teaspoonful heaped up of the powder every day, an hour before breakfast and dinner, which is twice a day. The diet may be any thing that the patient likes best, and which will best agree with the stomach.

This prescription I was honored with by Dr. Edward Tiffin, late governor of the state of Ohio. I used it for my daughter, Nancy John, who had been four months in a state of alarming mania, or derangement; when she had taken it about two weeks, she suddenly came to her reason; and after using agrimony tea a few weeks, became very stout and healthy.

The Doctor, in his letter to me, states, her diathesis "I take to be great debility, and (to use a common expression) the nervous system unstrung."

I think to apply in such a case No. 44 and 26, also No. 9, will likely prove a cure.

No. 46.

Syrup for the Dysentery.

I have for a long time, perhaps 30 years, prescribed in the following manner, and it has nearly always been used with success: Take a handful of garden rhubarb, or patience, or horse dock roots, or any one of these, and shred them up green or dry. Also, a handful of persimmon or wild cherry bark (either will do) put the root and the bark together into a quart mug or pitcher that will bear the fire, and put in with them four tablespoonfuls of sugar, and fill up the quart with boiling water; set it on the coals until it is drawn like tea. The patient is then to begin to take it, a tablespoonful at a time (if a grown person) every fifteen minutes, until ease begins to take place in the bowels; then not so often, and so by degrees break off; yet take some until good health takes place.

This syrup should be boiled every day, and a little spirits put into it to keep it from getting sour; and may be filled up and sweetened to the taste, or renewed as there is occasion.

Give at the same time a flour coffee (wheat or rye meal fried brown) boil it with milk and su-

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gar in it, to fill up the belly and promote sweat by a plentiful drinking of it hot or cold: this will greatly assist the cure.

By this course the fæces, or lumps in the illium guts (which occasion the dysentery) will be gradually dissolved, and the cure be permanent; but the first effect or sympton of cure, is ease in the belly. See No. 25, 9, and 41. This syrup may be given in any diarrhoea or flux.

No. 47.

The Croup, or Bold Hives,

that so alarmingly choak children to death, being a swelling or stoppage of the lungs, I have cured by the following syrup for 12 years past: the success has been truly singular; it is a discovery of my own, by mere accident.

Take a handful of John's wort, No. 22, and a handful of sage, and sugar sufficient; make them into a syrup, in the manner directed in the foregoing number. The dose for a child six months old, should be only a teaspoonful; but to one six years old, a tablespoonful. The times and continuance may also be like No. 46. See No. 18.

No. 48.

Syrup for the Quinsy, catarrh, and ulcerated sore throat.

To prepare—Take one ounce of squaw root dried, or a like quantity of green, No. 17, half

as much blueberry root, No. 16; boil the roots in three quarts of water to less than one, add alum and honey to make it rough and palatable. Gargle the throat, & swallow some pretty often.

Report is, that a noted root doctor of Jersey, near Elizabethtown, made use of this with the greatest success. I had it from Dr. Hole, who highly recommended it; but as these complaints scarce ever have prevailed where I have lived, I have never put it to the trial. A tea made of the root No. 16, will probably be a relief and cure in the most of such cases.

No. 49.

For the Canker.

The canker is a hot humor which has its seat in the stomach; shows itself in whitish sore spots on the tongue, palate, and inside of the mouth and lips, that will sometimes eat and consume away the palate. It is generally attended with fever and great thirst, uneasiness and distress. Children have been mostly the subjects of it, but sometimes it goes thro' the whole family; and to small children it has sometimes proved very mortal.

A Mr. Huston, from whom I obtained the receipt, cured it easily and certainly, if applied to in time. His prescription is as follows: lignum vitæ chips or dust, black snake root, No. 10, squaw root, No. 17, Virginia or Seneca snake root, black haw bark, John's wort, No. 22, beech drops, of each a tablespoonful powdered: of blue

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flag root, and blood or puccoon root, each a teaspoonful, if powdered; these put together are to be made into a syrup (say 3 half pints) in like manner as No. 46, and given like No. 47. The dose for a child is a teaspoonful every 10 minutes for the first hour; a tablespoonful for a grown person; then lengthen more and more between times of taking of it. If the belly is bound, clystering, castor oil, or some other gentle, easy purge ought to be given: sweet fern, blue whortleberry bushes and healall,* or some of them, are to be used as a tea. The syrup should be given warm, especially at first; and heated, filled up, or renewed, till its end is answered.

I have known cures by this medicine when the tongue had become black, and the blotches were spreading, eating sores. Milk diet is to be avoided, and all salt and dried meat; any other food may be freely taken. This disease is seldom found in southern climates. Try for it No. 14 in tea, and No. 48, but more particularly No. 16 in tea.

No. 50.

Pain in the Breast,

is often occasioned by an acid, or sour state of the stomach, or if you please, the stomach having too much rennet.

Make the following drink: chip green horse radish roots, as much as will lie in a half pint

* The healall is a wild herb, bearing a whitish blossom, resembling red clover.

tumbler, and put them in a quart bottle; then take vinegar, and if strong, mix it half water, sweeten this with sugar pretty sweet, and fill up your bottle with it. Take this drink three times a day, about 10 minutes before meals; the dose a spoonful or two, or a wine glassful, as the stomach will bear it. This course will generally help the digestion; the want of which is frequently the occasion of the pain in the stomach. But sweet tea or coffee must sometimes be avoided, with every thing else that would turn to vinegar quickly. But when there is a burning at the stomach, which frequently happens by drinking drams, grog, punch, wine, &c. these are to be forborne or left off, as it may be presumed that they are the occasion. My No. 26 will often be a temporary cure, and ought to be tried, especially if there is flatulence or colic symptoms; yea, this pain is frequently only wind pent up, and the beginning of a colic.

Pain in the stomach is a common attendant in a consumption, together with pain in the side and shoulder; then both the above may be moderately tried: but No. 44 will be most likely to effect the cure.

No. 51.

Persons stunned with thunder, drowned, strangled, or the breath suddenly lost or struck out of them by any accident, such as damp in a well &c. may often be restored by the following process:

Let a person of good strong lungs apply his mouth to the sufferer's, holding at the same time his nostrils close, and blow his breath (as we say) as hard as he can into the sufferer's lungs; he must then leave him to expire while he gets his own breath, and then repeat the effort as soon and as often as he can, perhaps a hundred times, if self respiration does not take place sooner. A reed or pipe like a weaver's quill may be made use of for the purpose, and sometimes a pair of hand bellows have been used; but I would prefer the breath, as most likely to keep the lungs and blood warm.

For drowned persons, cloths dipt in hot water ought to be laid on the breast as warm as a living person could bear, and a blanket dipt in like manner ought to be wrapt around the naked body, and the hands and arms, feet and legs should be rubbed with hot wet cloths; this warming and rubbing is prescribed in order to keep the blood from coagulating. Drowned persons, I think, should not be rolled upon a barrel, but only be laid with their heads down, so that the water in them may run out, and no violence done them; but the blowing should be begun and kept on as soon as possible.

In a treatise that I have read respecting the recovery of drowned persons, it is stated (if I mistake not) that they have been recovered who have been under the water five or six hours.

I once happened to be present at the town of Washington, Georgia, when a person was struck dead (as we say) with thunder; and I witnessed the before described process, as it relates to blow-

ing the breath, and beheld the recovery of the person. This happened on a court day, about 30 years ago; many as well as myself saw the melancholy, but afterwards joyous scene. I assisted shortly after the shock, in opening a vein in the young woman's arm: but there was no spring or motion in the blood. The whole process that proved her recovery was ordered by Mr. Jer. Walker.

No. 52.

Stopping of Blood, and of Hemorrhages,

are of great importance to be known. If you should be wounded, so as to wish to stop the blood: 1. Close the wound as well as you can, and put to it a large cloth wet with cold water, and drip on a little cold water for 15 minutes, keeping it as close as possible for twelve hours; sometimes it will be best to take a few stitches to close the orifice. But apply No. 37 in preference to every thing, if you can; and then the plaster, No. 30. Or 2. Take vinegar and dissolve alum in it as much as is suitable, then scrape the soot from the bottom of a dinner pot, and moisten it with the alum and vinegar, so as to make a small poultice, and apply that; or if you can get it, take the powder of the leaves of lamb's quarter, and apply closely: this well known herb has been proven to be first rate for stopping blood. Or 3. Boil a strong decoction of the bark of the pignut hicory, this is the Indian styptic, and probably as good as any thing.

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In hemorrhages, or discharges of blood from the womb or bowels—take a little vinegar prepared with alum as above, give a teaspoonful every 10 minutes, or as much and as often as the stomach will take. At the same time, if the case is urgent, apply cloths wet with vinegar prepared with alum as above, or in cold water, put them cold on the belly, and repeat them as occasion requires. But sometimes it is needful to take a little blood from the arm, as that will turn the circulation; then probably the above applications will take the desired effect. Alum dissolved in water, or alum whey, taken as much as the stomach can bear, until the hemorrhage ceases, are proper in extreme cases. But drink agrimony tea, if you can get it, for two or three days, as stated in No. 9: and if the unhappy sufferer is much exhausted, to restore strength and good blood, try No. 44.

No. 53.

Bleeding at the Nose

is sometimes to be a little indulged, as they say it prevents the headache; but generally it is from debility, and shows a weak state of the system, therefore the sooner it can be prevented the better. In order to which, observe the following directions:

1. Blow your nose pretty smartly two or three times, and then bear against it where the blood issues, if you can, with your thumb, and hold it close a few minutes. 2. If this fails, dissolve

alum in good vinegar, as in No. 52, dip a little lint or fine rag in it, and put it into the nostril. 3. But sometimes a habit of bleeding at the nose frequently and every day takes place, and the blood becomes very vapid, so that it will hardly stain a cloth. When such a habit takes place, the only effectual remedy that I have ever found is to learn the person to smoke tobacco. This I have had to try for myself, or be exposed to bleed to death at the nose: but smoking a little every day has always overcome this habit, as far as my knowledge extends.

No. 54.

Bleeding at the Lungs

I believe, may always be considered as one of the expressions of great debility. What I shall say about it, take as follows:

1. Try about a teaspoonful of fine salt, which you may lick up by itself out of your hand; do this every day, or oftener, if the complaint is urgent. 2. The most likely thing that now strikes my mind, to be a radical cure, is to make use of agrimony tea, the root as well as the tops; use it cold about three days at a time, and then miss three days, and so use it as a diet drink in some form. See No. 9.

You will wonder, perhaps, why I am always commending No. 9 for every thing: but as a reason I will state the following fact, which I personally know to be the truth:

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An old man of my acquaintance, after a spell of the gravel, which nearly took his life, was for several months unable to retain his urine, but it dript from him continually. He was at length advised by Dr. George Foulk, a German, to drink agrimony tea: this tea being the only medicine he used, he became a well man in a few days, being as free from this complaint as in his youth, and he was then above eighty years of age.

No. 55.

Linseed Oil,

for children supposed to be troubled with worms, has been generally my medicine. In raising my own family I have scarcely ever given any thing else. Let it be taken as follows:

Give a teaspoonful of linseed oil, put with as much sugar or molasses, morning, night and morning; that is, three times, then miss three, then give it again, and so repeat it until the child has taken it nine times. This is a dose for a child two or three years old, and respect should always be had to the age and strength of the patient. But see No. 44 for worms, and No. 21.

No. 56.

Preserving the teeth, and curing an odious taste in the mouth, may always, I presume, be effected by this little simple process:

Only wash and rinse your mouth every morning in your own urine.

Hezekiah Smith, D. D., deceased, late of Haverhill, Massachusetts, had his teeth all entire when he was above sixty years old. He told me the only means he had used, is what I have above advised, which he had followed from the days of his youth.

Relief from the ill taste I have proved, and I do not think the remedy worse than the disease. Those who know this in their youth, and will not try it, who can pity them when they groan with the tooth-ache!

No. 57.

The cure of venomous Bites and Stings,
ought to be known, if possible, by every body; for a little delay will often render the bite or sting dreadful, and sometimes incurable. How important must it be to be able to cure the bite or sting of serpents and spiders, especially the black spider with a red spot on his back, called the tarantula, so common and dreadful in southern climates, hornets, wasps, bees, &c.

To cure any of these, you may only wet a thimbleful of indigo with good vinegar, to make it into mud, and apply it to the bite or sting. If done soon, the danger will immediately be over; and it is stated to me, that the place will not swell at all.

☞ The above is a discovery lately made in Sussex county, New-Jersey, where the snake called

the pilot, or copper-head, was so common and bit so many, that the mowers would scarcely venture into the meadows, until this discovery was made. They then kept some of the indigo mud by them, and found that they could cure themselves at once by this simple application.

But see Nos. 10, 11, & 17, and you may also remember that honey, sweet oil and hog's lard are severally good to take inwardly and outwardly, both for bites and stings. That man who received the sting of a bee on the tip of his nose,* and died in a few hours, might likely have been saved by any of these, had the application been made in due time.

No. 58.

The Thrush

is a sore mouth common to young children, beginning in little white scruffy blisters. Its cure may be attempted, 1. By the white elm bark (that is, the rough, not the slippery) make of the bark a strong tea, wash and gargle the mouth and let the child often swallow some, if it is only a teaspoonful at a time; this commonly brings off the scruff in a day or two, and does not terrify at all. Or 2. Make a syrup by dissolving loaf sugar in three or four tablespoonfuls of water, and add borax (the size of a grain of Indian corn) made fine; give the child a teaspoonful every 2 or 3 hours, until you find it is mending; then not so often, and by degrees omit it.

* The case was related in a late newspaper.

No. 59.

Solution of Corrosive Sublimate,

for the yaws and venereal disease, may be prepared and applied, by taking, 1. Ten grains of corrosive sublimate, to a pint of good spirits. 2. one drachm of gum guaiacum, to sweat. 3. One drachm rhubarb, to render it purgative.

Scorbutic and venereal diseases are cured by taking a spoonful of the above, morning and evening: drinking sarsaparilla tea plentifully, our bitter-sweet root, or little parilla, is quite as good, and I presume my No. 9 may be found a great deal better. The course about 10, 12 or 14 days, as the case may require.

Caution—This course ought always to be managed by a person of tolerable medical skill, for edge-tools may be dangerous in awkward hands.

Pain in the breast or bowels, or excessive lax, or salivation occasioned by the above, are remedied by taking brimstone; a large teaspoonful of the flour of sulphur mixed in honey or molasses, per dose. This is to be repeated daily until the complaint subsides, and the solution omitted.—But see No. 2.

With this course of the solution I once saved a man, nearly covered all over with ring-worms; other small applications having failed.

No. 60.

Solution for Tetters and Ring-worms.

To prepare—take five grains corrosive sublimate, put to two tablespoonfuls of spirits in a

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phial, and if found too biting, add more spirits. The tetter or ring-worm only need be touched with a feather dipt in this, two or three times daily. Warts, pared a little, may be touched in the same manner; continue to touch them till they are dead.

No. 61.

Tetters, or obstinate breaking-out

a-kin to them, on the hands, feet or any where else, I think may be cured by the following preparation: take a half pint of brandy (peach I prefer) put it in a skillet with half a gill of tar, heat and stir them together, and stir in a large teaspoonful of potash; then bottle it for use. This need only be put on with a feather pretty plentifully for a few times, say every day for 4 or 5 days. My ideas are that some small inhabitants have their cities and plantations in these regions, but this anointing will overcome these Anakims as effectually as the people of the old world were overcome by the flood. You may try this for the itch, and for wens and cancers.

No. 62.

Old Dr. Witts' cure for Wens.

1. The patient must wash the wen morning and evening in his own urine, and once a-day he must grease it with grease broiled out of a wooden potlid, such as in old times they used on their

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dinner pots; probably the marrow out of an old baked hog's jaw would do as well. This is expected to break the wen in about two or three weeks, without pain; the contents being turned into pure pus or matter, will be discharged, and then the place may be cured up like any other sore, and will never rise again. 2. Should the above fail to break the wen, a hubbed toad may be just knocked in the head, and laid upon it; this, it is said, will surely break it. I think it ought to be two or three times repeated.

This account I received from Dr. Daniel Hunt, of North Carolina, above 30 years ago; he told me he had made several trials of it, and always succeeded; one he told me of, was as big as a two-quart bottle, and hung down by a neck. I have made two small trials with success, which are all that I have had opportunity to attend to.

No. 63.

Cancers have been cured by the common Snails

They are to be dissolved in salt, on a pewter plate set on coals, and the slime or ointment applied by way of tent. In one instance, I was told, only the naked snail was laid to the cancer, and dried fast, and in a few days the cancer and its roots all came off together. This is a late discovery, but came to me well attested. Try muscles or clams out of the creek, if snails cannot be had. Cancers have also been cured by the following preparation: Take a handful of

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comfrey root scraped, fry it in half a pound of hog's lard, until it is trisp, then strain and wring out the grease; then add a tablespoonful of gunpowder pulverized, and a quarter of an ounce of red precipitate, rubbed together; then stir in and stew the whole to make an ointment. Put a fresh plaster of this on the cancer, morning and night, until the roots come out, or are killed: if it occasions much pain, there is too much precipitate in it. From Dr. Chn. Coffman.

No. 64.

The Tape Worm

has been expelled by taking alum, as follows:

Take pulverised alum, as much as will lie on the eighth of a dollar, mix it with a teaspoonful of molasses or honey, and let the patient take it in the morning, fasting; increase the dose a little every morning, and take it three mornings and miss three, until he has taken it nine mornings. This course, it is supposed, will destroy the whole breed of the tape worm in a person; and no one need be afraid of alum: at the same time let the patient drink a tea of the herbs No. 9, 12 or 21. Look at Buchanan's Family Physician for the symptoms.

No. 65.

Ointment for Burns.

To prepare—take six pounds of the leaves of squaw root, No. 17, or as much or as little as

you please, beat them well in a mortar, then mix up these pounded leaves with fresh butter (say three pound) then wrap it up in rolls, about a handful in each, and lay them on a dish or board, and set it by in your cellar until it is covered and filled with mould (say two weeks) then mash it up again in fresh butter, and stew it gently an hour or two on coals, having grease enough to cover the herbs; then strain and wring out and put by your ointment for use.

If this ointment can be applied to a burn or scald, before it blisters, it will prevent its blistering at all; when a burn is raw, and exposed to smart, it will terrify a little when first applied; but if you melt your ointment and apply it gently and frequently with a feather, it will terrify less and less, until the smarting will be overcome by it, and you may expect the cure to be soon completed.

The green ointment, No. 29, may be applied in like manner, and will have the like effect. See also No. 7 and No. 14.

An account of this ointment for burns I obtained from Dr. Peter Evans, of Montgomery, Pennsylvania, about 35 years ago. He used always to keep it, and spoke in the most absolute terms in its commendation.

The following advice may be useful to some, respecting burns:

I have been told, that in glass houses is kept and used, a preparation of lime and linseed oil: unslacked or fresh lime is mixed in a vessel with water and stirred up, and when it settles, the water being poured off, they then pour off the

pure whitewash, leaving the grounds or gritty part behind; this lime batter is then mixed with linseed oil, put in a bottle and kept in readiness. If they get burnt, who work at the glass, which often happens, they take a patch large enough to cover the affected place, and make a plaster by spreading it with this preparation, put it on, and go on with their business; *this plaster, in common, being an immediate cure.* If this is true, it may be of great use to be more generally known.

Note.—Whatever is a cure for a burn, will also be a cure for a frost bite, or sore occasioned by frost.

No. 66.

Pepper, for preventing the Fever and Ague.

If rightly taken, I suppose, pepper will commonly prevent all persons and families from taking the fever and ague, and perhaps most other bilious disorders.

At a season when you expect yourself exposed to the ague, keep fine black pepper by you; take about as much as will lie on the eighth of a dollar, and lick it up by itself if you please, or mix it in a teaspoonful of molasses or a little water, and swallow it. Do this every morning for about four mornings, before you go out, and then you may miss a week, and then take it again, and so go on, more or less, until the sickly season is over. The story connected with this process is as follows:

A certain man inadvertently rented a good farm, lying in the bend of a river, but was much alarmed when he heard that the ague always had heavily afflicted every family who had lived upon the place; but meeting with a certain physician, he received from him the before stated advice; this advice he and his family took, and found that they could escape the ague there, on that farm, as well as any where.

No. 67.*For the Asthma.*

Take sena, pulverised; sulphur, and spermaceti, of each one ounce, two ounces cream of tartar, half an ounce anniseed, pulverised; rub them together in a mortar: take a teaspoonful in molasses, going to bed, two or three nights at a time, I have found enough for to relieve me. It is a moderate purge, and a little debilitating. See No. 44.

No. 68.*Ointment for the Itch.*

To prepare—take sulphur or fine brimstone, salt, black pepper, pulverised; gunpowder or salt petre, and tar, of each a tablespoonful; put them in a mortar, and add fresh butter or fat, enough to make it into an ointment, and rub or mix it well together. Apply this about the joints, hands, wrists and hams, every night for

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a week; wear the same clothes for a week. This quantity will be enough for ten persons, never fails curing the itch, or does any hurt.

Precipitate Ointment.

To prepare—take three quarters of an ounce of red precipitate, three ounces of Venice turpentine, and half a pound of fresh butter; rub the precipitate in some of the turpentine and butter in a marble or brass mortar (not iron) or an earthen bowl, and then add the remainder of the turpentine and butter, and stir it again; then add nine spoonfuls of water, one at a time, stirring a little between every one, until all is well mixed.

This ointment is to be applied like the foregoing, only not so liberally, for the itch. It will also be good for any hot, itching humor. But care must always be taken not to expose yourself much in cold water, to wash in, or drink it, lest it bring a worse evil than it cures. If you get pains after using this ointment, by being exposed, take brimstone (say a teaspoonful) and drink sage tea till you sweat; do this for two or three nights.

No. 69.

A dislocated Shoulder

may be replaced by the following process:—
1. Tie the body fast to a post with a sheet, or something, to keep it from giving way when the extension is made. 2. Let a strong person be provided to grasp the arm, and be directed to pull

it in an even direction, from the body; he is to be instructed, at a signal to be given by the operator, that the arm must be moved forwards and a little down, so that the elbow will be moved about ten inches, a little briskly. 3. The operator must put his hands, one under the hollow of the arm, about where the knob or end of the bone is, and the other hand on the top of the shoulder, and when the extension is sufficiently made (which in common does not take very hard pulling) he is then to give the signal for the motion before directed, and at the same instant bear the knob end of the bone into its socket.

This commonly is not a hard operation, but it is important to know how rightly to go about it. If possible, when the shoulder is first dislocated, apply No. 37, and replace it as soon as you can; but if this has been neglected six hours, it is best to bathe the shoulder with hot vinegar, which may be repeated twice a day for three or four days; afterwards cold vinegar will be best, and lastly, if the shoulder remains weak, try No. 37 for a few days, beginning in the morning, and continuing the cloths for half an hour: but the whole of this vinegar, &c. may be omitted, if the first application, No. 37, be applied in time.

Follow it then with the plaster No. 30.

No. 70.

For a broken Bone.

When a bone is broken, let it be leg, arm or any other limb, the process may be much like

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that of the dislocated shoulder, and I think no material difference is necessary in the applications. The main thing is, at the time of the extension, try to get the broken-off ends of the bone together as well as you can, and have the bone straight in its natural position. Then if you have used No. 37 in time, you may immediately apply the plaster No. 30; then have ready a splinter work fixed between cloths and quilted, so as to wrap round and fasten with a lace or running string thro' holes, that you may loosen it and take it off when you please. When you have reason to believe that the bone is knit and getting strong, the stays may be taken quite away; but if the limb should seem to wither, or remain very weak, try the cold water cloth for a few days, as advised in the foregoing No. 69— for cold water is certainly, I think, the best thing to strengthen such withering limbs. After the wet cloth is taken off, the limb should be wrapt in dry flannel, but not kept very hot.

Every body should know that a light diet is the best for such unfortunate sufferers, or especially they should not eat much pork; otherwise they may eat and drink according to their own inclination, what is moderate and reasonable.

No. 71.

For a sprained Ankle or Wrist,

or indeed any other wrench or bruise, I advise

1. You had better try No. 37, than any thing else, at the beginning. 2. Then apply the sear

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cloth, No. 30, and little more need be done. 3. But treat it otherwise with hot vinegar, and generally like as directed No. 30, or 69, 70. The Porter's ointment, No. 29, may sometimes be of especial service.

No. 72.

General directions for venesection, or letting blood.

It is necessary to know—1. How to bleed—2. Where to bleed—3. When to bleed—4. When not to bleed.

1. How to bleed—The operator should have a good lancet, sharp as a razor; let him then put a bandage on the arm, above where he wishes to raise a vein, or on the leg or round the neck, so as to prevent a sufficient quantity of blood from reaching the heart, and to raise a vein; he should also be capable of opening the vein in a delicate and suitable manner, so as to make the vent or orifice about one-fourth of an inch in length.

I have been told that the Indians make a lancet of a nice piece of flint, which they tie in a stick & strike it, like a fleam, with another stick, and so open a vein very well: and it vexes a body to think that any white man should make a more bungling and indifferent hand at letting blood than the poor Indian. But to be serious, due care and discretion ought to be used, not to injure the place on which you operate. If you have a spring-lancet, set it with judgment, just

fairly to go into the vein, and no deeper, and by no means strike thro' the vein. When I lived in Georgia, in bleeding the blacks, I learned to rip the skin with my thumb-lancet (for I always have bled with sort) and then I could fairly and safely open the vein; and when I have bled a white person, I have chose to do it, by a slanting thrust, in the ripping way.

2. Where to bleed, I think of some importance —When you bleed for a bruise or pain, I think it best to chuse a vein as near the affected part as you can get; and if for the pleurisý or pain in the side or shoulder, chuse your vein on the same side that the pain is, lest, as they say, you should draw the pain across the heart; and for a violent pain in the head, I would recommend to open a vein in the forehead. You may by drawing a handkerchief about the neck, raise good veins in the forehead; and if you open one of them, it will bleed as well as the arm, and I count it the safest place in the body; the skin is a little thicker than elsewhere, but the blood will never flow when the neck is loosed. I have experienced, from this operation, the most sensible relief in my own person, when from the pain in my head (as we used to say) my eyes were ready to burst. Let this be a general rule, when you bind up an arm to raise a vein, take that vein which rises best. From half a pint to three half pints, is a suitable portion of blood to take from a grown person at a time: and that ought to vary according to the strength and circumstances of the person.

3. When to bleed, I think a matter of singu-

lar importance—Generally, it will be safe to bleed in all cases of plethora and irritation; then expect the countenance fresh and the pulse high. If then the patient has pain and distress any where in the body, especially in the breast, you may let blood, and it will likely be to considerable advantage. Young men, they say, should be bled, if they are healthy, once or twice at about 20 or 21 years old; and women, if strong enough, about the turn of life, at the age of 40 or 45. Pregnant women, if strong and hardy enough, are recommended to be bled about the third, the fifth and the ninth months; and near to delivery, when their labor is like to be tedious.

4. When not to bleed, is a matter of still more importance for us to know than the former, if it be possible—I advise generally not to bleed in the cases of weakness, debility and languor; then the pulse will be low, the countenance pale, and bleeding will always then reduce the patient and make him more weak, and sometimes, I believe, will be the occasion of inevitable death.

No. 73.

For the Dew-worm, or child's sore head.

Take one spoonful of tar, one spoonful of the scraping of a copper kettle, black pepper and brimstone, of each a teaspoonful, and tallow the size of a hen's egg; put all in one pint of spirits, and simmer them together over a fire to an ointment. Anoint the child's head once a-day until it is well, and let him wear the same cap.

No. 74.

Ointment for the Piles.

To prepare—Take elder roots, hearts of plantain, of burdock, of mullein, mallows, catnip and motherwort, a handful of each; to be stewed in one pound of fresh butter—with this the patient is frequently to grease himself. See No. 14.

Note—No. 73 and No. 74 are old Dutch receipts, that have often been proved.

No. 75.

For a person breaking out with Boils.

Take elder stalks one year old, cut them in chunks, split them open, and fill a pint mug or vessel with them, and put on cold water to stand all night; let the person drink half a pint of the water in the morning. Renew and drink three mornings successively. This little course will so purge and cool the blood, as to prevent their rising any more.

Boils are generally thought to be a sign of health, but they are so sore, that you will wish to prevent them, if you can. When a boil first appears, it commonly has a little white head with a small drop of matter in it; if then you will pierce it, a little lower than the skin, and squeeze out a drop of black blood from the bottom, it will die away and hurt you more. But sometimes boils rise in great abundance, and I have heard of some instances of their taking life. Prevent them then, in time, if you can.

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No. 76.

The cure of bilious, typhous or nervous fevers may be attempted in the following manner:

1. Give No. 1, to move the bile; this is preferable to any thing else, I believe, to lay the foundation of a cure, as it will brace the stomach (the common ipecacuanha may answer) and fit it to receive the following.

2. As soon as the puking has ceased a little, give No. 25, and continue this according to the prescription, until the patient is quite well.

3. Keep No. 26 in readiness, and if any thing of the flatulent or colic kind is perceived, give it freely according to the prescription, until that is overcome; No. 25 and No. 26 may both be used together, and I believe they will always be found sufficient to carry off the remaining bile, and they will give ease and sleep; but the patient should take, as soon as he can, the coffee directed in No. 46, and proceed to other nourishment as the stomach will take it: this commonly finishes the cure.

3. When an obstinate hickup has taken place, I have dissolved three or four pills, No. 26, in a spoonful of hot water, and given it; and continued to repeat it while there was occasion. Perhaps No. 16 in tea would do as well, or better.

4. At the beginning, if there is extreme pain in the head, take a little blood from the forehead, as mentioned in No. 72, but the quantity ought to be according to the strength of the patient; and blood in like manner may be taken from the arm, in case of extreme pain or distress in the breast.

5. If coldness of the extremities remain after the operation of the emetic, give No. 24. I have found the needed, tho' despaired of, assistance from this. I have by this course recovered persons who had been vomiting several days (as long as ten) and have found them recover, when even dying symptoms were upon them. I have tried to excuse persons who have been long and hard vomiting, from taking No. 1, but have found it impracticable. These hard cases I have succeeded in, when their physicians have abandoned them. See preface.

6. Every body should know, that a passage should be procured, in a fever, thro' the draught; but after the puke, if need be, it will be best to procure a passage by injections.

7. If the fever does not yield to the above applications in two or three days, give the sweat No. 39; and always try to keep up the perspiration by a plentiful drinking of some suitable herb or root tea, such as No. 9, 10 or 12, or sage tea.

It matters little what you call the disease—remittent, camp, bilious, nervous, typhus, yellow fever or sick stomach;* all will yield to the above directed process, or I am mistaken—the commission of death only excepted.

* The yellow fever and the sick stomach I take to be the same disease; their difference being chiefly in external circumstances. But they are both, properly speaking, the bilious fever.

No. 77.

*For a swelling of the belly and legs after a fever,
or by taking a cold.*

Take a pint of mustard seed, ground or pounded, and a double handful of horse radish roots, scraped or shredded; steep them in half a gallon of stale cider, in a jug, and shake it often. After 24 hours begin with half a gill per dose, or what the stomach can bear; take it in the morning, and always before meals thro' the day, till you are relieved; and continue to take some at times.

If hot pimples or boils break out on the skin, wash them with a decoction of maple bark.

This has been found a very successful remedy in the southern states.

If cider cannot be had, this medicine may be prepared with vinegar, reduced, sweetened, &c. like No. 50.

No. 78.

*The Hydrops, a cure for the Hydrophobia, or
bite of a mad dog.*

A certain herb is now known, and cultivated in gardens, that from the best information is an effectual remedy for this most alarming and awful disorder.

This herb I call hydrops, but by some of the Germans it is called huner dorm (or alsine, latin) and from among them it came into use. But from a Dutch herbal, the herb by that name appears to be another thing—that has a yellow blossom, this a beautiful pink red; that lives

thro' the winter, this dies with the frost, and comes up from the seed in the spring.

The hydrops is a small running vine, a little resembling the madder; its stalk or vine is four square, having two leaves at a joint, one on each side, and the next leaves are transverse; a grown leaf is about three-quarters of an inch in length, a beautiful oval, without notches or roughness any where; the under side of the leaf is thickly speckled with brown or dun-colored spots, not much larger than the prick of a pin; on the set of the leaf, joining the stalk, are sprouts, some becoming roots, some new vines, and some the beautiful lilly, which begins to show its red leaf when near the size of a grain of wheat, supported by a little round stem about an inch and a half from the stalk; the bud or heart abounds with these little transverse leaves, closely crouded.

These vines put out thick in every direction, creeping on the ground and taking root at the distance of a foot or two from the first root; and when it has once gone to seed, it will come again the next year without sowing.

The tradition or saying is, that this herb ought to be gathered on the longest day in the year, in the forenoon; but I believe this is only a foible, for it must be like other herbs, best when in its bloom and greatest perfection. The Dutch herbal directs to gather the huner dorm when the sign is in the twins, or breast; and they may do that who please, I dare say it will do.

However, the old lady, mother Cints, in whose garden I found the herb, and who gave me the most correct account, which she states from cer-

tain facts with which she was acquainted, says *it will do to take it green out of the garden, at any time, and make a tea of it,* and it will cure the bite of the mad dog.

The manner in which the hydrops was directed to be given by father Miller, is to have it dried and powdered, and to put as much of the powder as will lie on a quarter of a dollar, on a piece of bread and butter, and let the person or creature eat it; and let this be done three days successively. (But we may know that a cow or a horse may take ten times as much as a man.) It is advisable to lose no time in giving it.

In this manner a family with whom I am acquainted, made a fair and successful proof of it. A boy and a dog or two took the powdered herb, and continued well; while some other creatures, bitten at the same time, underwent the awful agony and died.

The efficacy of this herb, in curing the bite of the mad dog, is asserted by so many, that no doubt of it can remain. It has been published in the public news, and in a Dutch almanac, but I have not had the advantage of either of them to assist me in this prescription. This is the cure mentioned in the preface.

My acquaintance with the hydrops is too small to enable me to judge much of its virtues, or of its general operation. But I make no doubt that it possesses the most rare qualities. Probably it may be found an antispasmodic of the most salutary kind. I think it may safely be tried in mania or derangement, epilepsy, cramp, hysterics, &c. and the quantities, times and manner of giving, may vary at discretion.

No. 79.

For a diarrhœa, or looseness of the belly.

The following has been found peculiarly efficacious, when other means have generally failed:

Take the yard or pizzle of a buck (get it saved and dried by a deer hunter) reduce it to powder, put a spoonful of the powder in a bottle with a pint of spirits; take this solution in small quantities, every hour, till relief is obtained; say from a teaspoonful to two tablespoonfuls, as the case may require.

This I remember to have heard, was used in camp, in the old Canada war with the French, when the complaint was very common, and had carried off many; but when this was applied, it was found a speedy and certain cure.

I have known this kept as a family medicine, and given with success to both man and beast.

No. 80.

For a stranguary, or depression of urine.

When a person would make water, but cannot, but with pain and difficulty, from whatever occasion, the following may be tried:

Make a tea of the slippery elm, buds or bark, or lyn buds or bark, either may be used; the tea must be plentifully drank and continued till the patient is well, less or more. Small doses of nitre and camphor, are the usual remedies; but the above tea is perhaps preferable, and the others may be resorted to if it fails.

No. 81.

For the diabetes, or an excess of urine.

I have found a coffee made of flaxseed, and used as a constant drink, of singular benefit.

No. 82.

For a person struck with the Dead Palsy

the following advice may be highly important :

Get good spirits of any kind, such as Jamaica spirits, brandy, gin or whisky, it is not material which, but the first has been oftenest tried ; wet with the spirits the hand, arm, foot and leg, and the whole affected side, three times a-day, and rub the most numb and affected part with a woolen cloth ; continue the application for two or three weeks, or until a recovery takes place.

This application has been several times tried, that I know of. I hear of it in New-Jersey, in several instances, more than twenty years ago ; but never had an opportunity, till since the present copy of this work was written, to see the proof of it under my own notice, and this was with success.

No. 83.

To expel Worms by external application.

Take beef gall and rue juice, equal quantities if green, and a like proportion of the gall and a decoction of the dried rue ; stew them together till you can spread a plaster with it. Then

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apply a plaster about three inches square on the pit of the stomach, and expect in the space of forty-eight hours the worms to be expelled; some gentle purge should be given, about the second day, to carry them off.

This application has succeeded, when many others have been tried without the wished for relief.

No. 84.

The cure of Fevers by external application

may be attempted by preparing the slippery elm bark, to make a poultice (that is by stripping, scraping or pounding it in a mortar, and then working it to a slimy mass with a little water) this may be put into a small bag prepared for the purpose, and laid a little warm to the belly of the person in a fever. This poultice should be removed, and a new one applied pretty often, for it will soon become infected and loathsome. This application has succeeded in obstinate fevers, when internal medicine was apparently useless.

No. 85.

*The virtue and right use of the Yellow Springs,
or chalybeate waters,*

I am persuaded would be of special service to be known. The following are my ideas:

Those waters that are well impregnated with *iron-mine*, possess medical properties of the most healthful and restorative kind; which for safety and efficacy exceed all other medicine.

They answer, 1. To recruit the oxygen in the blood (see No. 44 in the note) *No. 44 may be joined with the use of this water, perhaps to a considerable advantage.*

2. To strengthen the stomach, and the system in general; and to give a good appetite for, and digestion of food. It will sometimes raise a person, when any other means would be worse than none.

3. Female weaknesses and rheumatic complaints may be frequently relieved by a moderate, but plentiful drinking, and prudent bathing.

4. Consumptive persons may be cured by these waters, when other means would fail.*

5. Those families who live by, and drink this kind of water, are peculiarly healthy (to an individual) in every part of America.

But observe for the diseased, 1. There should be a copious drinking of the water for a considerable time, perhaps for three or four months together; and drinking will frequently answer all purposes, without bathing.

2. Bathing should be quickly performed, and the body should be covered and got warm as

* There are sulphur springs in America; they have a yellow spew, but smell and taste like gunpowder, the drinking of which is noted for hurrying off consumptive people. The warm springs in Bath county, Virginia, and those on French Broad river, North Carolina, have the same character.

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soon as possible; once in 24 hours is enough—oftener will do more hurt than good, especially if they take cold, and that a person bathing is sure to do, if not soon got warm.

3. No person should take the cold bath when heated by walking or work; the morning is generally the best time.

4. It may be noticed as an invariable maxim, that whoever takes the cold bath (sick or well) and can get quickly warm, will be benefitted by it.

These waters, if good, are covered with a blue scum, where they stand, and do not run off immediately; and are frequently very cold—they cover wood and stones (that they run over) with a deep yellow paint, like what is commonly called copperas color.

The Yellow Spring, in Green county, Ohio, has emitted a spew like the above, that has formed a vast heap of paint, like iron rust or Spanish brown: and the water is conceived to be of the first rate medical quality. Also, there are many other springs in the state of Ohio of the like virtue, and doubtless in many other places in America.

Commonly when a person takes a good potion of this water, in a little time (perhaps in half an hour) his urine will become as clear as the water he drank, and he finds himself cool and lively in his feelings.

Persons should drink this water, not because they are thirsty, but because they will drink it.

Tho' the taste of this water is disgusting to some at first, a little use brings it to be altogether

agreeable. The quantity to be drank at a time, may vary from half a pint to a quart, as the stomach can receive it; but some drink two quarts. It should be drank some time before meals (say half an hour;) mostly after a light draught, the stomach throws or gulps up a little wind; the person then may drink copiously afterwards, and all will lie easy: but if the wind is not thrown up, it causes to vomit. But a few trials, and a little use, will make it perfectly agreeable to every one.

The water is never counted good, when kept long from the fountain.

THE END.

[The following Numbers, additions and alterations have been collected and written since the book was put to press, and a considerable part of them bound.]

NO. 86.

Vaccine Inoculation

Is now fully established to be an antidote against the small-pox.

This was discovered and introduced about the beginning of the present century, (i. e. the 19th) by some Doctors in England, who transmitted it to America.

It has now been practised with, for about 12 years, to general satisfaction, and patronised by two of the honorable presidents of the United States of America, Jefferson and Madison.

The history, as near as I recollect, is as follows: Certain Milk-Maids, in England, being inoculated with the small-pox, it was found that the small-pox could not be communicated to them; and when the reason was sought, it was conceived that the said Milk-Maids had taken an infection from the Cow's bags or teats, on their hands, which had brought blisters and sores on them; and that in the instances where this had taken place, the small-pox could not be communicated.

* The Cows are said to have had such watery blisters, terminating in a scab, on their bags and teats; and it was from these blisters, found upon the cows in England, that the vaccine inoculation was begun; and for this reason it was called the Cow-pox or Kine-pox.

Now the process I would advise:

1. Take the watery slime, at about the 6th or 8th day, from the arm of a healthy person who has been inoculated, while the blister is still in its clear state; for when it becomes yellow, it will be uncertain to give the infection.

2. Raise the cutis, or grain of the skin, about two inches above the knuckle bone of the wrist, with a lan-

* Whether Cows in America have ever such watery blisters and scabs, I am not able to assert:—But I have heard that a cow was inoculated with the small-pox, and she had the disease fairly. Matter was taken from her and tried (at least on one person) but it was found to be the small-pox still, in all its inveteracy. This was done in the state of Ohio.

set or needle, into a little eup, so deep that the water will just rise in it; then introduce a small drop of the above, such as you can carry on the point of your lancet or needle, into the raised cup—and cover the inoculated cup, with a little lint or clean cotton, touched with spittle, or the white of an egg, to make it stick.

3. In a few hours the lint may be removed from the arm; and if the infection has taken, it will show a little inflammation in 48 hours. All excesses in eating, drinking and exercise should be avoided, as the system will be thoroly affected; and frequently the person will experience, chills and a slight fever—and kernels in their groins and under their arms—and you may expect the sore on the arm to be considerable.

The reason why I would prefer the wrist to the upper part of the arm, is because I think it a more favorable place to keep cool, and wash frequently with a rag dipped in cold water, which should be carefully attended to, during the first stages of the rising of the blister, and inflammation; and if you must have a sore arm it is better to have it there.

If you have to carry the infection any distance or time, I would advise to carry it on a cotton thread, absorbed full of the vaccine water, dried moderately before the fire, and dropped into a phial—This may be cut to pieces, and moistened with spittle on a bit of glass or earthen, and the bigness of half a pin's head will do to inoculate a person.

If you wish to preserve the infection for a considerable time, you may save the first scab, taken off as soon as the watery state subsides. Seal it in a phial, and it will answer for years, to begin this inoculation.

We have to say, in favor of this vaccine inoculation, that no one ever catches the infection otherwise than by being inoculated; and we have heard of no one's death being occasioned by it, young or old: but the small-pox inoculation carries off many.

If this inoculation should be still attended to, the rising generation will scarce ever see the truly deplorable and affecting scene of persons dying, or torn to pie-

ces with the small-pox, which every human creature is exposed to, if not secured from it by vaccine inoculation.

NO. 87.*Tincture of Cantharides.*

To prepare—Take half an ounce of cantharides, (or Spanish flies) pulverise them and put them in a bottle with half a pint of spirits, shake them together a sufficient time, then strain out what you want for present use, thro' a fine rag, two or three double.

The particular use of this medicine is to remove, in females, that obstruction usually occasioned by catching cold, frequently so fatal to women, (i. e. obstructed menses.)

I would advise to have this in readiness; and after trying No. 27 or No. 44, to recruit the system if possible and prepare good blood, for 5 or 6 days, then give this tincture.

Begin by dropping three drops in a little water (say a wine glass full) let her drink it, and repeat the doses three times a day, adding one drop more in every potion, until a stranguary takes place, or the wished for fluor; then stop, and attend to the remedy for the stranguary, No. 80.

Then rest from this 4 or 5 days, and in this time give one of the chalybeates above mentioned; then give the tincture again, beginning with the number of drops which you last gave, three times a day, till one or the other of the before-mentioned succeeds; then stop and proceed as above directed. If the end is not answered by the second effort, try the third; but I think, commonly speaking, you need not rise above 15 or 20 drops at a dose.

This course commonly speaking, gives no disturbance, and will be found a safe and easy process, and very sure to succeed, if such a thing be possible—it being one of the gentle attempts to be made in the stimulant

course, and will frequently be the cure of fits, approaching consumption, &c.

The fluor, once obtained, will commonly regulate itself: at least with the assistance of No. 8.—But in the cases, so critical and delicate, I advise, that the patient be under the notice of a skilful physician, if such can be had.

NO. 88.

To prevent or counteract a mortification.

Prepare the following: Take brimstone and allum, equal quantities (say the size of a thimble) put them both in a scale and balance them with gun-powder; then pulverise them separately, and mix them well together. Take of this mixture, as much as can lie on a quarter of a dollar, make it into a potion, with vinegar and water (say half a gill) for a grown person; and in proportion, for a child. Let the patient drink it without delay. Its first effect, commonly, is a chilly fit or shivering, which is to be esteemed a good symptom of its success. The like potion may be repeated daily, till taken three times which is commonly enough. It usually will bring the patient into a good state of perspiration; but its peculiar intention is to move and loosen all obstructions thro' the system. The good effect will commonly soon appear in the tumor or wound, or affected part of the body, where the mortification is feared, or may be begun; and will greatly assist external applications to save life, if it be possible. For external application, apply No. 7 or No. 14, if convenient; but a decoction of dogwood and sassefras roots, to wash and poltice with, is very good.

I have applied this mixture for an obstinate cold, as we call it, when the lungs could not be relieved by raising or coughing up any thing, and I found it to have a speedy and happy effect.

I was favored with this medicine by Dr. Geo. Foulk, a German.

NO. 89.

For persons lean and poor in flesh,

I would advise the following: Take a teaspoonfull of sugar, and just whiskey or spirits enough to dissolve it and make it swim, (say a tablespoonfull) infuse them together, and let the poor person drink it of a morning and eat something in about 10 minutes; but drink no more spirits thro' the 24 hours.

Try this every morning, for two or three weeks. This I conceive will increase the quantity of chyle in the stomach, and recruit the blood, and nourish all the exterior of the body in a special manner.

These ideas I have formed from what took place by two of my acquaintance making use of the sugar and whiskey as above; and from being very spare and poor in flesh, as was their common habit, they became very healthy, stout, robust, and fleshy enough; and I think they may be a good example for others.

NO. 90.

The Silver Root

Is famous, as a poltice, to relieve rheumatic pains, when seated in a knee, shoulder, &c.

This root may be known by its small stem, about two feet high, strung towards the top with blue blossoms. It grows in marshy places, and on sandy banks of creeks, where the freshes have washed. The roots, when digged or pulled up, are white as silver, from whence it has its name—are small, and grow from their stool in every direction. They taste aromatic, but not severe. They should be pounded and applied. I have tried this but a few times. They succeed beyond expectation; and its character is that of an absolute cure.

[The following is intended, in any future edition, to be inserted instead of the No. 18, in page 40 of this book.]

NO. 18.

The Back-ache root

Grows frequently in dry prairies and glady barrens, in the western country and state of Ohio; and I believe it may be cultivated from the seed.

It is called *back-ache root*, from its special use for that complaint (the back-ache.)

It is also frequently called *colic-root*, because it is a known cure for the colic. But its more ancient name has been *The Devils Bitt*.

The top is a round weed, from two to five feet high, having no branches at all, but thickly strung with long scattered leaves. About one fourth of the stalk from the top point, is covered, in the summer, with purple blossoms growing out of the stalk like the mullen; but the stalk is not much bigger than a pipe stem, and seems as if it grew always in a bunch of grass, which grass indeed is the leaves of the root.

The root itself is a lump or knob of irregular form, and various in shape and size; its taste is mild, resembling the taste of allocompain, or a pine bud, or both.

The properties of this root I conceive are special, being a mild aromatic, yet a powerful stimulus; answering generally as an antispasmodic, and may be found useful in all the nervous disorders.

In using the Back-ache root, observe,

1. A chew of this root is a quick relief for the tooth-ache.
2. By chewing this root, persons have been cured of the colic and finally of the habit, or return of it.
3. *The Croup or bold Hives*, have been speedily cured by drinking a decoction of this root, making the same root into a poltice, and laying it warm to the pit of the stomach. The decoction should be given, as liberally as possible, till the child gets relief.
4. I have found the decoction of this root, a speedy remedy for the head-ache.
5. The back-ache has been cured by this root, and in

one instance, it was taken in bitters, chewed, and in decoction, so that a man took as much as six pounds of the root in nine days, but had his back cured, with which he had been a cripple for some years.

6. I have experienced myself, great relief in a chronic rheumatism, by only taking it in liquor as bitters.

7. From the foregoing facts, I am encouraged to think, that a decoction of this root will likely cause the intermission of a fever, and may perhaps become a general cure for fevers; but a purge, or vomit, should be given before it.

8. It merits a trial in hysteric, and hypochondriac complaints, and in all cramps, spasms, epileptic and convulsion fits, and to prevent the return of the apoplexy, that king of terrors.

Observe—That the using of this root has never been known to issue in indirect debility. It never occasions vomiting or purging, nor a flow of urine, sweat, or saliva; nor does it occasion sleep or stupor, like opium; but the patient sits easy as to all these, tho using this pungent root most liberally.

If these ideas should be justified, when put to a sufficient further proof, this root must be placed in the first rank of simples, of all the materia medica; and I should not hesitate to conclude the entire propriety of these remarks, was it not that I remember to have heard, fifty years ago, that it was a root of excellent virtues; and we may wonder why those virtues have not brought it into use, more generally ere now. But, why should we wonder when so small a portion of the riches of the field of nature is yet discovered?

ADDITIONS AND ALTERATIONS.

Page xxi, instead of the second paragraph of chapter iii, read—It would surprise you to see this floating all over you, in a state of good health, like water over a piece of watered meadow, and a steam flying from you in every direction, like your breath in a frosty morning, which you might discover by a good microscope.

To be added to the introduction, page xxii.

Before I quit my introduction, I wish to lay down two general rules in taking medicine.

1. If the patient has ever received special relief from any one medicine, try that again in almost any complaint, for that person.

2. Never trust to one medicine alone, where the complaint is severe or obstinate; but give the first aid by the next best that you can get.—Two men with handspikes, may roll a log that one cannot.

Page 69, line 13, add—New-born infants, strangled in the birth, may frequently be restored to life by the like process.

Page 77, at the end of No. 61—Note, if it be true that cancers and wens are occasioned by the residence of a family of worms, we may be pretty sure of the success of this preparation, if duly applied. A tincture made of No. 19, and applied as above, would likely succeed. If there be a running sore, dress it with the bark of the common Red-root made into a powder, and cover as far as you have annointed round, with some kind of plaster to keep out the air, and dress twice a day.

Page 90, at the end of article 3, 21st line from the top, add the following: Give No. 2 every other day as long as the fever continues. If the distress is great, give it in the fever. I have found the distress abate immediately.

ERRATA.

Page vi, 1st and 18th lines, for "*Leotrill*," read *Lectrill*.

Page xxii, 4th line, for "lap" read *lar*.

Page 44, last line, for "third," read *thirst*.

do. 89, 4th line, from the bottom, for "hurt you more," read, *hurt you no more*.

Page 46, 3d line No. 27, for "two anvil scales," read *two ounces anvil scales*.

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