

THE INDIAN
Household Medicine Guide

SECOND EDITION.



By J. I. LIGHTHALL,

THE GREAT INDIAN MEDICINE MAN.

PEORIA, ILL.:
1883.

P R E F A C E .

THE design of this work is to profit the many thousand persons that are suffering from chronic diseases. I presume that every man, woman and child, farmer, mechanic and day laborer, as well as professional men, have a right to acquire all the knowledge it is in their power to grasp. This book is calculated for the many that are not able to obtain the important and essential medical knowledge that is necessary for the perpetuation of health, longevity, wealth, and happiness, by purchasing the regular medical text books of our classical colleges, as well as those who live in the palace and take pleasure in the barouche and phaeton. It is to teach the humble and poor, the farmer and mechanic, the merchant and his clerk, that God, in his infinite wisdom, has created and grown an herb with medicinal properties to prove a balm to every ailment that the human organization is heir to. My object is also to teach the many that a large number of these valuable herbs, roots, barks, leaves and flowers, grow within the immediate reach of those who may be unfortunate enough to need them to heal their ailments. Every person's physical organization is his own, and he has a right to understand it, and most especially hygiene and Nature's remedies that will relieve and heal all afflictions, or at least a great many of them, or the great majority of them. It is admitted by

all of our classical medical men, that the great masses of the people know too little about themselves and remedies that grow in their yards, gardens, and woodlands. In this work it is the author's object to acquaint the people with an important and valuable knowledge of the medical action of a great many of our most common herbs, roots, barks, flowers, and leaves, so that they may be enabled to gather them in the proper season, and cure them by the proper process, so that they may have and retain all of their original pure medicinal virtues, and so that they can well understand how to make their own gatherings into safe, reliable, and efficient infusions, decoctions, and tinctures; their dose, and how to administer; when and what for. Knowledge is power, and he who seeks it is wise, and he who neglects it does so to his own sorrow and detriment. Hippocrates, who is admitted by the medical profession to be the father of medicine, says: "All men ought to be acquainted with the medical art." I have written this work with the belief that the people in general are ready to receive such knowledge, and will be thankful for and profit by it.

J. I. LIGHTHALL,
Indian Medicine Man.

SKETCH OF
J. I. LIGHTHALL'S LIFE.

J. I. Lighthall was born the 19th of January, in the year 1856, in Indiantown, or Tiskilwa, Bureau County, Illinois, where he received instructions, morally and educationally, until he arrived at the age of eleven years, when he left home with a youthful ambition to try his fortune in the west. He went to Kansas and the Indian Territory, where he formed a warm attachment for the Indians, and learned their ways and habits of life. It was a marked feature in his nature, from his infancy up, to be a close observer of Nature in reference to the vegetable kingdom. When but a boy he loved flowers, and wondered what kind of roots they had, and what they were good for; which indicated a natural gift for botany and the herbal kingdom, and when thrown among the Indians his mind was at once diverted by the Indian doctors, from the fact that they were all the time gathering roots, barks, leaves and flowers; consequently he would go with them into the mountains, hills, prairies, and wood-

lands, and assist them in gathering Nature's remedies and manufacturing them into Indian remedies. He at once observed the fact that the Indian doctors never injured their patients with their innocent remedies, and that they soon recovered without aching bones or a salivated mouth. From this fact he became strongly impressed with the fact that what was good for an Indian certainly was good for a white man, and that it was a duty he owed to civilization to introduce or bring before it the Indian Herbal Theory. Being conscientiously impressed with this fact, he at once began to more thoroughly fit his mind with Indian medical knowledge, and acquaint himself with the roots, flowers, barks, leaves and herbs, from which their medicines are made. To acquire this knowledge took a long time. He was thirteen years in all, gathering his knowledge as time and opportunity would permit him. He, being limited in his means, had to make his livelihood by daily manual labor, while he was, at every opportunity, storing up this knowledge in his mind. He left the sections of country above named and went to Wyoming territory, and from thence to other places in the west, until finally he reached Minnesota with a herd of Indian ponies, there falling in company with a celebrated physician by the name of Dr. Neff, who, upon ascertaining the fact that J. I. Lighthall had studied and well learned the Indian theory of medicine, and had been in Kansas,

Indian Territory, Wyoming, and other places of note in the western country, said to him while on a tour of digging ginseng: "Mr. Lighthall you are a botanist, and understand the medical properties of herbs so well, if you will bring them before the people you will do a great many sufferers good and cure them." Taking courage from this physician, he put his knowledge into effect, first by selling his Spanish Oil, or King of Pain, Blood Purifier, Dentifrice, and Indian Hair Tonic, afterwards treating all chronic diseases according to the Indian theory, by which he has cured thousands of cases, and still extends a medical hand of help to all sufferers who may have faith and confidence in God's remedies, that grow in our fields surrounding us, our gardens and our yards. He, knowing that there is a reality in these valuable remedies, has deemed it his duty to his fellow sufferers to publish a work called "The Indian Household Medicine Guide," which he is confident is calculated to accomplish good, and do no harm. The object of the author is to give each one the opportunity of learning how to care for his own system, and rectifying the wrongs that may assail it with harmless remedies, that will do good, and never harm when taken according to directions.

A balm is hidden in the leaf,
That God has given for relief.
The Indians of the Western plains
Have found that they will cure our pains.

So now the author does extend
A helping hand, an honest friend.
He'll cure your aches, relieve your pain,
If you will buy his King of Pain.
It's made of barks, and oils, and leaves,
And seldom ever man deceives.
It never fails to satisfy,
And on it, friends, you can rely.

J. I. Lighthall is one-eighth Indian, his father being one-fourth of Wyandot descent. History will remind you of the fact that there was a war once between the Wyandots and Senecas, originating from the fact that there was once a beautiful squaw, who attracted the attention of the young warriors. Many paid their devotions but failed to find favor. At last a fine-looking young chieftain, who was fair to look upon, gained her favor, and told her that whatever her request might be he would grant it. Her request was that he should bring her the scalp of a young chieftain of the opposite tribe. This he did, for it is a trait of Indian character to keep their word, and do just what they say they will, and this caused the two tribes to war for twenty years.

Unkind words, and acts, and deeds,
To war and bloodshed often leads.
Gigantic oaks from acorns grow,
And wicked acts bring weal and woe.
This war, it sent beneath the sod
Proud warriors with their bow and rod.
The act of one unthoughtful man
Will cause a nation's scowl and scan.

Anatomy.

Human anatomy describes the organization and construction of the human body, and how it is put together: how the bones are held together by ligaments, aponeurotic bands, and muscles. It tells the shape of the bones, the number, and how they are made, and what they are made of. It names each organ, and describes the construction of each particular department of it. It numbers the bones, the muscles, nerves, arteries, ligaments, veins, and all that is found by the dissection of the dead body.

Every man should know enough about his own body in reference as to how it is made, and the functions or actions of the essential or principal organs, to care properly for himself, and protect himself or body from a great many poisons and surroundings that cause disease, pain, sorrow, suffering and death. Knowing this to be an essential fact, I feel that it is a duty that I owe to my fellow man, or humanity in general, to embody in this work a few important and essential anatomical ideas that are useful for man, woman and child to know.

The human skeleton is composed of 208 bones, the teeth not included, and these bones are controlled by 600 muscles, and through these bones and muscles, nerves, arteries, veins, and capillaries are very numerous distributed. There are 32 teeth in the grown person, with which we masticate,

or chew, or grind our food. These teeth are coated with a material called enamel, which, when once injured by improper habits, will never renew itself again. The teeth are not like bones. Bones, when broken, if held in position, will grow together again, solid and firm as before breaking. But not so with the teeth, which, when once injured, are, like a pane of glass, destroyed for ever. Now there are ninety-nine out of every hundred of my readers know this statement to be a fact by actual experience. Boys destroy their teeth when quite young by crushing hickory-nuts, almonds, cream nuts and pieces of ice. Cold causes sudden contraction; heat sudden expansion. The white pearly substance which covers that portion of the tooth which projects above the gum, called enamel, is admitted by all in the profession of medicine, most especially the chemical and dental professions, to be extremely susceptible to these two extremes, namely cold and heat; consequently ice, ice water, ice lemonade or any thing or substance near the same temperature, should never, during health, be put in the mouth, which everybody knows is practiced or indulged in every day by hale and hearty persons; and just so soon as such substances come in contact with the teeth, they being about $98\frac{1}{2}$ degrees of heat, the ice, or whatever it may be, being about 32 degrees, causes a sudden contraction of the enamel, causing it to contract to that degree that it

cracks the enamel, and decay follows. Parents should caution their children about cracking nuts, and chewing ice, and drinking hot tea and coffee. I have known men that have been free from all such indiscretions during their life, that had their full set of teeth, thirty-two in number, free from all decay. The Indians have no need of a dentist, from the fact they do not drink hot tea and coffee. The Indian doctor has no steel forceps to crush the gum and jaw-bone, in order to extract an injured tooth, from which injury it has decayed. Their dentist is simply the strict observation of the laws of nature. If a man cuts his finger a scar will be the final result; if a man violates the laws of nature, and causes the enamel of his teeth to be cracked, or cut, the result is a scar in the form of a tooth ache, toothless gums, or false teeth. The teeth are especially intended for the mastication of food, or in words more plain, for the grinding of the food in order that the fluids of the stomach may have free access to every portion of it when it enters the stomach. When a person is eating a common meal, the salivary glands excrete eight ounces of saliva, which mingles with the food and has a special chemical property, and one special mission to perform outside of a chemical action, and that is, to oil or lubricate the bolus of food, that it may pass down the esophagus or tube that leads from the mouth to the stomach. The stomach is an organ just be-

neath the lower tip of the breast bone, and hangs in the shape of a half moon, with the convex surface down when not filled with food; but upon being filled with a meal of food or victuals, it turns upside down and commences to contract or relax, or, in other words, churn up the food so it is in a soft pulpy form, and at the same time mingles the gastric juice with it, which chemically separates the dross from the nutritious portion so that it may be absorbed by the little lacteals, the same as a leech sucks up blood. Hence you see how the many abuse their stomachs ignorantly, by eating and drinking between meals, which obstructs and prevents the process of digestion, and ultimately causes dyspepsia. The North American Indians were never known to be afflicted with dyspepsia, simply from the fact that their habits of eating and character of food were in accordance with the laws of nature. They never drink hot coffee, tea, whisky, wine, beer, pound cake, or pudding; but they live on plain diet, and the result is they never have dyspepsia, cancer of the stomach, and thousands of ailments that civilization is heir to and afflicted with.

The first portion of the bowels that leads from the stomach is called the duodenum. About two inches from where it connects with the stomach the bile from the liver and pancreatic fluid are emptied. These two fluids serve the purpose of converting the fatty portion of the food we eat into a saponified

condition—that is, a soapy condition; both of the fluids being of an alkaline nature, and coming in contact with fat, the same chemical process occurs as does when common lye from ashes comes in contact with grease or fat in the soap kettle; and when the fatty portion of our food is thus saponified, it is ready for the lacteals of the bowels to absorb or suck up. When the nutritious portion of our food is thus absorbed it is carried into what is called the thoracic duct, which is a tube about the size of a crow's quill running up the spinal column. This tube is the medium through which our bodies receive our entire physical support. The nutrition which is absorbed by the lacteals and carried into this tube is called chyle; before it leaves the stomach it is called chyme. When it enters the thoracic duct, it is carried by it into the left subclavian vein, where it becomes blood, and is carried by the circulation to all the tissues of the body, to strengthen, support, and renew them.

The second section of the bowels, or that part which follows the duodenum, or the first section of the small bowels, is called the jejunum. The third section, following the jejunum, is the illium. At the end of this section there is what is called the illeocœcal valve, or the entrance from the small bowel into the large one, which is called the ascending colon. This section runs upon the right side of the abdomen until it comes to the ribs and liver,

and then turns squarely to the opposite side, running just beneath the stomach and spleen. This is called, in anatomy, the transverse colon. After reaching the left side it turns squarely down the left side. This section is called the descending colon. After it reaches the margin of the hips, or in medical terms, the crest of the ilium, it becomes pouched like a Scottish bagpipe, which is called the sigmoid flexure. Following this is what is called the rectum, the last portion, and the outlet of the alimentary canal. At the outlet, which is called the anus, there are muscles called sphincter or circular muscles, which serve as a gate to the bowels, and when the rectum becomes loaded with the drossy portion of that which we eat, or food, there is a pressure produced against these muscles, and a nerve sensation produced, which apprizes the individual of the fact that nature calls him to stool. Now the mouth, stomach, throat, and entire tract of the bowels, are lined with what is called a mucous membrane, and this membrane is netted with millions of little veins and capillaries. The veins in the lower portion of the rectum are called hemorrhoidal veins. Now when a great many persons become constipated or costive, the circulation of the blood is checked or obstructed, and then these hemorrhoidal veins become full and engorged with blood, and pouch out the mucous membrane in lumps or rolls, and they become inflamed and painful. This condition of

INDIAN HOUSEHOLD MEDICINE GUIDE.

the rectum is what is called piles. The Indian method for the cure of piles is a certainty, if the party so afflicted conforms to the directions.

The human body has three sets of nerves in it, sensory, motor, and sympathetic. The sensory nerves are those nerves that feel all pain and carry it to the brain and nerve centers for recognition. The motor nerves are nerves by which we control and move our muscles. The sympathetic nerves are nerves that govern nutrition. Our brain is locked up in a bony box of eight bones. It has two sections, the cerebrum, which means the large brain, and the cerebellum, which means the small brain. These lay in folds called convolutions. It is the dwelling place of intellect and the throne of life. The human body is covered with an integument called skin. It is composed of four layers, and has seven millions pores, which, if they were stretched out in one line, would measure twenty-eight miles in length, and there is more deleterious matter and poison eliminated or thrown off from the body by the skin than any other eliminator known in the human organization. The skin has two sets of glands, namely, sudoriferous and sebaceous. The sudoriferous glands are what are called the sweat glands; the sebaceous are glands that excrete an oily substance, to keep the skin soft, silky, and pliable. Any person can readily ascertain this fact by squeezing the nose, when they will see a white, oily

substance come from the pores. We have hair on our heads to protect the scalp and brain; we have eye-brows to act as eave troughs to lead the sweat from the eyes. We are told by Divine history that "man shall earn his bread by the sweat of his brow." The eye-brows do not sweat, but simply lead the sweat of the forehead from the eyes. We have eye-winkers, which are sentinels standing on guard to protect the eye from any foreign substance or material that may come in contact with the eyes and injure them. For instance, when a bee flies against the eye to sting you, he first strikes the winkers, and your eye-lids shut, and the delicate eyeball is sheltered from danger. We have hair on other parts of our body, for the purpose of keeping the sweat that comes from the sudoriferous glands from scalding or chafing the skin. We have two eyes to see; two ears to hear; two nostrils to breathe; a mouth to taste; a nose to smell; and a body and fingers to feel with; through which organs we have the five grand senses transmitted to the brain, through which we recognize all of God's blessings: seeing, feeling, hearing, smelling, and tasting. We have two sets of muscles—voluntary and involuntary. The voluntary muscles are those that are controlled by the will; the involuntary are those that are governed by the fixed chemical laws of animal creation, free from the will, and cannot possibly be controlled by it. We are fearfully and won-

derfully made. We are a greater mystery to ourselves than all of our surroundings. No one can tell why a man's vital force begins to fail at the age of forty-five or fifty; but every organ that constitutes his body fades, in the healthy man, at the above-named age, in sweet harmony, and he has reached the summit of life, and taken the swift wings that carry man to the bosom of his Father and his God.

With these few anatomical remarks, my kind readers, I will say that my object has been to give you a profitable glimpse of the temporal body we own and dwell in that you may profit by it, and be partially enabled to know that man has the finest machinery in his body to care for that our Allwise God ever created in the animal kingdom of the earth.

Physiology and Hygiene.

Physiology treats of the functions or actions, or in other words, the work the healthy organs of our bodies perform. In these remarks I can give you a few of the most essential facts, warranting you, if you remember them, you may profit by them and lengthen the number of your years of life. We will first consider the process of digestion. When we take food in our mouth and commence to chew it, we find that there is a slippery fluid thrown

out in to the mouth. This is intended by nature to accomplish a very important purpose: first, to moisten the food, so that when it is ground up into a bolus or ball, it may be slippery and moist, that it will readily pass down the stomach tube to the stomach when swallowed, and be in a fit condition for the gastric juice to enter and dissolve. Secondly, it has a chemical property that unites with the starchy portion of the food, and converts it into glucose, or sugar. After the food enters the stomach, the gastric follicle of the stomach throws out a fluid as sour as the juice of a lemon, called gastric juice, which is caused to mingle with the food and saturate it, and dissolve it ready to be absorbed and assimilated. The greater portion of the albuminous part of the food is taken up by the stomach, and that which remains is carried with the fatty portion of the food through the pyloric orifice, or valve of the lower portion or end of the stomach, in to the bowels, where it is taken up by the lacteals of the bowels, and carried to perform its mission. The bowels have what is called a peristaltic or vermicular action, which means, in common language, a worm-like or squirming motion, which works the food through the bowels. When there is cathartic medicine taken into the system, it irritates and stimulates this action, and the result is frequent actions on the bowels. Then, after the stimulation and irritation subsides, the vermicular action falls as far

behind the normal or natural standard as it was stimulated above it, and the usual result is, constipation or costiveness follows for a few days, till nature can regain herself again. We have an organ called the heart, which has four chambers or apartments, consisting of two apartments called auricles and ventricles, situated in the left breast, in a sack called pericardium. The two auricles are called right and left, and the ventricles are called the same. The muscular power of the left ventricle is greater than that of the right, from the fact it has to throw the blood farther. With the heart is connected two main arteries; aortic and pulmonary. The auricles are to receive the blood, and the ventricles to throw it out to all parts of the body. The heart, in a healthy person, pulsates seventy times per minute. The blood is thrown from the left ventricle into the aortic artery, which has branches that lead to all parts of the system. After it reaches the end of the arteries, it enters a system of vessels called capillaries, which means hair-like, and carries the blood through the tissues of the body, and empties it into the veins, which carry it back to the right auricle, and from there it goes to the right ventricle, which throws it to the lungs, through the pulmonic artery, where it receives oxygen from the air we inhale or breathe into our lungs, which converts the blood from a dark venous character to that of a bright arterial character. From there it

enters the pulmonic veins, and is carried to the left auricle, and from there to the left ventricle, from whence it is propelled in the same course as I have just described. The lungs are two organs situated in the thorax or breast. They have a tube that leads to them, and forks into two branches, and these two branches, and all the little ones into which they subdivide, in combination are called the bronchial tubes, and the little cavities to which these little branches lead are called air cells, and the walls of these air cells are called peranchymic walls, and these delicate walls are filled with numerous minute, little, hair-like capillary vessels, which receive oxygen from the air, and in return give off carbonic acid gas. Man has two kidneys, that lay in the small of the back, which are filters of the blood, with this peculiar characteristic—they throw off the poison urine, and leave the blood purer than they found it, while the artificial filter lets the pure fluid go through, and retains the dross or the part unfit for use. There is a tube to each kidney about the size of a crow's quill, that leads the urine to an organ of an oval form like unto a cistern, to receive the urine, and when filled, warns the owner that he must evacuate it. The brain is an organ through which we think and exert nervous forces that control the voluntary muscles of the body. The liver is an organ that excretes about fourteen ounces of bile every twenty-four hours, of

an alkaline nature, to emulcify or saponify the fatty portion of our food. In the common adult it weighs about four pounds and a half, and is one of the most important glands of the human body. The spleen is an organ laying in the left side, in connection with the stomach. Its functions or duty is not yet thoroughly understood by the ablest physiologists. The common name is melt. The pancreas lies just under the stomach, and excretes a fluid called pancreatic fluid, that is similar in character to the bile, and joins hands with it in the process of digestion. This organ, in swine, is commonly called the sweetbread. The voluntary muscles of the body are the muscles that are under the control of the will, with which we move, act, walk and talk, and put our ideas into effect. The involuntary muscles are controlled by chemical forces. Man breathes, and his heart beats when asleep as well as when awake. The voluntary muscles are organs of perpetual motion, running day and night all the time until they wear out. The two hundred bones constitute the skeleton or framework of the body, and hold it erect, and serve as levers for the muscles and will power to work with. There are twelve pairs of nerves sent off from the brain, and thirty-one pairs from the spinal cord, which are distributed to every part of the body. The brain is the temple of thought, the throne of intellect,—the telegraphic office,—and the nerves are the wires on which we send dispatch-

es to all parts of our anatomical and physiological government.

The sympathetic nervous system, or sympathetic nerves, link the body together in harmonious action. It guards one part of the system from acting detrimentally against another. It is the principal influence in controlling the circulation, nutrition, digestion, and assimilation. All involuntary organs are governed by this system of nerves, so that when the brain is asleep the work that is vitally essential to our existence will go on correctly.

Hygiene is a body of facts or principles that are essential to the preservation of our bodies, health and happiness. I shall abridge my sentences in speaking of this subject. In the first place a man should be regular in his habits: that is, have regular hours for sleep, regular hours for meals, three meals per day when laboring, six hours apart, and should never retire to rest until two hours after supper. Should not drink anything while eating, so that the saliva, Nature's fluid, may mingle properly with the food, that it may be digested readily and properly. Persons should chew their food so fine before swallowing that they can feel no lumps in it with the tongue, in order that the gastric juice may readily penetrate and digest it.

The room or place a person sleeps in should be well ventilated, so that the air is pure and refreshing, which gives life and activity to the entire body;

and he should bathe twice per week, in order that the skin may be kept pure and clean, that it may not reabsorb the poisons that are thrown out from the pores. The water should only be a few degrees above the temperature of the body. The body should be well rubbed after bathing with a rough towel till the skin is glowing. This calls the blood to the surface and promotes a healthy circulation, and makes a person feel better every way. The clothing should be changed once every week, because they become saturated with the fumes and odors of the body, which, if reabsorbed, are poisonous to the general system. Cleanliness is next to godliness, and beyond question or doubt, is the key note of man's health. Every one, when eating, should stop before they realize the sensation that they have got enough. Franklin says: "If you would have an appetite stop with one," and it is true. Knick knacks, if eaten at all, should be eaten before substantial food, because when they are left till the last, you have already eaten all the necessary food that you need, and then come dainties that tickle the appetite and cause you to eat more than is demanded by nature, and the result is indigestion or dyspepsia. Everybody needs exercise in order that they may have proper development of the bodies they own. No one should work in a room where it is dark, for darkness is a sedative, and light is a stimulant, to the animal organization

as well as the vegetable. Take a man and let him work in a dark cellar, and the result is he soon becomes pale and poor in flesh. Take a plant and set it in the shade, and it becomes a pale green, slim, tall, and spindling; hence, my readers, you see the importance of good light. In concluding my remarks on hygiene, I will say that it is strictly important, in order that we may have good health, we should have good light, good air, good food, good water, sufficient clothing, strict cleanliness, and discretion and temperance in all things. All persons observing these rules will seldom be obliged to call the physician to administer unto him in a case of sickness, unless of a contagious character.

Digestion.

Digestion is one of the most important features or functions that is performed in our physical organization, from the fact that we receive our support from it, and by it our bodies are entirely renewed every four months. The weight of the body that we now own in four months will be entirely new in every particular. The old theory was, that the body renewed itself every seven years, but that idea is now exploded. If you will mark the finger nail at the root, or where it comes in contact with the skin or flesh, with a file or piece of caustic, you will

find, at the end of four months, that the mark will have grown clear out to the end of the nail, which proves the nail has grown entirely new; and so it is with the entire body. Knowing this to be a fact, we realize the importance of having a knowledge of digestion; how long it takes every article of food to digest that we have in every-day life and during life, for good digestion makes good blood, good blood a good body, and without a good body no man can be happy, for the healthy body is the machinery in which we accomplish success and happiness in life. So, in order to teach my kind readers some facts on digestion; I will give a list of facts that were actually observed in the human stomach by the naked eye of scientific medical men. This fact, I have the pleasure of stating to my readers, I obtained from a statement of Dr. I. J. Warren, of Boston, Massachusetts. I shall simply give the substance in brief, and the table of digestion. It appears that the medical profession and humanity in general was providentially presented with this occurrence that they might know the true history of their stomachs, in reference to the time it takes to digest the various articles of food we eat in our life time. The following table will profit all those who read it and regard the truths or facts it teaches. The way these facts were discovered was as follows: A man by the name of St. Martin accidentally got the walls of his abdomen and stomach blown away

by the explosion of a gun. They refused to heal, but a delicate membranous film grew down and protected the food from falling out of the stomach, yet it was transparent like a window pane, so that the process of digestion could be clearly seen with the naked eye, and the time it took each article of food to digest was taken note of by Dr. Beaumont. I will give the table as given by I. J. Warren, M.D.:

Rice	boiled.....	1 h. 00 min.
Pig's Feet, soused.....	boiled.....	1 00
Tripe, soused	boiled.....	1 00
Trout Salmon, or Salmon fresh.....	boiled.....	1 30
Trout Salmon, or Salmon fresh.....	fried.....	1 30
Apples, sweet and mellow.....	raw.....	1 35
Venison steak.....	broiled.....	2 00
Sago	boiled.....	2 00
Apples, sour and mellow.....	raw.....	2 00
Cabbage, with vinegar.....	raw.....	2 00
Codfish, cured dry.....	boiled.....	2 00
Eggs, fresh	raw.....	2 00
Beef Liver, fresh.....	broiled.....	2 00
Milk	boiled.....	2 15
Turkey, wild	boiled.....	2 30
Turkey, domesticated	raw.....	2 25
Potatoes, Irish	baked.....	2 30
Parsnips	boiled.....	2 30
Pig, sucking	roasted.....	2 30
Meat Hash, with vegetables.....	warm.....	2 30
Lamb, fresh.....	broiled.....	2 30
Goose	roasted.....	2 30
Cake, sponge	baked.....	2 30
Cabbage, raw.....	raw.....	2 45
Beans, pod	boiled.....	2 50
Custard	baked.....	2 55
Chicken, full grown	7ricased ..	3 00
Apples, sour and hard.....	raw.....	3 00
Oysters, fresh.....	raw.....	2 00

Bass, striped, fresh	broiled	3 h. 00 min.
Beef, fresh, lean and rare	boiled	3 00
Steak	broiled	3 00
Corn Cake	baked	3 00
Dumplings, Apple	boiled	3 00
Eggs	boiled soft	3 00
Mutton, fresh	boiled	3 00
Pork, recently salted	raw	3 15
Pork Steak	broiled	3 15
Corn Bread	baked	3 15
Mutton, fresh	roasted	3 20
Carrots, orange	boiled	3 30
Sausage, fresh	broiled	3 30
Beef, fresh, lean, and dry	roasted	3 30
Bread, wheat, fresh	baked	3 30
Butter	melted	3 30
Cheese, old and strong	raw	3 30
Eggs, fresh	boiled hard	3 30
Flounder, fresh	fried	3 30
Oysters, fresh	fried	3 30
Potatoes, Irish	stewed	3 30
Soup, Mutton	boiled	3 30
Oysters	boiled	3 30
Turnips, flat	boiled	3 45
Beets	boiled	3 45
Corn and Green Beans	boiled	4 00
Beef, fresh and lean	boiled	4 00
Fowls, domestic	boiled	4 00
Veal, fresh	broiled	4 00
Soup, Beef, Vegetables, Bread	boiled	4 00
Salmon, salted	boiled	4 00
Heart, animal	fried	4 00
Beef, old, hard, and salted	boiled	4 15
Pork, recently salted	fried	4 15
Cabbage, with vinegar	boiled	4 30
Ducks, wild	roasted	4 30
Pork, recently salted	boiled	4 30
Suet, Mutton	boiled	4 30
Veal, fresh	fried	4 30
Pork, fat and lean	roasted	5 15
Suet, Beef, fresh	boiled	5 30
Tendon	boiled	5 30

This table of the time it takes to digest the different articles of food will hold good in the great majority of cases. Food will digest quicker if a person keeps still after meals an hour or so, than it will in one who commences work immediately after meals. This fact was discovered by one of the great physiologists of Europe, by taking two healthy dogs and feeding them both at the same time on the same kind of food. Shutting one up, and taking the other hunting, at the end of an hour he killed both, and took out their stomachs and examined their contents. In the one that was shut up the food had nicely digested, and in the one that went hunting the food was the same as when swallowed. Every one should rest at least one hour after each meal, and should never eat between them. Hygiene is the best doctor. If a man will bathe regularly, eat regularly, and sleep regularly, and be regular in all of his habits, he will seldom ever need a doctor to dose him with pills, potions and lotions. There is a penalty that will follow the violation of each law of nature, just as sure as fire will burn if you stick your finger in it.

Climate.

The Indians are constantly changing their degree of latitude in their hunting tours, drinking different waters, and viewing different scenery, and constant-

ly indulging in those habits of life that divert the mind and keep the entire organization in a happy and a pleasant condition, which is promotive of health and physical development, and the Indians are, as a whole, a healthy race of people. If Indian habits of life are healthy and promotive of health, such habits and changes of climate will do equally the same with the white man. Take from the dry-woods counter the clerk that is predisposed to consumption, weak, pale, and debilitated, and put him into the mountains with dog and gun, and let him live as Indians do, and the result is, he soon becomes flush in the face, gains flesh, and comes home hale and hearty. I can conscientiously recommend it as good for all patients in a state of general debility, to change climate, breathe pure air, live on plain nutritious diet, and be cheerful.

There are as many diseases as there are organs in our body, and I am of the firm belief that there is a remedy for every disease if it were only known, and I believe the only method that will bring these remedies into practice, is liberty and freedom of thought on the part of the various departments or schools of the medical profession, and the privilege of all to let the people try them. The allopaths have a code of ethics that restricts them from counseling with any doctor, unless he is a regular, and of his own faith. Such a code only casts a shadow of bigotry and discredit on themselves. A wise

man will glean knowledge from whatever source it may come ; a fool will say all are quacks but those that believe as he does. Incorporated professions may stand for a while, but when people become educated to that degree that they reason from cause to effect, and think for themselves, they will have to hoist the flag of liberty on the mast-head of their old ship called Code of Ethics, and extend the hand of friendship to all, and own that there are other men that know as well as themselves.

Why Medicines are better in a Powdered Form.

I extend to the public my medicines in a powdered form, and I will give you my reasons for so doing. I make my medicines from the fresh inner barks of trees, shrubs, roots, leaves, and flowers, of my own gathering, consequently I know they are pure, and have all their medical properties. I never use my medicines after they arrive at certain ages from the time of gathering, from the fact that there is a time when everything begins to lose its strength and force. Every farmer well knows the fact that hay and corn will finally by age get stale and unfit for use, and the horses refuse to eat it. He knows that turnips, and potatoes, and vegetables in general, after they have been gathered a certain length of time, begin to wither and shrink, and are no longer fit to be used. These are facts that are well

known to everybody. The same facts are true in reference to medicine. Medicine will lose its strength and become worthless after it arrives at a certain age, and is no longer fit for use. This I know is true. I have samples of old medicines in my office, and they have so far lost their strength that you cannot tell, by their odor or smell, what they are. Your drug stores have medicines upon their shelves that have been there ten and fifteen years. It is not reasonable to suppose that they are as good as medicines from the fresh, green herb, bark, root or flower. I have been botanizing in the several states of the Union for the last four years, gathering my own material, and having them, or making them myself, into medicines of various forms: fluid extracts, tinctures, infusions, decoctions, and pills; but I have learned, in my career of medicine, that the majority of medicines in the form of fluid extracts and tinctures that are on the market are adulterated, and are not what they are represented to be. I do not ask you to examine them yourselves, for it would be folly in me to do so, from the fact that you never made medicine a study, consequently you do not know a good medicine from a bad one. Neither do I ask you to take my word alone; but I will refer you to a statement that is reliable, and can be called a positive fact. This statement will be found on page 347 in the American Pharmacist Journal, published in New York.

September 23, 1882. I will simply give the substance of the statement, written by Chas. B. Alaire. He says there are two principal sources from which we get all our medicines, namely; drug millers, who buy their crude material as cheap as possible and powder it, and sell it to large buyers,— these are designated merchant millers; and custom millers, that is, mills that any one can send their own goods and gatherings to, and get them ground and returned. Probably nine-tenths of all goods put upon the market in this country come from these two sources. The usual mode of shipping these goods is in twenty-five and fifty pound packages, or in barrels, according to the demands of the purchaser, who, if he sells them again, sells them in, or ships them in, paper packages, and here is where their identity is for ever lost. The retail dealer who thus receives them, knows nothing of their history, or who is responsible for their lack of quality, or entitled to credit if found reliable. I am glad to be able to state that there are several custom mills in the large cities where drugs may be sent for powdering, with the certainty that they will be returned to the sender in a state of absolute purity; and from this source our most careful jobbers supply themselves, sending prime goods, and receiving pure, prime quality powders in return. A cheap article of drugs that are important, is seldom genuine. The present large per centage of inferior and

adulterated drugs in the market is the result of a widespread demand for cheap goods or drugs, or rather low prices. The percentage of goods in the market of an inferior character, is clearly shown by the fact that four hundred and sixteen samples, taken from various sources and examined during the past year, gave the following results: 227, or about 54 per cent., were pure, or at least no adulteration was detected, and 189, or about 46 per cent., were adulterated so that detection was easy.

From this fact I have resolved to institute a new theory, in order to know that the medicines I handle are pure and unadulterated. It is this: I botanize and gather my own material, and see it ground myself, and see that no one handles it but my trustworthy assistants and myself, and by so doing I know that my medicines are pure. So I am proud to say to my fellow suffering man, that I extend to you a pure medicine in a powdered form, made from the inner barks of various vegetable growths, knowing it to be a convenient form, and cheaper than the fluid extracts or tinctures that are on our markets. And knowing that the preparation has never been from under my care to get adulterated, I can most positively and conscientiously offer it to you as a new form of medicines, that of being pure, in a powdered form, made from inner barks, convenient to take, the price of which is within the reach of the poor and all suffering humanity.

An Indian Poem.

We first came to this glorious land
A free and happy little band;
Tradition says we crossed the strait
That joins two oceans large and great.

This link is called the Behring Strait
By Anglo-Saxon, wise and great.
Modern history truly shows
By temperature we almost froze.

Upon this land we lived and homed,
And o'er the hills and plains we roamed.
Infidels were never known
In our little band we loved and owned.

You bowed the knee,—and so did we,—
And worshiped God, the triune three;
You said God, and we came so near it,
Instead of God we said Great Spirit.

We loved our wives and firesides, too,
And worshiped God as well as you.
Our tribe it never run saloons
Called whisky shops and gambling rooms.

Fire-water maddens nerve and brain,
And causes bitter woe and pain.
We Red Men cannot understand
Why you brought it to our land.

God sheltered us with leaf and tree,
We were so happy and so free
Before the white man crossed the sea
And stole our lands and liberty.

They preached us Christ, Him crucified,
And then their doctrine they denied,
By robbing, stealing, far and wide,
Parting families, groom and bride.

You gave us fire-water bad,
And set our warriors raving mad.
We found that you were not so true
As what we first did think of you.

We know that you did play a lie;
We thought to fight till we would die;
Your favor then we chose to gain
By selling you the King of Pain.

It cures your aches, it cures your pains,
And everywhere an honor gains.
The way it cures it does beat all—
It's made and sold by J. LIGHTHALL.

Medicine.

Medicine, in its common acceptation in the minds of the people, is a substance that cures diseases, but the truth of the matter is, medicine never cured anything. It is the natural tendency of a majority of diseases to get well within themselves, free from medical aid. Medicine, properly administered, simply assists nature to remove the cause that obstructs her acting in a normal condition. Medicine is not a humbug. The humbug is in its improper administration. When medicine is properly administered it comes to the sufferer as a gift from God. Medicine is unjustly judged. It is not medicine that is at fault, but it is those who give it without the proper knowledge of its effects, and when it is indicated. Medicine, when it is not properly given, proves an actual poison to the system. The Indian *Materia Medica* treats of herbs and vegetation in general. That is, that part of vegetation which is known by them to have medicinal properties. They will never injure the system when conformed to according to directions given. I will now invite your attention to our *Materia Medica*.

Hydrastis Canadensis.

Golden Seal. Orange Root. Yellow Root.

These are the various names that are ascribed to this plant by botanists, by medical men, and by those who are familiar with the plant or herb. It

is generally known by the name of Yellow Root. The fruit it bears is similar to that of a raspberry. The root is the part that possesses the medicinal properties. It is used by the Indians in coloring their garments. It colors them a bright yellow. Yellow Root, when in combination with indigo, will color goods a fine green. This root is one of the Indian's favorite remedies; and medical men of the present age recognize it as one of the standard remedies for many pathological conditions or diseases of the human body. Too much cannot be said of this valuable agent, that has been veiled in darkness to the medical world so long. I consider it one of the kings of diseases of the mucous membrane. It is unsurpassed by any known remedy. Many medical powers and properties have been claimed for this root, but at present its true therapeutical or medical properties are well understood.

Medical properties and uses.—It is admitted by all to be a fine tonic. It acts very gently on the liver, and as an alterative on the mucous membrane. It is a fine remedy in the treatment of dyspepsia and many other affections requiring a tonic treatment. It is a diuretic. When taken, it can, in a few hours, be smelled in the urine. It is a good blood purifier. To snuff the powder in small quantities in a great many cases will cure catarrh. Many a bad case of chronic diarrhœa is said to have been cured by chewing the root as one would chew tobacco. It is

splendid to take the powder and sprinkle in on an old cancer sore or ulcer. Take the powder and mix with water; this makes a fine gargle for a chronic sore throat, diphtheria, or any ulceration of the mucous membrane. It should be gargled some five or six times a day. The fluid extract, diluted one-half with water, and injected four times, is a certain cure for gonorrhœa. It is unparalleled as an appetizer. The way it should be prepared so as to constitute a bitters for the stomach and general system, is to take the root and cut it up fine and put in a quart bottle till it is half full, add one pint of alcohol or good whisky, and as much water, let it stand fourteen days, shake well once every day, and at the end of the fourteenth day you have a pure tincture ready for use. The dose is a tablespoonful or a common swallow before each meal. Crushed sarsaparilla, gentian root, and anise seed, will prove a great addition to it, acting as a blood purifier, appetizer, tonic and alterative. If everybody, when first feeling bad, would commence taking this, they would seldom be obliged to suffer with fevers and bilious attacks. The Indian holds this as sacred to the welfare of his body as the farmer does paint for the protection and preservation of his house. A watery solution of the powder has been known to cure, by injections, many cases of whites and womb troubles. It is something that is worthy of a place in every doctor's office and citizen's house.

Gentiana.

Gentian.

The root is the medical part, and upon chewing it gives a very bitter taste. It is a plant that grows in the mountains of the Oriental countries. The crushed root can be obtained from almost any of our drug stores. It is found in some parts of the United States, which parts are the Southern and Middle States.

Medical properties and uses.—Gentian is a splendid tonic to invigorate the stomach to active digestion, acts very favorably in all cases where there is scrofula and humors in the blood. It proves a very good substitute for tobacco, for those who are breaking themselves of the habit. As a tonic, fill a pint-bottle half full of the root, add half alcohol and half water, and after fourteen days standing it is ready for use. The dose is a tea-spoonful before each meal. This will ward off chills and fever, or ague. I have known it to break chills where quinine had failed. Gentian can be truly called a tonic of the first class.

Arum Triphyllum.

Indian Turnip.

This is a very valuable remedy for hoarseness and loss of voice, and wherever there is a burning sensation and constriction of the throat, and when there is a thin glary discharge from the nose. It is

a plant that grows generally throughout the middle states, and school boys have enough knowledge of its properties in a green state not to bite it when invited by his fellow playmate. It is a very valuable remedy when properly used.

It is, in its recent state, a powerful local irritant, and should be handled with care. The manner in which it should be taken is as follows :

Take one part of the pulverized turnip dried, and mix it with three parts of pulverized sugar—the sugar being of a granulated or loaf sugar character. Mix well ; let it stand for twelve hours and then stir again, and in twelve hours it is ready for use. The dose is a pinch as large as a pea or bean every three or four hours for hoarseness, sore throat and ulceration.

Cassia Acutifolia.

Senna.

Senna is a medicine that has been in use over a thousand years. It is a safe, harmless, and efficient remedy, and no physician should be without it in his office and practice. It does good when properly given, and never does harm. It is found in Oriental or European countries, and is highly valued by all who have used it, and given it a fair test in reference to the therapeutical properties that are ascribed to it by classical men who have made this branch of therapeutics a study. Some authors claim

that to many it is a very unpleasant cathartic ; but I have used it in over a thousand cases, and found it a cathartic that gave general satisfaction, and it was appreciated by all who used it above any cathartic they ever took. I have used it a number of times in cases of constipation in ladies with good results. I pronounce it a mild and efficient cathartic, cleansing the stomach and intestinal tract, and acting gently on the liver, thus harmlessly answering the place of stronger medicines, that often leave injurious effects behind. The dose is a teaspoon level full of the powdered senna every three hours until an action is produced on the bowels. For a child 5 or 6 years old the dose should not be larger than the size of a pea or bean every two or three hours until an action is produced. Whenever a person's tongue becomes coated the remedy should be immediately taken. Do as I tell you in this work and you will avoid many a spell of sickness. It is my full intention, in this work, to state facts plainly with few words, so that my readers will not be wearied with many words to get at facts. The finest oratory that ever fell from man's lips was from an Indian called Logan. Every schoolboy at the age of fourteen is familiar with Logan's speech. It consisted of actual facts stated in few words. So, in this work, I will simply state useful facts in few words, so they will be plain and easy for all to obtain.

Populus Tremuloides.

Poplar.

This is a very valuable remedy, and should be used more than it is, and would be if everybody knew of its valuable properties. It is a plant common to this country, and is best gathered in the fall of the year, and is within the reach of everybody.

Medical properties and uses.—There are two kinds of barks, white and yellow; one is as good as the other. It is a very valuable remedy in all stomach troubles. It is a fine tonic, and should be used in cases of general debility with feeble digestion. It is good for convalescents when the appetite is deficient. My brother, some few years ago had a severe spell of continued fever. After the fever broke his convalescence was very slow; he had no appetite, and was swarthy, weak, and melancholy; the smell of victuals was that of disgust rather than a pleasure. Our family physician, and a good one, gave him tonics, but without the desired effect. I chanced to be at home at the time, and my mother being alarmed about his condition, asked me if I could recommend anything in our line of practice that would be good for him, give him an appetite and build him up. I recommended equal parts of the inner barks of poplar and dogwood and sarsaparilla root, cut up fine and put in a quart bottle until it was half full, then add whisky till full, and take a large tablespoonful, or a common swallow,

before each meal. She did so, he took it, and in four weeks gained fifteen pounds. It immediately increased his appetite, strengthened his nerves, and restored his complexion to its natural color. He now lives twenty miles east of Cincinnati, Clermont county, Ohio. I will give you an Indian formula still better than the above:

Rattle Root, one part; Prickly Ash Bark, two parts; Poplar Bark, two parts; Sarsaparilla Root, two parts; Dogwood and Wild Cherry, one part.

Fill a quart bottle one-half full of the above finely cut up, and add whisky till full. Dose, from a teaspoonful to a tablespoonful before meals. This will cure rheumatism, give an appetite, strengthen the nerves, and purify your blood.

Maerotys Racemosa.

Black Cohosh. Rattle Root.

Rattle Root is one of the finest remedies known in the Indian and Eclectic practice. Its medical powers and actions on the human system are simply wonderful. I have used it in over two thousand cases in which it was indicated, and it gave myself and the patient's satisfaction. It grows in most parts of the United States. It has a long stalk that grows into several branches, and each branch has a long plume-like cluster of little round pods, which are full of seeds. When the stalk is shaken

the seeds will rattle, producing a sound like that of a rattlesnake, from which it takes the name of rattle root. The root is the medicinal part, and is best gathered during the months of July, August, and September. The main body of the root should be cut into several pieces carefully, as you will find it full of dirt, and then dried, watching that it does not mold before it dries out.

Medical properties and uses.—Without this plant or root the Indian squaw-doctor or midwife would feel that she had lost her king of female remedies. It is called by the Indians, squaw root. It is a very active remedy, in its proper administration, on the serous and mucous tissues, and for many cases of rheumatism, especially that of a muscular character. It acts on the nerves, and quiets nervous excitability. The Indian squaw doctors have their patients take this remedy two or three months before confinement, and it has that marked effect on them that they are never troubled with false rheumatic pains, hemorrhages, or lengthy labors. An Indian squaw, when following her tribe, if confined, will stop by the wayside for that day and wait upon herself, and the next day will proceed and overtake her tribe, while but few of our civilized women can get out of bed under the ninth or fourteenth day, and even after that they have to use strict care for a month or six weeks, and even longer. I know of no remedy that is better to overcome suppressed menstru-

ation, or in words that are understood by all, the checked monthly flow, when it is caused by cold or nervous weakness. It is one of our very best remedies in a great many womb troubles. Girls, at the age of twelve, thirteen, or fourteen years, the time they usually enter womanhood, or the time when their monthlies become established, have often serious trouble with irregularity of flows; some flowing to a great extent, some not enough. In such cases as these this remedy is almost a certain relief, and cures if properly given. I prepare my tincture in this manner: Take the fine crushed root and fill a pint or quart bottle half full, and add whisky or diluted alcohol until full; keep it well corked, and shake once or twice every day for fourteen days. In female troubles I give from five to ten drops of the tincture in a teaspoonful of water four times a day. The largest dose should never exceed thirty drops; the smallest is one. In the treatment of rheumatism it is always better to combine the tincture of Prickly Ash with it in equal portions.

Xanthoxylum Fraxineum.

Prickly Ash.

This is a shrub that is in many parts of the United States. It grows to the height of 10 or 12 feet, and has little short thorns on its twigs like those on the twigs of a small locust shrub. The Indians use

this in connection with Rattle Root. It is a remedy highly valued by the eclectic profession.

Medical properties and uses.—It is a tonic to the general system, alterative and stimulant. When swallowed into the stomach it creates a warmth like that of ginger, and acts as a gentle stimulant on the skin, causing a slight moisture to appear. It is one of the best stimulants to the mucous tissues of the human body known to the medical profession. I have given it with good results in chronic sore throats, and in nearly every mucous difficulty with happy and satisfactory results. The bark is the part I have always used, in the form of tincture usually, but of late I use nearly all barks in the powdered form. Peel the bark from the tree in August and September, cut up fine, and fill a bottle one-half full, and add whisky. Dose from 20 to 40 drops four times a day.

Tanacetum Vulgare.

Tansy.

Tansy is what we might term a garden herb, and a very useful one as a medicine. To get it when it has its full strength it should be gathered in the months of July and August. The tops are the medicinal parts. They have and emit a powerful odor upon stirring them. They can be used in the form of a tincture.

Medical properties and uses.—Tansy is a good

remedy in many form of dyspepsia. It relieves morbid irritation of the mucous lining of the stomach, and increases its functional activity, promoting digestion. The hot tea will often relieve severe cramping, and check cholera morbus. It is beneficial, in the form of a hot tea, to increase labor pains. It acts on the kidneys, coloring the urine a pale green color, and it can be smelled on the urine. Every body knows or heard of tansy bitters. Make a tincture as I have directed before. Dose, a tablespoonful three times a day.

Symplocarpus Fœtidus.

Skunk Cabbage.

This is a plant that may be known in particular by its smell, resembling a disturbed skunk. It is a very common plant, and should have more special medical attention than what it has had. I have found it a very valuable remedy in several cases.

Medical properties and uses.—Skunk Cabbage is a splendid thing for hoarseness and sore throat, taken internally and used as a gargle. It is good in all cases of consumption where there is nervous irritation of the windpipe and bronchial tubes. It is good for irritability of the general nervous system. Dose, from 5 to 15 drops every two or three hours. The roots are the parts that are to be used. When you wish to dry them they should be separated into

small bunches, for they are in such large clusters that they will mold near the center before they dry.

Althea Officinalis.

Marsh Mallow.

This plant grows in France, Germany, and some parts of the United States. It is commonly found in marshy places, and in the region of country where salt springs are found. It is a remedy the Indians used more in past generations than the present,

Medical properties and uses.—This is a very valuable kidney remedy, and good for quieting inflammation and irritation of the various mucous membranes. It is said to contain near twenty per cent. of mucilage, and at the same time having diuretic properties, makes it a very desirable remedy for all kidney troubles, where the mucous linings are involved with the kidneys in their various diseases. It is very beneficial in cases of inflammation of the bladder and stomach. It has been used with good results in cases of hemorrhage, such as bleeding from the kidneys, and from the bowels in cases of flux. It is best used in the form of a cold tea, as you would prepare slippery elm, drinking a swallow every hour or two.

August Flower.

This is a weed that usually grows along creeks, and in sandy and rocky places. It has a yellow flower that blooms in the month of August, and the leaves and flowers should be gathered during that month. They have a very important medicinal property, beyond any physician's idea, and no doctor will be convinced of the fact until he has given it a fair trial.

Medical properties and uses.—This plant, if not known in any other way, I am sure is known by the name of Dr. Green's August Flower, the great dyspeptic remedy. I am well acquainted with an old and eminent physician in Felicity, Ohio, formerly from Tennessee, where he practiced for the southern planters. His name is Dr. Gibson. He is a noted Eclectic, a gentleman and a scholar, a natural and practical herbalist, and has given the August Flower and its medical properties close and thorough attention, and values it very highly as a remedy for irritation of the mucous membrane of the stomach and bowels, kidneys and bladder. I knew of one case of a little boy about ten years of age, who had what many physicians would call indigestion. The boy complained of his stomach and bowels, and everything that he ate passed through him nearly in the same condition that he swallowed it. The attending physician brought all his knowledge to act on the case, and tried all that in his judgment was

calculated to help or relieve the pathological condition. The remedies simply checked the trouble, but on quitting them it returned as bad as before. So the patient fell into the hands of Dr. Gibson, of Felicity, Ohio. He gave his medicine, and the boy quickly recovered. It was a mystery to me, and I, knowing the doctor to be a gentleman, and free to impart his valuable knowledge to all that he thought would use it for the good of suffering humanity, asked him what he gave the boy. He told me he gave him August Flower Pills of his own make, and in two days the boy was well and had natural discharges from his bowels, which was evidence to me that there is wonderful medical virtue in the August Flower, no matter who may ignore it. The boy's bowels and stomach were in a high state of irritation, and consequently every thing he took in the way of food on that account could not be digested, and ran through him as swallowed. The August Flower acted as a mucous film to protect and soothe the irritated mucous membrane from the food, which, when the stomach and bowels were in that condition, proved an irritant instead of a strengthener and support. August Flower is good to overcome irritation of the mucous lining of the stomach and bowels and bladder. It acts kindly on the kidneys and liver. Good for dyspepsia and biliousness.

Take the leaves and tops of the plant, cut up fine and make a tincture. Dose, a teaspoonful three or

four times a day. Or boil them down in a thick syrup, and take equal parts of gum arabic and flour and make into pills the size of a buck shot. Dose, from four to six per day, as the case may demand.

Quercus Alba.

White Oak.

There is no tree better known than the White Oak, nor is there a tree more useful to mankind. It grows in all parts of the United States. There are three kinds of Oaks—the red, the white, and the black. The inner bark is the part used as a medicine, and a very good one it is, too.

Medical properties and uses.—The bark is a powerful astringent. It is said by medical writers to be a mild tonic, but in my experience with it I have failed to discover its tonic properties, if it has any. It is very useful in diarrhœa and mucous discharges from the bowels. It will check hemorrhages from the bowels of a passive character. It makes a splendid wash for old sores and wounds when maturing and not inclined to heal. It is a good gargle for sore throat, and a good injection for ulceration of the womb and the whites. The best form to use it in is a strong tea made from the green bark. Dose, internally for diarrhœa, from a teaspoonful to a tablespoonful every three hours until the bowels are checked, then after each operation. It will cure bad smelling and sweaty feet by washing them with it.

Verbascum Thapsus.

Mullein.

This is a very common plant, growing almost everywhere. The leaves and tops are the medicinal parts, and it is best used in form of a hot tea or syrup.

Medical properties and uses.—This remedy is very mild in its action, yet quite certain. It makes a very valuable cough syrup, quiets nervous excitation, and therefore induces sleep. For bad colds the hot tea should be drunk on going to bed.

Petroselinum Sativum.

Parsley.

This is a garden plant, and the tops are used in cooking and flavoring different dishes, especially soups and dressing. The root is a splendid cooling diuretic, and should be given in all kidney troubles in low forms of fever. I have known it to succeed when more noted remedies failed. The only way I give it is in the form of a tea made from the green root, to be drunk freely.

Podophyllin.

May Apple.

This plant grows in little armies, and bears a little yellow apple, called a May apple. The root has a powerful medical property called podophyllin. It

was discovered by John King, M. D., Professor of Obstetrics in the Cincinnati Eclectic Medical Institute, and since its discovery it has become a noted remedy all over the medical world.

Medical properties and uses.—This is a powerful hydrogogue cathartic, in large doses producing copious watery discharges from the bowels. It is a fine remedy when properly given, for torpid liver, or, in other words, liver complaint. It arouses the general secretions, and when given in large doses it is a powerful emetic as well as cathartic, relieving the stomach of all the bile and mucus that may be in it. It has in the past been given in entirely too large doses, but at the present it is given properly. The pills can be procured from all druggists. The half grains are the best. Dose, from one to two.

Hedeoma Pulegioides.

Pennyroyal.

This is a little weed or plant that many are very familiar with. It grows in patches in woodlands in various parts of the United States. It is usually found along the edges of woodlands, where it gets good sunlight, and on poor ground knolls and knobs. From the fact that it is such a common article it is overlooked by a great majority who could use it to a great advantage.

Medical properties and uses.—The hot tea of the

plant is a very efficient remedy for all cramps and pains and colic. It is an active sweat producer, or, in medical terms, an active diaphoretic. Good for colds and cramping. A few drops of the oil rubbed on the face and hands is a certain safeguard against mosquitoes while sleeping. Good for pains in the stomach and colic in babies. I prefer the tea from the plant over and above all other forms and modes of preparation. It is harmless, and there is no danger of giving too much.

Tarxacum Dens Leonis.

Dandelion.

This is a plant that should never be dried, from the fact that authors have told us, and we know by experience, that it loses its medical properties when dried, consequently the green root is the part in demand for medicinal virtue.

Medical properties and uses.—Dandelion is a laxative to the bowels, yet very mild and certain in its effects. It is a valuable remedy in constipation, and in dyspepsia where constipation is connected with it. Dose, of the tincture of the root, from one-half to a teaspoonful three times a day.

Nepeta Cataria.

Catnip.

This is a very common plant, and useful in its place. It is good for colds and hoarseness. It acts

on the skin, and therefore is a diaphoretic. It should be used in the form of a hot tea, in connection with the hot foot bath. Used in this manner it will be found very beneficial in colds.

Phytolacca Decandra.

Poke Root.

Poke Root, like dandelion, will lose its virtue in drying. The dried root is inert and void of its original medicinal properties. Poke Root is a plant that grows in many parts of the United States. The young shoots in spring are used for greens, as kale or cabbage sprouts. The root should be dug in the months of July and August, and the tincture made from it while it is in its green state. The berries have also an important medical property.

Medical properties and uses.—The tincture of Poke Root is one of our finest herbal alteratives, and has been regarded by eclectics as a reliable remedy for the treatment of scrofulous diseases. I have used it in sore throat or diphtheria with satisfactory results. It is certainly, or I regard it such in my own judgment, a specific for all glandular troubles, and has no equal in subduing swollen glands when their condition is of a sympathetic character.

It is almost certain to relieve mammary troubles. When the mammary glands are swollen and threatened with abscess, if the green root is roasted as

you would a sweet potato, and mashed into a poultice and applied to the breast, and the tincture be given internally, an avoidance of the abscess and a cure is almost certain. I have used it in many cases of rheumatism, in combination with Rattle Root and Prickly Ash, with the best results. The berries possess, beyond question or doubt, marked alterative properties. I have known the tincture of the berries to cure the worst of cases of an throial or joint rheumatism when many other remedies have failed to produce any effect.

Mode of preparation.—Dig the green root in July or August, wash clean, cut in fine pieces, and fill a pint or quart bottle one half full, add diluted or weakened alcohol, shake every day, and in fourteen days you have a pure tincture. Dose, from three to ten drops three or four times a day. Prepare the berries the same way, mashing the berries before adding the diluted alcohol. Dose, teaspoonful four times a day. Indicated in rheumatism, especially when the person is of a scrofulous nature.

Verbena Hastata.

Vervain.

This is a very valuable plant. The root is the part we use in medicine. It should be dug in July or August.

Medical properties and uses.—Vervain is a fine tonic, in small doses, to follow all forms of fever

with during convalescence. In large doses it is an emetic, but should never be taken to that extent. It is a very valuable bitter tonic. To prepare it for bitters, fill a bottle half full of finely-chopped root, and then fill with good whisky. Dose, a teaspoonful three times a day. The root is best when green.

Ulmus Fulva.

Slippery Elm.

The inner bark is the part used, and every man, woman and child knows how to use it, and knows that it is good.

Medical properties and uses.—It is one of our finest demulcents. It is soothing to inflamed and irritated mucous membranes, and at the same time it is nutritous and helps to support life. It is a fine antidote for many poisons, and is used by the Indians for that purpose. It acts the same as the white of an egg. It makes a fine poultice for burns and sores.

Piper Nigrum.

Black Pepper.

Black Pepper is used in cooking by every one, and it is a remedy I value very much as a safe, certain and reliable gastric stimulant, I know of no remedy more certain in cholera morbus. I have been afflicted with the disease many a time, and have used black pepper tea as hot as I could swal-

low it, and in thirty minutes from the time I commenced taking it I have always got relief. I pronounce it a specific for cholera morbus, and it is a fine remedy in atonic conditions of the stomach, where digestion is feeble for the want of a proper stimulus. It is healthful to use in food, and as a medicine there is no better form to use it in than the hot tea. I prefer it to all other forms in which it can be given. It is readily absorbed by the stomach, and will relieve cramps quicker than in any other form. In a case of cholera morbus take a full swallow of the hot tea every five minutes until the stomach is quiet. A teaspoonful of the pepper will make a pint of tea.

Humulus Lupulus.

hops.

This is a plant that grows in the shape of a vine both in Europe and in the United States, along the hedges and old stumps and walls, and is cultivated and grown at the present time for its valuable properties. It is largely used in the brewing of ale, beer and porter, and is what might be termed one of the standard herbs. We certainly cannot value this gift of God to man in the line of a natural product too highly.

Medical properties and uses.—Lupuline, or hops, is a mild sleep producer, and is quieting to the nervous system in a great many cases. A man was

once cured of dyspepsia by drinking lager beer, and he afterwards found it was the hops in the beer that did the work. They are valuable in the form of a hot poultice applied to the parts affected with cramps or painful conditions. No family should be without hops in the house, or where they can readily obtain them. They will relieve cramps and pains of the womb, when put on the belly in a sack in a hot condition.

Trifolium Pratense.

Red Clover.

I shall speak briefly on this valuable plant. Its medical properties, so far as my experience has gone, and the knowledge I have obtained from various authors, are especially adapted to troubles of the respiratory organs, such as irritation of the vocal cords, windpipe, and bronchial tubes. It is a twin sister to honey;—taste the blossom, and it has a taste similar. A tea made of the blossoms is the best form to use it in.

Medical properties and uses.—Good for asthma, hoarseness, colds, coughs, and irritation of the general respiratory tract. Make a strong tea of the blossoms, and take a common swallow every hour or two. Best to take it hot. Make a strong syrup of the blossoms, mix it with the juice of roasted onions and strained honey, and you will have a fine cough syrup, good for croup, colds, bad coughs,

hoarseness, and all troubles pertaining to the lungs, windpipe, and bronchial tubes.

Pulsatilla Pratensis.

Pulsatilla.

This is a very important remedy. It is one of the finest remedies for nervous excitability that we have. It is good for many other diseases, and should only be handled by physicians.

Viburnum Prunifolium.

Black Haw.

This has one powerful influence, and that is, to counteract abortion or miscarriage.

Euonymus Atropurpureus.

Wahoo.

Wahoo improves digestion, and should be used in combination with other bitter tonics, such as gentian, golden seal, etc. It is an anti-periodic, and is very useful in counteracting malaria. It is a fine substitute for quinine, and will answer in the place of it in a great many cases. Make the tincture as directed with other barks. To break chills, take a teaspoonful every two hours before time for the chill.

Stramonium.

Jamestown Weed, or Jimson.

This is a highly important remedy, and every doctor has use for it. If it were an article that cost as much as quinine every body would think more of it, but, as it grows as free as the water flows it has been ignored and discredited by many, or to say the least, sadly neglected by the medical profession.

Medical properties and uses.—The leaves, saturated in saltpetre, dried, mashed up fine, and mixed with tobacco and smoked, will give almost instant relief to asthma or phthisic, or difficult breathing. Take the tops and leaves and boil to a thick syrup and mix with mutton tallow. This forms a fine pile ointment, to use on the parts after each evacuation. A hot poultice of the leaves will overcome cramps, nervousness, and produce sleep. It has been used internally with success in delirium tremens, but should only be given by a physician.

Solanum Dulcamara.

Bitter Sweet.

This is a woody vine that grows throughout the United States and also in the eastern world. The parts used in medicine are the roots and twigs, which should be collected in the months of August and September.

Medical properties and uses.—It is an alterative in particular, at the same time acting as a diuretic

and a diaphoretic. In large doses, like Vervain, it will produce vomiting, but when properly given is a fine remedy for syphilis, all forms of skin diseases, scrofula and glandular swellings. It acts as a fine blood purifier, causing the organs of excretion to throw off the dross of the blood, and at the same time prompting the organs of digestion to make new and pure natural material for the constant re-fitting of the house made of flesh and bone. Dose of the tincture, from a half to a teaspoonful four times a day.

Ptelea Trifoliata.

Wafer Ash.

This is a shrub that grows from 8 to 12 feet high in various parts of the United States, and is called by some swamp dog wood, and occupies an honored place in our Materia Medica.

Medical properties and uses.—This forms a fine tonic for convalescents from malarial fevers. It promotes digestion and relieves asthma, and is a fine blood purifier, and if continued for a considerable length of time will permanently cure many obstinate and bad diseases. It will cure ague, remove swarthy color and make the skin smooth, but is best used in combination with other remedies of a similar character. The best form to prepare it in is in the form of a tincture; cut the inner bark fine

and fill a bottle half full, and add good whisky till full. Dose of the tincture, a teaspoonful three or four times a day.

Silphium Perfoliatum.

Indian Cup Plant.

This plant is found growing in rich soil or spots in the western states. The flower it bears is of a rich yellow color, and many in number, blooming or flowering in the month of August. The root is the part used in medicine, and should be dug in the month of August, and the tincture made from the green root.

Medical properties and uses.—The Indian Cup Plant is a remedy that stimulates the skin to a free sweating, and is a fine tonic and blood purifier. Take and mash the root fine, make a hot poultice, and apply it several times a day, and it will overcome enlarged spleen or ague cake. It is a good thing for a torpid liver, and a general debilitated condition. I have used it with satisfactory results in dry and obstinate coughs. Prepare the tincture from the green root as usual. Dose, from a teaspoonful to a tablespoonful three times a day, or as the case may demand.

Sambucus Canadensis.

Elder,

This is a shrub that I termed in my boyhood days a curse to the farmer and his fences. It flowers in

myriads of little flowers, in a grand cluster, in the month of July, and they mature in little black berries about the size of coarse squirrel shot, from which elderberry wine is made. The bark and the flowers are the parts used in medicine. The old fogy idea of cutting the bark up and down, reversing its medical action, that is, vomiting and purging, is all bosh. It is all owing to the size of the dose, and not the way the bark is cut. In large doses it will vomit, and in smaller ones act as a gentle purgative. Any superstitious reader doubting this will be convinced of the fact by trying it on their own bodies. We obtain positive facts in reference to the action of medicine in different doses, by trying them on ourselves. I speak from experience, not book reading.

Medical properties and uses.—Take the flowers and make a hot tea, and give it freely, and it will produce sweating; take the same amount and give it cold, and it will run off on the kidneys. This is the result of different degrees of temperature, and not the way you mash, cut, or gather the flowers. It, in the form of a cold tea, is a cooling diuretic. The bark can be given in such doses as will act quite severe on the bowels, and is a very important remedy in the treatment of many cases of dropsy, especially where it is the sequel or result of contagious or epidemic diseases. The inner bark fried in mutton tallow makes a fine healing salve for all

excoriated surfaces, such as burns, scalds, abrasions, bruises, cuts and old sores. Dose, of the tea of the bark, for constipation, a tablespoonful three or four times a day. To produce vomiting give three or four swallows of the hot tea every five minutes until sickness or nausea occurs. It makes a fine salve for dressing flesh wounds on horses.

Salix Alba.

Willow.

The bark is the part we use. It is a good tonic, and will counteract periodicity in many mild cases. I have often broke chills when recently contracted, by taking the strong tea and giving it as hot as it can be swallowed every two hours, commencing eight hours before the time for the chill to come on. It is an astringent, and will bind up the bowels, consequently, in many cases of diarrhœa, is very beneficial, and will cure it. Often checks chronic bleeding from the bowels and nose. It makes a fine poultice for varicose ulcers and sores. Dose, of the tea, from one-half to an ounce, three or four times a day.

Panax Quinquefolium.

Ginseng.

This is a well known plant, but has no important or valuable medical properties, and is gathered principally for the eastern trade. It a very feeble tonic, fit for boys to chew.

Hamamelis Virginica.

Witch-Hazel.

Witch-hazel grows in many parts of the United States. The leaves and bark are the parts that are employed for medical purposes.

Medical properties and uses.—A tea made of the bark will, in many instances, check hemorrhages of the lungs, stomach and bowels. It makes a very valuable injection for the whites and ulceration of the womb. The Indians know of no more efficient and better article with which to poultice scrofulous tumors, felons, white swellings and old sores, than a poultice of witch hazel bark. Take oak bark ooze, witch-hazel, and oil of cajaput, and first mix them with flour until you have a thin slush, then mix with mutton tallow, and you have a very fine pile ointment, to be applied three or four times a day; best bathe the parts, before applying, with warm rain water. Dose of the tea, a wineglassful three or four times a day. Of the tincture, a teaspoonful the same number of times.

Viburnum Opulus.

Cramp Bark. High Cranberry.

This is a very valuable remedy in its place. I have used it in hundreds of cases with happy results, and, in fact, in my practice I would be at a loss without it. It is usually called cramp-bark, from the fact that it is such a powerful anti-spas-

modic, and is noted for subduing cramps so readily. The bark is the part used.

Medical properties and uses.—It will overcome cramps of all kinds if the stomach will absorb it and get it fairly into the circulation. It overcomes the cramped condition by quieting nervous excitation. It has a special affinity for cramps in the womb during menstruation, and in my practice I employ it for that principally. Dose of the tincture, from ten to thirty drops three or four times a day. The hot tea is best for severe cramps. Dose, a big swallow every three or four hours.

Antemaria Margitaceum.

White Plantain.

This is said to be an anodyne and astringent, and useful in lung fevers. I have used it with marked benefit as a poultice on old sores, and dog-day sores on boys, that seemed to have no inclination to heal.

Plantago Major.

Plantain.

This is a plant that grows in rich soil, and is common to many yards, and would be used more if its properties were known to everybody.

Medical properties and uses.—A tea made from the seeds is a fine diuretic. A strong syrup of the root mixed with flour, mutton tallow, and oil of ca-

japut, forms a very good pile ointment. I have known it to cure when many other noted remedies had failed. The leaves, cut up fine and well wilted by heat, applied while hot to old sores and ulcers, promotes healthy granulations, and I have seen very bad ulcers heal readily from its effects.

Anthemis Nobilis.

Chamomile.

Medical properties and uses.—The hot tea of the chamomile flowers is good for wind colic and cramps of the stomach, or cramping pains during painful menstruation, or pains during the monthly flow.

Nymphaea Odorata.

White Pond Lily.

Medical properties and uses.—The root contains tannin, therefore is an astringent. A tea made of the root is a good remedy for diarrhœa. The cold tea forms a fine astringent injection for gonorrhœa in the second stage. The mashed root, stewed with bread and milk, forms a valuable poultice to old sores, indolent ulcers, and cuts that wont heal.

Fraxinus Acuminata.

White Ash.

Medical properties and uses.—The bark and leaves are the parts used for medicine. A tea made from the leaves and drank freely has been

found very good for the cure of gout. A tea from the bark will cure some cases of constipation. It is slightly tonic in its effects and is a valuable remedy, used in combination with other mild herbal tonics, in rheumatism and gout.

Artemisia Absinthium.

Wormwood.

I shall simply speak of its most important medical property, and that is, its power of destroying worms. I value it above all remedies that are noted for the power of expelling worms. Santonin is made from wormwood, and is the best worm medicine in the world. It is a powerful stimulant to the brain and nerve centers. It acts on the optic nerves and makes things look yellow.

Medical properties and uses.—It is what I would term strictly a specific for worms. I have given it to children as much as three hundred times, and in only one case did it fail to expel worms. A brother homeopath of Augusta, K. Y., gave the child worm medicine afterwards, and the child passed several worms. I always combine the santonin with senna or jalap. I will give you the recipe or prescription that will suit a child from three to ten years old.

Jalap, 5 grains; Senna, 10 grains; Santonin, 3 grains.

Mix and make in 3 powders, and give one every two hours, and in one hour from the last powder follow with oil. Dissolve each powder in sweetened water.

Achillea Millefolium.

Yarrow.

I shall speak but briefly on this agent, although a very good one.

Medical properties and uses.—It is a diuretic, acting mildly and kindly on the kidneys, similar to buchu. It is a fine remedy to overcome irritation of the neck of the bladder, urethra, and kidneys. A dose of the tincture, from ten to sixty drops.

Acid (Vinegar.)

This is an excitant of the spittal glands of the mouth, causing the saliva to flow freely when smelled or taken in the mouth. In proper quantities it is good to whip up the appetite and promote digestion. It is an article often craved by fever patients, and should always be given to them, for their cravings are of an instinctive character, and, therefore, are the just demands of nature. I make this declaration from practical experience, and know whereof I speak.

Marrubium Vulgare.

Hoarhound.

This is a harmless and yet a very important and useful remedy. It is found growing along creeks and rocky places, and should be gathered in the months of July and August.

Medical properties and uses.—In order to get the full medical force of this plant a tea should be made from the green leaf and tops. It is especially an expectorant and diaphoretic. In this form I know of no remedy that will break up a cold on the lungs and bronchial tubes quicker than hot tea made from the hoarhound plant. It readily restores the arrested secretions to their normal standard. The way it should be used for colds on the lungs is as follows: Make a strong tea of the leaves and tops, sweeten with loaf sugar or honey, and take a hot foot bath, then drink the hot tea and immediately go to bed and cover up warm, and the result will be, in a majority of cases, free expectoration in twelve hours from the time it is taken.

Rumex Crispus.

Yellow Dock.

This plant grows in almost all parts of the Union. It is a remedy highly valued by many physicians, and is a favorite blood purifier with the Indian doctors. They use it freely in cases bad blood and eruptions and diseases of the skin with marked success. I, in my practice, have used it in over one thousand cases of skin diseases with noticeable and good results. It has, beyond question or doubt, very valuable or alterative properties. I think more of it, in the treatment of scrofula, than any other one remedy in the vegetable kingdom. It is

a valuable remedy in many cases of dyspepsia where there is a pressing sensation, and a fullness and heavy weight in the stomach—that portion called the pit of the stomach—and the sensation is said by many to feel like a brick in the stomach. It is good for all catarrhal affections. It promotes the general action of the entire system.

Mod: of preparation.—Take the green root, cut up fine and fill with good whisky. Let it stand fourteen days, and it is then ready for use. Dose, a tablespoonful two or three times a day.

Salvia Officinalis.

Sage.

This is a very valuable plant, and is grown in thousands of American gardens. It is used in flavoring meats, such as sausage, bologna, mince-meat and hash. It is also used as a substitute for store tea, and is a very good one. Its medical properties are very mild, yet in a great many cases they answer all that is needed, and I have known cases where it has succeeded when more honored remedies have failed. It is a fine remedy for night sweats, and acts gently and mildly on the skin and kidneys. The dose is unlimited. Make a tea of it the same as you would a store tea, and drink freely. It will cure night sweats and purify the blood.

Sanguinaria Canadensis.

Blood Root.

This is a plant that is quite common in this country, and nearly everybody knows what blood root is, but few know of its valuable properties. There is many a valuable plant that grows within our every day reach that would prove a balm to our bodily afflictions; but the great trouble is we are ignorant of their valuable powers and properties.

Medical properties and uses.—It is a stimulant to the mucous membranes, and is claimed by many physicians to be specific for a great many of their diseases. It is good for bronchitis, and is good for the stomach and bowels where there is an abnormal secretion of mucus. It is good for coughs and colds in small doses, and is a remedy that should be used by every physician.

The tincture should be prepared from the recent dried root. Fill a pint bottle half full of the finely mashed root, and add equal parts of alcohol and water till full. Dose, from one to seven drops every three or four hours.

Scilla Maritima.

Squill.

This is a very common remedy and a good one; a remedy that the medical world would be at a loss without. I have failed to find, in all my experience and travels, a doctor that does not speak highly of this remedy.

It is something than can be obtained from almost every druggist in the land. It appears like sliced onions as you buy it from the drug store. It is better for you to buy it in this form, called the syrup of squill, and inquire of the druggist how it should be taken, from the fact that all preparations are not of the same strength.

Mode of acetic preparation.—Take a sufficient quantity of the dried squill to fill a pint bottle half full, then add vinegar till the bottle is full. Shake well every day, and at the end of fourteen days it is ready for use. Then make very thick syrup out of good loaf or granulated sugar, and to one part of squill add three parts of syrup. Shake well, each time before you use it. The dose for a grown person is a teaspoonful every two or three hours, in a case of bad colds. When nausea is experienced, or a desire to vomit, lessen the dose. For a child, ten or fifteen drops of the syrup every two or three hours. For croup in children, squill is the secret of all remedies that have proved themselves good. I will now give you a formula for a croup preparation that is used by almost every doctor in our land that leans toward the vegetable theory of medicine.

Vinegar tincture of Squill.....two ounces.
 Vinegar tincture of Lobelia.....two ounces.
 Camphorated tincture of Opii..... ..one drachm.

Dose, in a case of croup, one-half teaspoonful every ten minutes till the patient vomits, If vomit-

ing should not occur after the third or fourth dose, give a little common baking soda mixed with water. The patient should be kept warm, and the proprietary medicine I call King of Pain should be freely applied to the throat.

Sarsaparilla.

This is a plant that grows in the shape of a vine, clambering stumps and stubs of trees, fences and stone walls, in a majority of districts of the United States. The root is usually about one quarter of an inch in diameter, and is many feet and yards long, so that when you dig an entire root up without breaking it, you may truly call it a vegetable cord grown by nature, of a bright golden yellow color. The root is the part that we use, and should be gathered in the months of July and September. It is better to prepare it immediately after digging, but it will retain its virtues a number of months after digging. This root is one of our most valuable remedies, and of great value to the medical profession. Physicians have praised it through every classical publication in the land. Sarsaparilla is a remedy that is undoubtedly alterative in its action. It can be taken freely in the form of an infusion or decoction without fear of doing harm. To make a tincture of it, fill a bottle half full of the finely cut root, add equal parts of water and alcohol, and let stand fourteen days, shake well each day. Dose,

tablespoonful four or five times a day. In all bad cases of blood diseases and eruptions of the skin, a half pint of the strong tea of the root should be taken in connection with the tincture every day. Let the patient bathe the whole body twice a week with pure water, rubbing the skin after bathing well with a rough towel. Do not charge your stomach with nuts, knick knacks, and fat meats, and you will find, inside of four weeks, that sarsaparilla is a blood purifier and alterative. I saw a case of scrofula caused by bad vaccine virus. The flesh seemed as though it would fall from the bones, and the physicians that were in attendance gave her up and said she would have to die. The mother made a strong syrup or tea of sarsaparilla root and made her drink it instead of water. It did the work. She got well.

It has been used by millions, and has been recommended by the same number to be a very valuable remedy, and a remedy that should find a place in every house in the land.

Medical properties and uses.—The medical properties of this plant is generally known as an alterative and blood purifier. It is noted in its blood purifying history. I have known of a number of cases of blood diseases that the common syrup of sarsaparilla has cured where noted physicians have failed in their attempts with their lauded remedies. It acts kindly and freely on the kidneys, gently

stimulating the sudoriferous glands as well as the sebaceous glands of the skin. It increases the appetite, and gently counteracts a constipated condition of the bowels. When taken freely for a considerable length of time it will overcome and cure a majority of our many troublesome skin and scrofulous diseases in general. When a person takes it freely they will find it will act on the kidneys similar to watermelon, and the sweat from the skin will be of a greasy, waxy nature. Try it if you don't believe it.

Lappa Minor.

Burdock.

Burdock is a very common plant of the United States. The root is the medicinal part. The root looks some like a parsnip, and has the full medical property about the time the burr ripens.

Medical properties and uses.—This is a mild diuretic, cooling to the blood, and is a splendid diuretic for children, where they are troubled with burning or scalding urine, with a frequent desire to pass it. Take the green root, mash it fine and put it into a pitcher of water, stir well as you would a pitcher of lemonade, let it stand half a day and it is ready for use. Drink freely instead of water. In many cases of soreness in the region of the kidneys the free use of this remedy will entirely over-

come it. It acts well where the patient with fever is bothered with high-colored scalding urine. It is a refrigerant and mild diuretic.

Laurus Sassafras.

Sassafras.

This is a very fine aromatic bush and tree. I have seen large fields of the bush no taller than the common Indian cornstalk, and I have seen the bush in its adult age or growth as tall as the gigantic oak. The bark of the root is the part used in medicine and domestic use. The Indians of many tribes dig it and use it as a tea. If it were used by civilization instead of store tea and coffee, the stomach and digestion of civilization would be much better, and the owner more happy and hopeful.

Medical properties and uses.—Sassafras is something used by a great many physicians, if for nothing more than merely to make their medicines pleasant and palatable for their patients to take. It is a blood thinner and purifier. It acts gently on the kidneys, and can be smelled on the urine when it is freely taken. Make a tea of it, and drink it either warm or cold at meals, instead of tea or coffee, and during the day instead of water, when you have got bad blood.

Lobelia Inflata.

Lobelia.

This is a very common remedy, known well to all civilization, therefore it is not necessary for me to

dwell on the plant long. It is of great importance in the treatment of many diseases. It is perfectly safe for a man to administer who knows its effects. I have given it in hundreds of cases without fear, with very happy results. This remedy was discovered by a man by the name of Thompson. He first fully satisfied himself that it had emetic properties by coaxing his partner, who was mowing with him in the field, to chew the green plant, which he did, and became deadly sick and relaxed, and upon drinking some water he vomited and rapidly recovered from its effects, and felt better afterwards than he did before. Thompson was one of the first botanic or herb doctors, and did a great deal for suffering mankind by discovering that herbs had many valuable medical properties, that have since been used by all physicians.

Medical properties and uses.—Lobelia is one of our most valuable emetics, and is only fit to be handled by a physician who knows well his business. It is one of the essentials in the croup syrup that is dealt out by many of our best doctors. I will here give you a formula :

Acetic tincture of Lobelia.....	one ounce.
Acetic tincture of Squill	one ounce.
Camphorated tincture of Opii	$\frac{1}{8}$ ounce.
Simple Syrup.....	four ounces.

Dose, a teaspoonful every two or three hours in a case of bad cold or cough. In a case of croup, every five to ten minutes, until vomiting occurs.

Juglands Cinerea.

Butternut.

The butternut tree grows to the height of from thirty to one hundred feet, and bears a nut oviform in shape, near the size of a small hen's egg. The inner bark is the part that possesses the medical property, and should be gathered when the sap is going down, or in other words, in the fall of the year. It is a bark that is truly worthy of notice, from the fact that its medical properties are peculiar from those of others it is classified with. I am acquainted with a California physician, by the name of Dr. James E. Mure, who appreciated this remedy above all remedies for certain conditions of the system, and those conditions were chronic constipation of the bowels, slight bilious derangements of the stomach, or in other words, slight bilious attacks. He gave this remedy in a number of cases with good results. The tincture of butternut bark has been one of my favorites in many cases of bowel troubles of a constipated character. I should certainly be at a loss without this medicine in my assortment of remedies.

Medical properties and uses.—In large doses the butternut is cathartic in its action; and this is a peculiar fact in reference to its cathartic action over and above any other cathartic remedy we have in the world. I will give it in plain language. When calomel, may-apple root, colocynth, jalap, senna,

gamboge, and such cathartics are given, after the cathartic action constipation usually follows, and sometimes to a sad extent; but this is not the case with butternut. It is a fine laxative and cathartic, and constipation seldom, if ever, follows its cathartic effects. Where piles are produced by constipation it is almost a certain cure. I pronounce it the king of constipation. For all bilious conditions, and conditions of constipation, take the inner bark of the butternut tree and cut it in fine pieces, and fill a quart bottle full of the pieces, then add equal parts of water and 98 per cent. alcohol, and after fourteen days' standing it is ready for use. The dose of the tincture is three or four tablespoonfuls a day until the bowels become loose and regulated, then lessen the dose according to the necessity of your case or your condition.

Prunus Virginiana.

Wild Cherry.

Wild Cherry is a twin sister to pale Peruvian bark, especially when combined with dogwood bark. I have known the two in many cases to accomplish the same results. Wild Cherry is a tree that grows all through the middle states, and is a remedy within the reach of almost everybody that needs it. The inner bark on the south side of the tree is most efficient, from the fact that it has the sunlight to develop it and give it its full growth, sap, and

normal condition. It matters not which way you cut the bark, up or down. Such ideas as that are simply superstitions, and there is no reality in such nonsense or opinions. The bark of the wild cherry tree has attracted the attention of many men to investigate its therapeutical properties. It is so common that everyone can obtain it, and it should have a place on every medical mantelpiece in our land. Many a coffin has been manufactured from out of the tree, and many a good man saved from his premature coffin by the bark of the tree; so it is evident that wild cherry serves two purposes in this world.

Medical properties and uses.—Wild Cherry is one of the most valuable remedies in its medical sphere. It is a fine tonic. It calms irritation of the mucous membrane and nervous excitability. It diminishes the force of cardiactive action. I knew a man in Franklin township, Clermont County, Ohio, who had an exceeding bad cold, and thought to break it by drinking a quart of hot tea made from the wild cherry bark. It broke the cold and came near breaking the man's life. The action of his heart fell to 45 beats per minute, and was very feeble in its character, and the man was completely prostrated and did not feel entirely free from its effects for three or four days. The man's name is Squire F. M. Myers. It is a fine remedy for debility of the stomach, where there is irritation of the mucous

lining and nervous irritability. It is a good remedy for fevers, and for consumption where the patient is troubled with night sweats, and is fretful and nervous, and wakeful at nights. It may be used in several different forms. To make a tincture, take the inner bark and cut in fine pieces, fill a jug or bottle half full of the pieces and add good whisky or diluted alcohol, let it stand fourteen days and then it is ready for use. Dose, tablespoonful every three or four hours. I prefer the cold water preparation. Take the fresh bark and cut it up fine and soak in cold water twenty-four hours, then you have a fine cold tea of wild cherry bark. Dose of this, a common swallow every three or four hours. It is better in all cases of chills and fevers, or in other words, ague, to combine an equal part of dogwood bark with it, and commence twelve hours before the time for the chill, and take a big swallow of the cold tea every two hours till the time for the chill. I have known this preparation to break hundreds of cases of ague. Boiling the bark seems to destroy its medical virtue to a very considerable extent, consequently it should never be boiled into a syrup. It may be used in the powdered form, and is good. Dose of the powder, what will lay on a silver dime, in water.

Cornus Florida.

Dogwood.

This is a small tree that grows from 30 to 50 feet in height, in all parts of the United States. It flowers in the month of May, and farmers in the Middle States and fishermen will tell you, when the dogwood is in bloom then is the time to plant corn and catch fish. The bark is the medical part of the tree.

Medical properties and uses.—Dogwood has similar properties to Peruvian bark, and before the latter came into use it was used in its stead. It is a tonic and an astringent. It slightly increases the force and frequency of the action of the heart, and when taken freely produces general warmth of the body. It is good in low continued forms of fever, where the patient is greatly exhausted. Prepare as directions for preparing wild cherry bark. Dose, the same. Gather the bark from the sunny side of the tree. The inner bark is the part used.

Iris Versicolor.

Blue Flag.

We find that many of our writers describe this as one of our most important plants. Eclectics have held it in high favor, that is, when they knew it to be in a form in which it retained all of its medical properties. From the fact that it has been before the public for the past fifteen years in an improper

form, it has been ignored by a great many of our physicians. The dust from the yellow clay bank has more virtue than the articles that have been on the market made from the dried root. There is no tincture genuine unless made from the green root.

From green roots virtues fly away,
 And leave their shells like snails in May.
 'Tis not the case with every root,
 Twig, leaf and branch, flower and shoot.
 There's Indian turnip, hard and dried,
 Known by all, both far and wide.
 It still in this state doth retain
 The power that makes the boys refrain.

Medical properties and uses.—Blue Flag is a stimulant to the glandular system, consequently a fine remedy for all blood diseases. It promotes excretion. I have used it in many cases of blood poisoning in the secondary stage with great satisfaction and with good results. It has a special affinity for the thyroid gland, that lays just below what is called the Adam's apple of the throat, which, when enlarged, is called goitre. It is a very valuable remedy in the treatment of scrofula, and all species of glandular and blood diseases. The dose of the tincture, prepared as I have before directed, is from 5 to 15 drops four or five times a day.

Oh! Iris Versicolor, King David needed you
 To heal his sores and cleanse his blood,
 The Bible says it's true.
 In David's psalms called thirty-eight,
 You'll find it so at any rate.

Amygdalus Persica.

Peach Tree.

This is a tree that every school boy knows, from the fact that its fruit has tickled his sense of taste to a luscious degree. The bark of the twigs, and the inner bark of the body, and leaves, all have or contain a very useful remedy. No family should be without a sack of the leaves in their house.

Medical properties and uses.—I prefer the leaves to either of the barks, Peach Tree has a wonderful power in quieting irritation of the stomach and the three sections of the small bowels. In small doses it is a mild tonic. I have known the most obstinate cases of vomiting quieted by an infusion of the leaves, or a tea, given in tablespoonful doses every ten or fifteen minutes till the vomiting ceases or stops. The same can be said of this remedy in the treatment of cholera morbus. A hot poultice of the leaves or bark should be laid on the pit of the stomach at the same time. I have seen this accomplish more than any other remedy in such cases. Take and boil the leaves with bread and milk, and it makes a good poultice for bad cuts and wounds where the inflammation runs too high, and the wound is throbbing with pain. The tincture of the bark is prepared in the same manner as I have described before. The dose is from 8 to 10 drops to a half teaspoonful, every two, three or four hours, as the case may demand. I shall now give you a

description of something remarkably strange, that was told by the Rev. R. E. Hera, in the pulpit of the Baptist church in Amelia, Ohio. It appeared marvelous to me, but I have no right to dispute it. "There was a man that gave a great deal of attention to the growing of fine peach trees. He had a very fine peach orchard, and one day when walking through it, seeing a very large peach he plucked it and ate it. In nine days he was taken with hydrophobia and died. It aroused curiosity, and they took the leaves of the tree and bark and had them examined. They then dug the tree up by the roots, and mingled with the roots they found the skeleton of a dog. Then one of the hired hands remembered of burying a mad dog there. It was decided that the poison was carried by the roots through the tree into the peach."

Inula Helenium.

Elecampane.

Elecampane is one of our many harmless, mild tonics. The root is the medical part of the plant, and by many highly appreciated. It is mild and slow in its effects, consequently should be continued a long time in order to accomplish the object for which it is taken.

Medical properties and uses.—Elecampane is a mild tonic to the mucous linings and to the skin. It has been found by the Indian doctors to be of

benefit in many skin diseases. It has a special affinity for the bronchial tubes and lungs in general. It is indicated where there is pain in the breast with considerable expectoration. It is better used with other remedies of similar proprieties. I will now give you an Indian formula :

Elecampane Root ½ pound.
 Spikenard Root..... ½ pound.
 Comfrey Root ½ pound.

Mash the roots well, boil in one gallon of water until it is down to a quart, put in a half gallon jug or bottle, add eight ounces of alcohol and a pint and a half of strained honey, or syrup made of sugar. Dose, a teaspoonful every two hours.

Symphitum Officinale.

Comfrey Root.

This you can call a garden root as well as a wild one. It is a fine remedy in its place, and is grown by many in their gardens simply for its medical proprieties.

Medical properties and uses.—This remedy is good for bad colds and coughs, and wherever there is irritation of the mucous membrane of the throat and bronchial tubes, and has been used with success in hundreds of cases of bleeding from the bowels, lungs, and womb. It acts as a soothing paste to the mucous surfaces, and produces a similar taste in the mouth, that is, the green root, to

that of the green slippery elm bark. It is emulgent and soothing. Dose of the tincture, from 10 to 20 drops every two or three hours. When there is a tickling cough, a few drops every hour or half hour. It is best combined with other cough remedies, the recipe for which I will give hereafter.

Aralia Racemosa.

Spikenard.

This is a remedy that has been used more in the past than now. It has become scarce in many places, and cannot be obtained as it was years ago. This remedy has similar properties to valerian, and makes a very nice combination with elecampane, comfrey, and honey or syrup, for coughs, and all lung troubles.

Medical properties and uses.—Spikenard is a tonic to a weak, debilitated condition of the nervous system, where the patient is easily startled and has night sweats and a nervous cough. It should always be used with the above mentioned remedies, or the recipe given on the preceding page. I have known those three roots, prepared in that way, to cure numbers of cases that were called consumption and given up by their friends to die. Anybody troubled with a bad cough will do well to try it thoroughly; it can't do harm, and will do good. To say the least, you are safe in trying it, and give it a fair trial.

Polygonum Punctatum.

Water Pepper or Smart Weed.

This is a powerful stimulant, and when given in the form of hot tea, will restore the monthlies when suddenly arrested by cold or similar causes. Make a tea of the leaves and tops and give while hot. Dose, a tablespoonful every hour or two until sweating occurs, using at the same time the hot foot bath.

Pilocarpus Pinnatus.

Jaborandi.

Make a tincture out of the leaves. It is one of the most powerful stimulants to the skin known to the medical world. It will produce sweating inside of two hours. Best given in the form of hot tea. Take the hot tea, 8 ounces, made from one drachm of the pulverized leaves, and give hot every twenty minutes until all taken. In cases of œdema, or dropsy, it is a specific, relieving the patient in one days time.

Artanthe Elongata.

Matico.

The leaves are the part we use. I shall simply speak of its most important medical power, and that is, its power to check hemorrhages occurring from cuts, the lungs and the bowels.

Medical properties and uses.—A cold tea made

from the leaves will check hemorrhages from the lungs and bowels, using in connection with it cloths dipped in cold water, applied to the breast and the bowels. When a small artery or vein is bleeding from the effects of a cut or wound, take the powdered or pulverized leaves and pack the wound with them, tying a string or handkerchief tightly about the limb above the wound. This modus operandi will check any common or ordinary hemorrhage from wounds. To make a tea, use it the same as you would store or sage tea, and use it cold.

Apocynum Andros.

Bitter Root, or Wandering Milk Weed.

This is a weed common to all parts of the Union. It grows to the height of from three to five feet, with pods like green corn beans. The stalk is of a dark color, and round. The root is the medicinal part, and should be dug in the months of August and September. There are many stalks growing from the same root. The root is from ten to twenty feet in length and about the thickness of a telegraph wire, and when broken exudes or throws out thick waxy milk of an extreme bitter taste.

Medical properties and uses.—In large doses it will cause vomiting, and at the same time act as a cathartic, but properly given will cure dyspepsia and liver complaint, or torpid liver with constipation. Take two ounces of the root, put it in a quart of

whisky, and after standing fourteen days take from a teaspoonful to a tablespoonful three times a day.

Eupatorium Perfoliatum.

Boneset.

This is a very common plant and yet a very useful one. The flowers and leaves are the parts used in medicine. They should be gathered in July and August.

Medical properties and uses.—The tea made from this plant is a very valuable remedy for breaking up colds. In large doses it will cause vomiting and stimulate the liver. In the form of a cold tea, in small doses, it acts as a tonic. Dose, of the hot tea, two or three ounces; of the cold tea, a tablespoonful every three or four hours.

Scutellaria Lateriflora.

Scullcap, or Mad-Dog Weed.

This is a plant good for neuralgic convulsions and all spasmodic diseases. It should be used for the above named diseases in the form of a hot tea, to be drank freely until relief is produced.

Borosma Cremata.

Buchu.

This is a shrub that is found in Southern Africa, and is a very useful one. The leaves are the part that we use in making tincture and teas, and ranks as one of our finest herbal remedies.

Medical properties and uses.—It is a pleasant aromatic in its odor, tonic in small doses, but is principally used for its diuretic properties. It is one of our best herbal diuretics, or in other words, that which will act on the kidneys and increase the flow of urine and the solid constituents. I prefer using it in the form of a tincture or tea made of the leaves. I have used it in over a thousand cases, and in the majority of them got good results. Dose, of the hot tea, an ounce every three hours; of the tincture, from one half to a teaspoonful every three or four hours.

Arctostaphylos Uva Ursi.

Uva Ursi.

This is an evergreen that grows in many parts of the world, and seems to exercise great economy, from the fact that it grows on gravelly ground where nothing else will grow. The leaves are the part used in making medicine.

Medical properties and uses.—This remedy, plant, or shrub, has a marked tonic influence on the general system, and is what we might term an astringent diuretic. I have used it with the best of results in many troubles, where there was too much urine or water thrown off by the kidneys, called in medicine, diabetis insepitus. I have found it good for chronic irritation of the bladder. I prefer a tea made from the leaves and drank hot. Dose, of the hot tea, one ounce every two or three hours till relief is experienced.

Quinine.

Quinine is made from what is called Peruvian bark, found growing in sections of central and northern South America. There are three kinds of the bark—white, yellow, and red. It is the king of anti-periodics, and a deadly antagonist to malaria in all its forms. It should be handled with care as it often produces permanent injury, improperly given. I have been careful in giving it, and have used it in over a thousand cases, and only had one case of quinism. It is best to get some good common sense doctor to prescribe it when thought to be indicated.

How to take it to break chills. Commence eight hours before the time for the chill to come on, and take five grains every two hours in water or milk. Repeat it again the seventh day in three grain doses, the fourteenth day in two grain doses, the twenty-first day in one grain doses. This will cure any case of ague.

Alcohol.

Whisky.

This is not a scarce article in civilized countries. It is an article that can be obtained at any time any where for the sum of ten cents. The principal ingredient in whisky is alcohol. Good whisky contains 56 per cent. of alcohol, which is the intoxicating principal. Alcohol is the result of fermentation

of many different articles, such as wheat, rye, corn, grapes, potatoes, rice, apples, berries, sugar, molasses, and many others. It is one of the best gifts of God to man, and at the same time the one that is the most abused. It has been so abused by indiscreet men that it has caused, in many parts of our country, the fanatics to raise wars and crusades against it. Anything great and good in its character meets with bitter persecution. The best gift that God ever gave to fallen man was Jesus Christ, who was persecuted even unto death. Galileo advanced a great and true idea in reference to the world turning on its axis, and fool fanatics put him to death. The world has always been cursed with fanatics, and always will be. Every man is the architect of his own fortune; he can make a useful man of himself, and be a credit and honor to himself, his neighbor, community, and nation, if he so tries; and, on the other hand, he can kill himself with whisky, arsenic, strychnine, or the common case-knife that he puts the food in his mouth with. This is the right of his free moral agency. If he should perchance to kill himself with a case-knife, it would be just as reasonable for some sect of fanatics to institute a crusade against cutlery stores, and try to abolish the manufacture and sale of the case-knife. Whisky, they say, sends sixty thousand souls to eternal ruin every year. They make a mistake. They send themselves to physical ruin by

the abuse and excessive use of the intoxicating article. I have known men to plunge in cold water to bathe when they were wet with sweat from the hot harvest field, and the result would be a diseased condition for life. This is no stigma on water, or on its being cold and pure, but the fault was with the parties who acted so unwisely in violating the laws of nature by plunging into water that would chill their blood so suddenly.

Many a wife has sent her husband to hell by her own meanness and unkind acts, and then the crime is all charged onto the wicked monster, whisky. If whisky, the vile impostor, had hands and feet, American fools, instead of Canaanite Jews, would spike them to the cross, and glory in their cowardly feat, as did the low stigmatized Jews when they saw the blood of Jesus Christ trickling down the cross. Temperance means moderation in all things. Fools and fanatics are the cinders of the dark ages.

Alcohol, or whisky, is the great medium pharmacists and druggists use to prepare all, or nearly all of their important tinctures.

Medical properties and uses.—Whisky is a powerful stimulant to the heart and arteries and the general nervous forces, and counteracts malaria, hardens the tissues of the lungs, counteracts tuberculosis, or consumption. Taken properly it diffuses a warmth all over the body, acting on the brain forces so as to make a person feel hopeful, buoyant

and ambitious. I have saved many lives with it in low forms of fever. I know of no remedy so valuable in the treatment of low forms of fever as whisky. I remember of one case in particular, that was given up by all. I and Dr. Gibson gave whisky every hour. The patient soon became conscious and broke out in a profuse sweat. The fever was gone and the patient got well. Yet the abuse of it has wrecked thousands and broke up the happiness of sweet homes, brought thousands to want, rags, and the gutter, damned the brightest and the best intellects, sent many a good man to his grave, wrecked fortunes, blotted out memory, bewildered intellect, and filled houses, jails, prisons and graves with many a human wreck.

I feel it my duty to speak of this article in the treatment of consumption, I owe my life to the effect liquor produced on my lungs and general system. I actually had consumption, and all thought I would die. I thought it doubtful myself whether I would live. I had night sweats, hemorrhage of the lungs, expectorated tuberculous matter, so weak that I could not walk fifty yards without it producing bleeding from the lungs, and weighed about 120 pounds. I counseled with two good physicians, Dr. Gaskins and Dr. Ashburn, of Clermont County, Ohio. They said whisky was all the hope I had. I took them at their word, drank it day and night, and ate raw eggs and raw beef, and in three months

weighed 145 pounds and could do a hard day's work. I am well to-day, and can honestly say from the bottom of my heart, that raw beef and eggs and whisky, good air and exercise, will cure consumption when it has not run too long before anything is done. It should be used very freely, both day and night, to cure consumption.

Opium.

I write on this article to apprise or warn people of the fact that it should not be used as much as it is. It should be used only in extreme cases, such as pain from cramps and neuralgia, wounds, mashed and broken bones, and then should be used in very light doses. It is a deadly poison in large doses, and mothers do a very foolish act when they give their babes Godfrey's Cordial, Bateman's Drops, or Paregoric. Children have been killed by their improper use. All the above preparations are strongly charged with opium, and should only be given by a good physician who understands when they should be used. Opium locks up the bowels, and causes a person to become yellow, or of a bilious, swarthy color, from the fact that the bowels are locked up and the bile thrown off by the liver is reabsorbed into the blood, when it should escape with the discharge of the bowels. If long taken it will produce insanity, and destroy the brain and nervous forces, then when the person goes without it, they will go blind, faint and fall.

Stomach Bitters.

Similar to Hostetter's.

Gentian Root, ground.....	½ ounce.
Cinchonia Bark, ground.....	½ ounce.
Orange Peel, ground.....	½ ounce.
Cinnamon, ground	¼ ounce.
Anise Seed, ground	½ ounce.
Coriander Seed, ground	½ ounce.
Cardamon Seed, ground.....	⅓ ounce.
Gum Kino, ground.....	¼ ounce.
Alcohol.....	1 pint.
Water	4 quarts.
Sugar	1 pound.

Soak the drugs in the alcohol for one week, pour off the tincture, boil the drugs for a few moments in one quart of water, strain, add the tincture, the rest of the water, and sugar. Then you will have a very pleasant and mild stomach tonic and bitters that will promote digestion and guard your system against malaria or chills. Dose, a common swallow or a wine glass full before each meal and on going to bed.

Farmer's Bitters.

Tansy	¼ ounce.
Crushed Gentian Root.....	1 ounce.
Pulverized Hydrastis Canadensis	1 ounce.
Anise Seed.....	½ ounce.
Whisky.....	1 quart.

After standing fourteen days it is ready for use, and will be found to be a fine appetizer and a good stomach tonic, as well as a blood purifier. Dose, a common swallow three or four times a day.

German Bitters.

German Chamomile	2 ounces.
Sweet Flag	2 ounces.
Orris Root	4 ounces.
Coriander Seed	1 ½ ounce.
Centaury.....	1 ounce.
Orange Peel	3 ounces.
Alcohol.....	4 pints.
Water	4 pints.
Sugar.....	4 ounces.

Grind the drugs to a coarse powder, percolate with the alcohol and water, filter, and add the sugar. Dose, a tablespoonful three or four times a day.

Hop Bitters.

Hops.....	4 ounces.
Orange Peel.....	2 ounces.
Cardamom	2 drachms.
Cinnamon	1 drachm.
Cloves.....	½ drachm.
Alcohol.....	8 ounces.
Sherry Wine.....	2 pints.
Simple Syrup.....	1 pint.

Grind the drugs, macerate in the alcohol and wine for one week, percolate, add the syrup, and enough water to make one gallon. Dose, a wineglassful three or four times a day.

Stoughton Bitters.

Orange Peel, ground	6 ounces.
Gentian Root, ground	8 ounces.
Virginia Snake Root, ground	1 ½ ounce.
American Saffron, ground	½ ounce.
Red Saunders, ground	½ ounce.
Alcohol.....	4 pints.
Water	4 pints.

Mix, macerate fourteen days, filter, and add enough diluted alcohol to make one gallon. Dose, a tablespoonful three times a day before meals.

Corns.

They are not dangerous. I never knew them to cause lock jaw or death, but yet they are equal to an aching tooth, and torment their owners severely. They are caused usually by tight shoes pressing on some part so as to check the capillary circulation and as soon as that is checked the skin becomes calloused or hardened and presses on the nerves, causing great pain. There are two kinds of corns, soft, and hard. A soft corn is found between the toes; hard ones on the outer surface. Can corns be cured? My answer is, yes, by all means. The corn may be cured in a very short time. If the patient will do as I tell him he soon can get well. Bathe the foot twice a day in hot water, and after each bathing rub with Spanish Oil or King of Pain. Wear a slipper or a loose shoe. Pare the callous to the quick just so as not to cause bleeding, and in a short time your corns will be well. Tight boots will bring them back again.

Corn Poem.

People violate nature's laws,
Which truly is disease's cause;
Tight boots they wear without a fear,
But corns you know will then appear.

Nature has the strictest way,
Who violates will get their pay,
In bunions and those cursed corns,
Which pain the feet as bad as thorns.

Thus J. I. Lighthall's Corn Extractor
Is warranted to be an actor,
And when applied upon your corn,
Removes a scale as hard as horn.

Never causing any sore,
Causing blood to run or pour.
A bottle costs you fifty cents,
Saving pain and great expense.

If people who are suffering from corns will do as I have told them on the preceding page, they can most certainly cure themselves and rid their feet of such miserable and tortuous afflictions.

Antidote for Tobacco.

White Oak Bark, pulverized4 ounces.
Capsicum4 grains.

Moisten with gum arabic sufficient to make it stick together, A chew, is about the size of a bean several times a day. In three or four days desire for tobacco will be gone. Whenever you want tobacco take a chew of the above preparation.

How to Quit Using Opium.

Commence with the same dose in solution, and every time a dose is taken replace it with the same amount of water, and when the solution gets to be so weak that its effects are not felt, commence taking quinine in from three to five grain doses every four hours until you have taken it four or five days, Whisky and wine may be used lightly as the dose of the opiate grows smaller. The habit can be broken in four weeks, and God knows it is a fearful habit to be chained to, and no man would ever acquire it if he knew what a monster it is to overcome. The habit of getting drunk is a angel by the side of it.

Powder for Sore Lips.

Chlorate of Potash1 ounce.
Tannin1 ounce.

Powder separately and then mix. Sprinkle on the affected part three times a day.

Thompson's Eye Water.

Sulphate of Copper10 grains.
Sulphate of Zinc.....40 grains.
Rose Water 2 pints.
Tincture of Saffron..... 4 drachms.
Tincture of Camphor..... 4 drachms.

Mix and filter. Drop a few drops in the eyes three or four times a day.

Cough Syrup.

Tincture of Squill 2 ounces.
Tincture of Lobelia..... 2 ounces.
Tincture of Paregoric..... 2 ounces.
Simple Syrup or Honey 4 ounces.

Mix. Dose, from a half to a teaspoonful four or five times a day.

Boneset, Hops, and Hoarhound Candy.

Fluid Extract of Boneset..... 2 ounces.
Tincture of Hops..... ½ ounce.
Tincture of Blood Root ½ ounce.
Hoarhound Fluid Extract..... 1 ounce.
White Sugar 24 ounces.

Boil the mixture until a drop on a cold plate solidifies or gets hard. Divide while warm into little sticks, and then set it away till cool. This forms a fine candy for colds, coughs, hoarseness, minister's sore throat, and consumption.

Remedy for Burns.

Carbolic Acid..... 1 drachm.
Bicarbonate of Soda 1 ounce.
Linseed Oil..... 8 ounces.

This is the best dressing in the world for burns. It should be applied with linen or cotton batting to exclude the air from the raw surface. It should be applied as much as once or twice in the twenty-four hours.

Remedy for White Thrush.

There is a disease quite common to babies, called White Thrush. It appears on the mucous lining of the mouth and tongue, in the form of white patches, the same as sour milk would appear in the mouth. This will if neglected, go to the stomach and bowels and cause a severe diarrhoea, and ultimately destroy the child.

Take of pulverized borax two drachms, and of white sugar two drachms; mix, and give a lump as large as a pea in a dry form every two or three hours till well. This is a certain cure. White Thrush is an animal growth, resembling in appearance the common smart weed, and borax will kill it just as quick as nitric acid will kill a cabbage or a tomato plant. The white or loaf sugar is simply to make it palatable to the child, and is slightly astringent in its character. I have used the above in hundreds of cases with satisfactory results. Sometimes five grains of Golden Seal will prove a great addition.

Preparation for Cleaning Clothes.

Take equal parts of water, sulphuric ether and aqua ammonia. Shake well before using. This will remove any greasy spot very readily.

The Great Kidney Remedy.

This prescription is worthy of everyone's notice who is troubled with kidney troubles, weak back, and scanty secretion of urine. Good for the horse and cow as well as man.

- Tincture of Buchu 2 ounces.
- Tincture of Uva Ursi..... 2 ounces.
- Sweet Spirits of Nitre..... 2 ounces.
- Alcohol 2 ounces.
- Tincture of Juniper Berries 2 ounces.
- Oil of Eucalyptus20 drops.

Cut the oil with the two ounces of alcohol first, then mix them altogether, shaking well before taking. Dose, a teaspoonful three or four times a day until the trouble is relieved. This will be found to be by all who use it one of the finest preparations in the world. It will cure even gonorrhœa. I have known this preparation to cure cases that were said by doctors to be beyond the power and reach of medicine. Whenever it acts too strong on the kidneys the dose must be lessened one-half.

A Sure Cure for Sore Throat or Diphtheria.

The following is a method of treatment that I have used in over a thousand cases, and I have never failed to produce a cure in a single instance.

As soon as you have ascertained the trouble, immediately give pulverized senna in from five to ten grain doses every two hours until the bowels are moved by it. If the tonsils are inclined to swell

much, bind on each one the salty bacon rind, and have the patient gargle salt water and weak lime water every hour, first one and then the other. Let the patient chew and swallow a small pinch of chlorate of potash every two or three hours, taking a foot bath twice a day. If the patient should have high fever, drop ten drops of Norwood's tincture of Veratrum in a four ounce bottle of water, and give a teaspoonful of the solution every hour till the fever falls. This is the plan that I have treated and cured over a thousand cases with. Never had one die yet.

Baby Checking Powders.

This is a prescription that I obtained from an eminent physician of forty years experience with babies and children, by the name of Dr. Allen Woods, of Chilo, Clermont County, Ohio, who is a scholar and a man that has seldom been equalled as a successful physician with children and in the general practice. I have used these powders in over three thousand cases with the best results. They have no equal in checking diarrhœa or summer complaint in children.

Dovers Powders 5 grains.
Calomel ½ grain.

Mix, and make in twelve powders, and give one every three or four hours till the bowels check. Then one after each operation till they are natural. Never give them closer than three hours.

How to Avoid the Effects of Poison when taken.

Poison is something that counteracts vital force, or perverts it to such an extent from its normal condition that either death or great injury is the result. It is more often taken by mistake than with criminal intent, and when taken either way, great alarm, fear, fright and general consternation ensues, dear friends, mother, brother, father, sister, aunt, uncle, cousin, husband or wife, or whoever they may be, will, upon ascertaining the fact, wring their hands and cry unto the Lord, "What shall we do to be saved." Whoever has witnessed such a scene knows what I say to be a fact. Well now, I do not wish to confuse you with many large words in telling you what you can't do, and in telling you what a doctor that knows, can do, but I will tell you in plain words that which you can do, and of the means or articles that are in the immediate reach of every body. The great common antidotes or remedies are simply raw eggs, melted lard, milk, magnesia, olive oil, castor oil, linseed oil, followed quick with an active emetic of a mechanical character, such as mustard, hot salt water, or ipecac, followed in three minutes by running a feather down the throat, which is certain to cause vomiting if life is not too far gone. I once was called to a man who had been given too much morphine, and he was unconscious and knew nobody. They had tried every thing to restore him to a conscious state,

and different emetics to vomit him, but his vital forces were so completely suspended that his stomach would not absorb. I immediately got a feather from the wing of a chicken and rammed it down his throat. He immediately vomited a gorge of mucus and the contents in general of his stomach. We then slapped his face with towels dipped in cold water, and in two hours he knew every body about him, and could talk sensibly about his business affairs.

Whenever a person is poisoned and you do not know what with, give them raw eggs, lard, or oil, and follow it with a quick emetic, such as hot salt water and mustard, and putting the feather down the throat, and send for a good doctor. Whenever a person is poisoned with a poison that produces sleep or stupor, always throw cold water in the face and shake them lively, force them to walk about, or roll them about as though they were void of feeling, for they are to great extent. Speak in a loud tone of voice to them, and get them angry if you can. Anger is a powerful stimulant, and as soon as a narcotized patient manifests a disposition to get angry, you may rest assured that he is getting well.

Horses.

In writing this work I feel it my duty to say something about the horse, an animal, beyond all question or doubt, a helpmate of man in his many

avocations of life. The horse is shamefully abused, and without cause in many instances, and he who mistreats a horse or any dumb animal without cause or provocation, is inhuman, and should be chastised to teach him the fact that a horse cannot reason, and a man can, and that cruelty is the offspring of a mean person. When a man is riding a horse he should always remember that a horse has to walk and carry him too. A man that will mistreat his horse will also mistreat his wife and children. The wild Indians have an instinctive kindness for their horses and their dogs. Men should remember that a horse has an appetite, and a body made of flesh and bone, nerves and blood, and can feel as well as man, and needs shelter and care.

Poor care makes poor horses. Good care, and good and plenty of feed, will make what may be thought to be a poor horse a fine one, that is fit for the race track, fine carriage or hack. Many farmers will starve their horses for the sake of gain; feeding them a scanty feed once a day and a small wisp of hay. Such miserly scoundrels ought to be hung or banished to some lone island, where they would only get a gill of meal a day till they are taught the fact that man owes a duty to his horse as well as a duty to his God. The horse is a gift of God to a man, and should be appreciated and properly treated. There are quack blacksmiths as well as quack doctors and pettifogging lawyers, who

think they know, and have chewed so much tobacco that heart disease has ensued, who have made it a practice through life to play the part of a parasite by living off the proceeds of a brother's hard earnings.

There is a horse hygiene as well as a human one: there is a horse physiology as well as a human physiology, and all good men know this is a fact. I have seen men plow horses all day when they would stagger under the harness for the want of feed, and at the same time their crib was full of corn. I once knew a man who was a thief and a miser, who would work his horses from sun-up till sun down, and feed them a little morning and night, and at the same time had plenty of corn in his crib. When he was filling his stomach with what his brutish nature demanded. I would steal from his crib a bountiful feed of corn and give it to the poor tired hungry horses. They would nicker so thankful when they saw it coming, and would eat cobs and all. In a short time the man made the remark that his horses were looking better, and he was not obliged to whip and holloa at them so much. This man belonged to the Methodist church and professed religion; but ye shall know a tree by its fruit. stole from a fool hypocrite, and he stole from his poor dumb horses. Who did wrong, and who did right? Every man should feed his horses as often as he does himself when at work and at

rest. A man owes a duty to every animal under his control, and the horse in special. I will now give you a few Indians ideas of how to take care of horses. They pride themselves in taking good care of all their pets, and I would to God it was the case with the white man. The Indian, when he feeds his horse always feeds him on the ground, that is, he places his feed so that he is obliged to hold his head down in order to get it. The wild horse has to get all his food with his head down. It is natural. When a horse eats with his head down the flow of saliva or slobber is more free, which is strictly essential to be thoroughly mingled with the food in order to help digestion. The Indian blankets his horse either with buckskin or buffalo robes. Now many a white man lets his horses shiver in the cold on cold bleak winter nights, all the winter through, and the result is, he is heir to many diseases that he would not be were he properly cared for. The Indians have no blacksmiths. Their instinctive nature has made each one a blacksmith within himself and a good one too. The Indian's horses hoof never was pared with a knife or seared with a red-hot iron shoe, which causes the hoof to rot and be filled with corns. We know it is a fact that they ride their horses hundreds of miles over the sandy plains, and we all know a sandy country will cut and wear the hoof of horses very rapidly. "The work of necessity is the mother of invention."

Well, how would you suppose they do to grow a new hoof all the time, in place of putting on the iron shoe to save that which should be worn away and constantly made new. I will tell you, and there is good solid sense in the modus operandi. I will tell you what is the Indian's horse hoof grower, or what they shoe their horses with, instead of the iron shoe,—a shoe made of the natural hoof. By this mode the horse is never pricked by the sharp nail driven by the careless blacksmith. They never have corns to make them limp and suffer pain. Now this fact that I am going to tell you is worth a great deal to every man that loves horses, and takes pride in seeing them have slick, glossy, sound, solid hoofs. A man can have a clean face, neat finger nails, and everything neat if he tries. And every man that has nice horses, has a nice wife, and he makes her keep clean, as well as caring for his horses. In that respect, cleanliness is the next thing to Godliness. This holds good with all dumb brutes that are under our control as well as it does with ourselves and children. We have divine authority for saying that the horse is in heaven.

The Indian, in order to assist nature in replacing the horse's hoof as fast as it is worn away by travel, collects eggs of the various wild birds and takes the whites of them, which is pure albumen and very nutritious, and rubs it into the hoof where the hair and hoof come together, twice a day. This being

pure albumen, promotes a healthy growth of the hoof, and the result is that it grows as fast as the travel wears it away. The hoof is slick, elastic and glossy. The white man, to keep his horse's hoof from becoming hard and flinty, does what is called packing them, that is, filling the cavity called the frog of the foot with eggs and meal mixed together, which is a very good plan; but try the Indian way for four months, and you will be convinced it is the best. The albumen is absorbed, and facilitates the growth of the hoof, and the result is the Indian needs no iron to shoe his glossy horse.

In this essay I will simply say that which will be of use in many cases where the knowledge is needed in a hurry, and the owner has not the time to go several miles for a horse doctor. Once my father had a fine horse. It broke out of the stable in the night, and got into the cornfield and eat a hearty meal of green roasting ears, and the result was a fearful case of colic. The horse swelled almost to bursting. Father sent far and near for men that claimed to understand how to treat horses when sick. They gave soda, hot salt water, pepper, and a great many other things. The general prognosis was that the horse would die. I happened there at the eleventh hour. I gave the horse four ounces of aloes dissolved in a quart of warm water, adding to it one-half pint of good whisky, and a dollar bottle full of the King of Pain, or J. I. Lighthall's Spanish

Oil. I gave it all at one dose. The horse soon quit groaning, and in eight hours had a free action from the bowels of undigested green corn, and then the horse got up and went to nipping grass and made a good recovery. I pronounce it a sure cure for colic. In case you cannot get the Spanish Oil, Perry Davis' Pain Killer will answer, giving two of the twenty-five cent bottles at one dose.

A Sure Cure for Bots.

I need not tell how the bot-worm gets in a horse's stomach, for every one knows, but I will give you a sure cure if given in time. As soon as a horse's stomach becomes deranged, and the gastric juice not in its normal or natural condition, the worm at once fastens its horns in the walls of the stomach and commences to eat its way out, and in bad cases, upon opening the horse's stomach, you will find the worms in regimental rows stuck as fast to the walls of the stomach as a fish hook in flesh. Now there is common sense in all things. I will now tell you how to overcome the deadly worm. Take a quart of sweet milk and a pint of molasses, and two ounces of laudanum. Mix together and give it blood warm. The worms will let go and drink the sweet drink, and the laudanum will make them all dead drunk in one-half hour. Then give six ounces of aloes dissolved in half gallon of warm water, and while the worms are all drunk they will be carried off through the bowels, and the horse will get well.

Liniment for Curbs, Ringbones, Sprains, Strains, and Swellings.

Alcohol.....	4 ounces.
Oil of Cajaput.....	1 ounce.
Spirits of Turpentine.....	4 ounces.
Aqua Ammonia.....	4 ounces.
Coal Oil.....	4 ounces.
Oil of Organum	4 ounces.

Mix, and apply twice a day on the part affected with a feather. Keep the bottle well corked and away from the fire, for it will explode and evaporate.

The Way to be Governed in Giving a Horse Medicine.

The average weight of a horse is 1200 pounds ; the average weight of a man is 145 pounds. Give a horse medicine in this manner. If it takes so much to act as a medicine on a man, and a horse weighing so much more, it will take so much more to affect him. As follows: If it takes 4 ounces of whisky to make a man drunk that weighs one hundred pounds, it will take 12 times 4, which is 48 ounces, to make a horse the same way. This is the rule by which man should be governed in giving a horse medicine. There are exceptions to all rules. A horse should never be given medicine through the nose, for his windpipe is not sheltered like that of man. It can be given by getting his head up and pouring it down his throat. How would you like

to take medicine through your nose into your stomach? Remember a horse has feeling. When a horse is poisoned, and you don't know what with, give him a dozen raw eggs, with a quart of sweet milk, four ounces of magnesia, and a pint of melted lard, all mixed together. This will answer the demands of nearly every case. In all cases of general inflammation keep the horse in a place where the air is 80° Fahrenheit. Give him water and wheat bran with a due portion of salt, and don't drug him. Under this treatment he has a good chance to get well, whereas, if you drug him, he will, ninety times out of a hundred, die. For all sprains, bruises and curbs, use the liniment that I have told you of before for such troubles. The secret of a doctor's success in treating human sufferers is in his giving something that will do no harm if it fails to do good. Good feed, good care, a warm stable kept clean, a good curry comb well used, and plenty of pure water, is the best doctor a horse ever had. When a horse is bothered with his kidneys, in order to get them restored, the horse should be given salt and denied water till he becomes very thirsty, then put from three to four ounces of nitre into two gallons of water, close his nostrils with your thumb and fingers and he will drink it all before he will taste the nitre, and in one hour he will be relieved. I have seen this done in a number of cases, with the best of results.

Lice can be easily driven from horses with equal parts of melted lard and warm sweet milk; rubbed on where they are. It will kill the lice and not hurt the horse or cause him to shed his hair.

To make a horse shed give him three eggs a day, a little salt and wood ashes. You wont have to coax him to eat them. Try it, and you will find he will take the dose with a relish, and become slick as a mole, and nicker for more of the same kind.

To purify the horse's blood I will give you a new plan. I got it from an old Indian horse doctor, who was noted for his success. Take four kinds of pulverized roots, namely, Sarsaparilla, Burdock, Stillingia and Yellow Root. Mix in equal parts and give them a portion sprinkled and mixed with chopped feed or bran as large as a hen's egg twice a day. Keep the horses skin clean and you will soon find his blood becomes pure, and his skin healthy, and hair slick and glossy. There are a great many remedies recommended for horses, but a horse needs little medicine if he is properly cared for, his stable kept clean, himself kept out of the storm. Never let mud remain after drying, give him plenty of good and pure water, and good feed, and when you leave them standing hitched of a cold winter night, always blanket them. By conforming to the above you will have healthy horses like the Indians, and will have no need of resorting to powerful medicines and wicked blood letting.

Miscellaneous Recipies for Horses.**For Heaves.**

Give a teaspoonful of pulverixed lobelia, same of saltpeter, licorice and skunk cabbage. Mix them altogether and divide into three powders, and give one two or three times a day in the feed until cured.

Horse Liniment.

Oil of Spike.....	2 ounces.
Oil of Organum	2 ounces.
Oil of Hemlock	2 ounces.
Oil of Wormwood	2 ounces.
Aqua Ammonia.....	2 ounces.
Camphor Gum	2 ounces.
Olive Oil	4 ounces.

This is a good liniment for man or beast in cases of cuts, sprains, strains, curbs and bruises.

A Good Cheap Liniment.

Alcohol.....	2 ounces.
Turpentine.....	2 ounces.
Oil of Cajaput.....	2 ounces.
Sweet or Olive Oil.....	2 ounces.

For Saddle and Harness Galls.

Keep the saddle and harness off, and grease the sore places with mutton tallow, and when you put the saddle and harness on again have them padded so that they will not make the horse sore.

For Scratches and Grease Heel.

This is a certain cure. Do as I tell you and I will guarantee a positive or permanent cure. Put the horse in a clean, dry stable, and keep the floor clean and dry. Feed him on oats, for oats are not heating to the blood, and for rough food give him fodder or rye straw. Wash his feet well, morning and night, with rain water and good common soft soap. After the feet are thoroughly cleansed, take four ounces of lard and half an ounce of blue vitrol, or blue stone pulverized fine, and mix it well with the lard, and apply. I will give any man the price of his horse that this will not cure. This is a positive cure, a certain cure, and is alone worth one dollar to any man who has horses afflicted in this way. After they are cured, if they have to go into the mud, you can prevent a return by painting the parts with white paint, made of linseed oil and white lead.

How to Keep Horses Healthy at Little Expense.

If you would have healthy horses, with pure blood and slick hair, every time you feed them give them a pinch of equal parts of pulverized sulphur, wood ashes and salt, equal to the size of a common marble mixed with their feed. This is cheap and simple, and will keep your horses healthy. The Indians keep their horses in good condition with ashes and eggs.

Never Bleed a Horse.

God never made more blood than was actually needed in the veins and arteries of a horse. When disease is in existence all the vital force they have is needed, and blood gives vital force, and when it is taken away weakens the system for nothing.

Eye Water for Horses.

Sugar of Lead 1 drachm.
Tincture of Opium 2 drachms.
Soft Water 1 pint.

Mix, and wash the eyes two or three times a day.

Healing Oil for Unhealthy Ulcers.

Tannic Acid..... 1 drachm.
Mutton Tallow, melted..... 2 ounces.
Olive Oil..... 4 ounces.

Mix while hot, and apply twice a day after cleansing the wound or ulcer with castile soap and rain water, keeping the wound covered and protected from the air, flies, and dirt.

How to Cure Distemper.

Keep your horse well sheltered in a good dry stable, feed on light food, such as oats and rye straw, and take tar and feathers and burn them on a spade or shovel, and let the horse thoroughly inhale the smoke three or four times a day, and your horse will soon be well.

Shoeing Horses.

It is important that every man that owns horses should be sure that his blacksmith is a good one and understands the anatomy of a horse's hoof. Many a good horse is made lame, his hoof cramped and contorted, twisted, or crooked out of shape, by ignorance on the part of the blacksmith. A bad nail is often used that will splint and prick the quick, and the horse then is lamed. When the shoe don't fit corns are produced, and the horse limps and suffers on account of the improper knowledge on the part of the blacksmith. I have seen many a horse's hoof ruined by setting the shoe wrong, and by paring the hoof too much. Every man that owns a fine horse or horses, owes them a duty. When a horse gets to be twenty years old, and cannot work, he should be well cared for for the good he has done. He has earned his living by the sweat of his brow, and justly deserves rest in his old days, and he who fails to see that he has rest and plenty to eat, commits an inhuman act and needs chastizing. I, in writing this work, have aimed to give you a few important facts unclouded with many words. I have written it in plain language, so that every one that can read can get the substance and profit by it. This was not written for scientific medical men to learn from, or for them to criticize, yet a man never becomes so wise but what he can still learn from a child. This work is

a work composed of plain, simple, yet efficient facts, and facts that will profit all who will try them where they are needed and indicated. I have said nothing that will be dangerous for the common farmer or laboring man to handle in the way of medicine. I have aimed to put you on your guard in reference to the taking of medicines, and the diseases for which they are given, recommended and taken. It is the natural tendency of the majority of diseases to get well within themselves, and medicine never cured anything, but simply assists Nature in ridding herself of the block that is in her way; consequently they who use harmless medicines will prove successful doctors, and do good and never kill any. Doctors used to do much harm by heroic treatment, but have of late learned better, and realize the fact that it is better to be on the safe side.

Indian Pow Wow.

This is something that is unknown to many white people. It is a medical process that by all Indians is called a Pow Wow. When I was in company in the west with Professor Shultz, at Fort Bridger, I had the pleasure of falling in with a band of Ute Indians that were going to have an Indian Pow Wow. The Professor was very anxious to see a pow wow, and proposed to me to go. I consented, but upon getting there we ascertained the fact that

the chief objected to white men being present unless they would pay him a good price, in order that it might be a good evidence that they were witnessing the pow wow in good faith, and were not there to make fun or act as scoffers. So the Professor gave the chief some blankets and a fine pony, which was by the chief considered a complimentary act of high honor, and he gave us both a permit to attend the pow wow. We went with great curiosity and anxiety to see the act performed and learn the theory. The warriors were all in order. There was fine dry brush piled over a space of ground about ten feet square and set on fire and let burn down to coal and ashes. But before I proceed farther I will say that an Indian pow wow is the way Indians treat bad colds and lung troubles. Well, when the brush had burned down the coals were all scraped away, and small logs rolled over the hot steaming ground; but before they were rolled on the hot ground the ashes were sprinkled with water. As soon as the logs were rolled on the ground a blanket was spread over them, and a young warrior was brought out who was sick from a heavy cold, and laid on the blanket and logs and covered up. Then the Indian songs were sung, and they all danced around the warrior, while the steam from the hot ashes was causing him to have a big sweat. After one hour they took and wrapped him in a dry blanket and quietly put him in comfortable quarters, and the next morning the Indian patient had no symptoms of cold or tendency to pneumonia.

To My Many Readers.

I will close by saying to you, use your own judgment, uninfluenced by any prejudice that may have previously existed in your minds. Give my advice a trial if you need it, and judge me and what I say by the effects. I give you my word and honor most solemnly, that all I have told you is safe for the most delicate person to try, without the slightest danger of producing any effect detrimental, either temporary or permanent. A wise person will glean knowledge from whatever source it may arise. The compass of the Indian is the moss on the north side of the tree, which is knowledge from a natural source gleaned by the wild untutored savage. I will close by saying, good education is the only reliable means of lasting reforms, and that will teach people to think for themselves, and that simple medical facts have been hidden in the past by technical words, but to-day are told in common English.

J. I. LIGHTHALL.

Classification of Medicines, and Different Theories.

I shall give you, in this essay, the names of each school of medicine, and define briefly the names of the different classifications of medicine.

Antipathy.

This is a school of medicine that believes in treating diseases by giving medicine or using means

that produce effects of a character that are directly opposed to the symptoms of the disease itself. They, therefore, are termed believers in what is expressed by the Latin term, "Contraria contrariis opponenda." To illustrate the idea to your minds clearly, I will say this: They claim that the first effect of opium is to constipate the bowels, or make the bowels costive, and that the second effect is diarrhœa, which I know is a fact by actual experience, and by trying it on my own body. If any doctor doubts it let him try it at the peril of his life.

Homœopathy.

This school was founded by Dr. Hahnemann upon the theory expressed in Latin, "Similia similibus curantur," or, in English words, medicines that will produce effects like the disease in existence should be used for the cure of it. To illustrate the idea clearly I will say this: Take and burn an old dog-day sore on a boy's leg that will not heal, with lunar caustic, and immediately a healthy action will set in and the sore will heal. I will say this as a substitute for the Latin term given above: The hair of the dog is good for the bite.

Allopathy.

Their method is based on the fact that their medicine will cure in a phenomenal manner, which is, I think, very near the truth. A dose of calomel will do so and so. We have an idea how it does it, or

a theory fixed in our own minds, but the fact is, we are not positively certain how it does it, or what is the *modus operandi*. If we have an aching tooth and apply a mustard poultice on the cheek, the pain will soon stop. Now is this Homœopathy or Allopathy? Does it cure it by producing an effect on the nerves causing greater pain than the toothache, or does it call the excess of circulation of blood away to the surface that is going on in the nerve of the tooth, by attracting nervous attention, or is it simply an excess of nervous attention to the pain on the outside from the mustard plaster over the pain produced by the tooth? Now, who knows certain what the *modus operandi* is? An epileptic fit can be warded off by slapping the patient in the face, or by throwing cold water in the face when it first begins to come on. Often have I seen men, when they have been drinking hard, the next morning try to take a drink of whiskey, and upon swallowing it become sick, but by pinching their ears and chewing lemon or cloves, or slapping themselves in the face, would manage, by so doing, to keep it down.

Brunonian Theory.

There is a theory called the Brunonian theory advocated first by a man named John Brown, M.D., who argued that all medicines acted on the human organization as stimuli or stimulants. But his theory never gained any note in the estimation of the medical world.

The twin sister to this theory is called the contra-stimulus theory, which was first believed in by Rosoria and Borda, and subsequently by other oriental doctors, but it never gained much note. The theory is too thin in its logic and reason.

The Chrono-Thermal Theory.

Is simply a theory containing a few facts and many imaginative theories that are futile and worthless. I claim that there can be much knowledge gleaned, of importance and benefit to man in his practice, from this theory. Man can learn an important lesson from the ant and the bee;—the lesson of industry and providing for a rainy day. So can a thinking man learn from all that is around him.

Hydrotherapy or Water Cure.

This, so far as it goes, is a very excellent remedy. It is a complete antidote for dirtiness, when properly applied. I pronounce it a complete specific, in combination with good soap, for filthy, dirty hands, faces, and bodies. The effect, so far as it goes, results in cleanliness, which the Bible tells us is the next thing to Godliness. Man can live longer without food than he can without water. Every one knows that this fact is established beyond question or doubt by actual experiment. Water is one of the finest remedies we have in the treatment of all diseases, most especially diseases of a febrile char-

acter; but common sense teaches us that it is not a cure-all and the only remedy and the best one for the cure of diseases, free from the aid of other remedies. Never deny a sick person water when they crave it; never deny them food. Use common sense and give them what they crave.

Electicism—The Free Thinker of Medicine.

The right to choose the best from all of the one idea theories of medicine; liberty uncircumscribed by the teachings of fanatics; freedom to judge for yourself that which is best of all; that you can learn of the many ideas of medical men of the world. Love for all, hatred toward none; freedom of thought; the right to counsel with all, ungoverned by a mean disgraceful code of ethics. Liberty to exercise good common sense, and use that which is best calculated to do good in the case in which it is indicated. This is the true definition of Electicism. They are the most prosperous class of doctors on the face of the world, because they believe in personal liberty as well as general liberty, and that which is right, and hate smart fanatics.

Quackopaths.

There is a class of doctors that are drawn from all the schools of medicine that profess to be that which they are not. They may possess diplomas, but they got them upon examination day, by some student, that had studied hard and well and was

naturally sharp, helping them and cheating the professors. They never merited a diploma. They spent their time in bar rooms and at billiard tables when they should have been burning midnight oil over Gray's Anatomy, or Huxley and Dalton's Physiology, in order that they might not butcher poor suffering humanity, and have more knowledge of the human system, and know better how to prescribe medicine to those who need it, and therefore this being a fact, every one should be on their guard. It is not the man that has the diploma that is always the good doctor. I know several men that have no diplomas, that are naturally inclined in that direction, that have good success, and are men that study the human organization and the effects of medicine on it, and try to improve their moments, in order that they may properly fit themselves for usefulness, and to benefit humanity. From the fact that so many force themselves through college, a diploma does not always signify that they are fit to prescribe or issue medicine. It is the man that makes medicine a study, and studies it constantly and diligently, thinking for himself, reasoning from cause to effect, using common sense in all things, and when he or they give medicine, are sure they are right, and give it so it won't do any harm if it does no good. There are more quacks that have diplomas than there are quacks that have not. I once knew a doctor that thought

himself wise, and boasted over twenty-five years experience, and when I asked him about golden seal and black cohosh, he laughed at me, and said he had never stooped so low; that they were simply granny remedies. God pity such men.

Emetics.

Emetics are medicines that will cause vomiting. I will name a few that are domestic and within the reach of every one; mustard, warm salt water, bone-set tea, and lobelia tea.

Cathartics.

Cathartics are remedies that cause the bowels to act more than what is natural by increasing their wormlike motion. I will name a few that are safe to use by persons that do not profess to understand medicine: castor oil, epsom and crab orchard salts, senna and rhubarb.

Diaphoretics.

Diaphoretics are agents that act on the skin and produce sweating. I will now name a few mild ones that may be used without fear. Hot store tea, hot brandy punch, pennyroyal tea, catnip tea, steaming under a blanket, and the wet-sheet pack. These are all safe and sure.

Diuretics.

Diuretics are those remedies that act on the kidneys. I will name a few very common and very excellent ones. Watermelon, watermelon seed tea, the tea of parsley root, and sweet spirits of nitre.

Sedatives.

Sedatives calm and quiet irritation and inflammation, and should only be prescribed by a physician.

Narcotics.

Narcotics are medicines that numb nervous feeling, and thereby relieve pain, such as tobacco, opium, morphine, ether, and chloroform. These are to be given only by a doctor who well understands their force and power on the nervous system.

Stimulants.

Stimulants are remedies that increase temporarily the general vital forces of the body. Whisky, beer, wine, ale, porter, rum, and gin, are some of our finest remedies, and serve good purpose when used right.

Anæsthetics.

These are medicines that completely suspend nervous sensation without producing death. Chloroform is the most powerful known.

Tonics.

Tonics are medicines that increase the general vital forces permanently. Iron is the best and most powerful, but should be used with care, for it will injure if not taken right.

Alteratives.

Alteratives are medicines that change in an insensible and unknown way a morbid condition of the system, such as a scrofulous system. They get well by taking alteratives, but they cannot tell just how or when they got well. Stillingia, burdock, sarsaparilla, and iodide of potassium, are some of the best alteratives we have.

Revulsives.

Revulsives are remedies that attract nervous attention and circulation from a diseased part of the body. Mustard plaster and Spanish flies are revulsives.

Astringents.

Astringents are very important remedies. Astringent means to pucker, to contract, to draw up; therefore, astringents are tissue contractors, and when given in diarrhoea they check it by checking the excretions of the bowels, by puckering the pores, and by acting as a rub lock on the worm-like motion of the bowels. Oak bark ooze, tea made from the red raspberry leaf, common brier root, flax seed tea, are very good astringents.

Expectorants.

Expectorants are medicines that stimulate mucus secretions from the windpipe and bronchial tubes, or tubes that lead to the lungs. Squill, lobelia, hoarhound and tar, are good and safe ones.

Antiseptics.

An antiseptic is a medicine that keeps a wound pure and prevents it from mortifying. Salicylic acid and carbolic acid are good ones.

Emmenagogues.

This is a remedy that promotes and increases the monthly flow of woman from the womb. Tansy, pennyroyal, rattleroot and blue flag, are good ones.

Parturients.

These are medicines that increase the power of the muscles of the womb to contract when a woman is being delivered of a child, and should only be given by a good doctor that knows when they are indicated.

Abortives.

Abortives are medicines that will produce confinement before the right time, and should only be given in extreme cases by a good physician.

Antispasmodics.

These are agents that stop fits or spasms. They should only be handled by doctors, as they are particular remedies.

Refrigerants.

These are remedies that cool the blood and lessen fever and general heated morbid conditions of the body. Cream of tartar, tartaric acid and epsom salts are refrigerants. Lemon juice is a very fine one, and harmless.

Sialogogues.

These are spit producers, that is, medicines or articles of any kind that when taken in the mouth, produce a free flow of saliva or spit. Candy is a good one for children.

Antacids.

Antacids are agents that naturalize or counteract vinegar or acids of any kind. Common baking soda is a certain antacid.

Emollients.

These are simply poultices used to soften the skin and inflamed and hardened surfaces. Bread and milk is one of the best in use, but there are many others just as good. They fill a very important place in the field of medicine.

Antilithics.

Antilithics are medicines that dissolve gravel or stone in the bladder, and should only be handled by doctors.

Anthelmintics.

These medicines are simply worm killers. Santonin, pink and senna are good ones.

Errhines or Stenutatories.

These are agents that produce sneezing when taken in the nose. Scotch Snuff is a very good one.

Demulcents.

These remedies act as soothers to inflamed surfaces. White of an egg, comfrey root, and slippery elm are classical demulcents.

Diluents.

Diluents are diluters or thinners of the blood. When a man works hard in the harvest field he sweats profusely and freely, his blood then gets thicker, and he becomes very thirsty, and replaces the loss by quenching his thirst with water, which is soaked up by the stomach into the blood and fills the place of the sweat that is lost, so you may well know that water is the finest diluent in the world.

Antidotes.

These are remedies that counteract the effects of poisons on the human system, and every one should have the knowledge of a few that are in their immediate reach, such as I have spoken of in this work. Powerful antidotes and powerful medicines should only be used by physicians, so I have not mentioned them, but simply those that are safe, harmless, and in the house of every one.