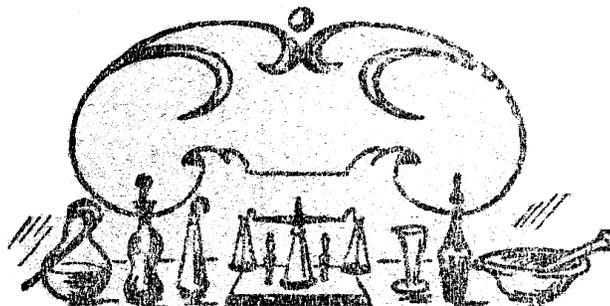


ILLUSTRATED PHYTOTHERAPY

by

THOS. DESCHAUER

Book One



THOS. DESCHAUER PUBLICATIONS
MAYWOOD, ILL.



*Sincerely Yours
Thomas Deschauer*

D.Sc. N.D. D.C. Fellow, Emerson University Research Council.

FOREWORD

BOOK ONE of the Illustrated Phytotherapy is the beginning of an Encyclopedia of herbal therapy.

It is the intention of the author to publish once a year one of these herb books covering in a few years all the herbals that have been and are used as medicines.

Herbal therapy is as old as the human race but has been for one reason or other grossly neglected. To revive the herbal healing art is one of the purposes of these books. Having been in the herb business for over twenty-five years, the experience gained during that time might qualify me to a certain extent to compile these books.

Herbs are dehydrated uncultivated vegetables rich in vitamins, enzymes and minerals and are therefore extremely valuable as food. The running of the human machinery depends on food and in the herbal kingdom we find the best material to feed our glands to perform their functions properly. A trial of these herbs will convince you of their great value.

Hoping that my efforts will help to spread the science of herbal therapy and thus help thousands and thousands of sick people to better health and greater happiness, I am,

Sincerely yours,

THOMAS DESCHAUER.

Herbal Therapy

Book No. 1.



Gathering, Studying and Preparing of
Botanical Drugs.

EXPLANATION OF ABBREVIATIONS

MEDICAL PROPERTIES

Abo.—Abortive—A medicine which claims the property of causing abortion.

Aci.—Acidulous—Substances which possess a sourish taste.

Acr.—Acrid—Hot, biting, irritating.

Ade.—Adenagic—Relieving or arresting glandular pain.

Ale.—Alexipharmic—Preventing the bad effects of poisoning inwardly.

Alt.—Alterative—Producing a salutary change without perceptible evacuation.

Ano.—Anodyne—Relieving pain, or causing it to cease.

Ant.—Anthelmintic—A remedy which destroys or expels worms.

Ape.—Aperient—Gently laxative, without purging.

Aph.—Aphrodisiac—Medicine believed capable of exciting the venereal appetite.

Aro.—Aromatic—Odoriferous, stimulant, spicy, agreeable.

Ast.—Astringent—Having the property of constringing the organic texture.

A-aph.—Anti-aphrodisiac—A substance capable of blunting the venereal appetite.

A-bil.—Anti-bilious—Opposed to biliousness; acting on the bile.

A-eme.—Anti-emetic—A remedy for vomiting.

A-epi—Anti-epileptic—Opposed to epilepsy; relieving fits.

A-hys.—Anti-hysterical—A remedy for hysteria.

A-lit.—Anthilitic—Preventing the formation of calculi in the urinary organs.

A-per.—Anti-periodic—Arresting morbid periodical movements.

A-phl.—Anti-phlogistic—Opposed to inflammation.

A-rhe.—Anti-rheumatic—Relieving, preventing or curing rheumatism.

A-sco.—Anti-scorbutic—Curing or preventing scurvy.

A-sep.—Anti-septic—Opposed to putrefaction.

A-spa.—Anti-spasmodic—Relieving or preventing spasm.

A-syp.—Anti-syphilitic—Opposed to or curing venereal diseases.

A-ven.—Anti-venomous—Used against bites of venomous insects or snakes, etc.

Bal—Balsamic—Mitigatory, healing, soothing to inflamed parts.

Bit.—Bitter—Having a tonic effect.

Car.—Carminative—Expelling wind from the bowels.

Cat.—Cathartic—Increasing evacuations from the bowels.

Cau—Caustic—The property of burning or disorganizing animal

substances.

Cep.—Cephalic—Relating to diseases of the head.

Cho.—Cholagogue—Increasing the flow of bile.

Con.—Condiment—Improving the savor of food, as salt, pepper, salad, etc.

Cor.—Cordial—A warm stomachic; exciting the heart.

Cos.—Cosmetic—Used for improving the complexion or skin.

C-irr.—Counter-irritant—Causing irritation in one part to relieve pain in another part.

Dem.—Demulcent—Soothing, mucilaginous, relieving inflammation.

Deo.—Deobstruent—Removing obstruction; aperient in a general sense.

Dep.—Depurative—Purifying the blood.

Des.—Dessicative—Drying the moisture of wounds and ulcers.

Det.—Detergent—Cleansing of wounds, moils or ulcers.

Dia.—Diaphoretic—Producing insensible perspiration.

Dis.—Discutient—Dispelling or resolving tumors.

Diu.—Diuretic—Increasing the secretion and flow of urine.

D-uil.—Depilatory—Removing superfluous hair.

D-ter.—Detersive—Detergent.

Dra.—Drastic—Powerfully cathartic.

Eme.—Emetic—Producing or causing vomiting.

Emm.—Emmenagogue—Promoting menstruation.

Emo.—Emollient—Softening to inflamed parts; soothing.

Ese.—Esculent—Eatable as food.

E-sch.—Escharotic—A substance which, applied to a living part, causes an eschar.

Exa.—Exan,thematosus—Relating to eruption or skin diseases of an eruptive nature.

Exe.—Excitant—Producing excitement; stimulant .

Exp.—Expectorant—A medicine capable of facilitating expectoration.

Far.—Farinaceous—Containing farina, mealy; employed as nutriment.

Feb.—Febrifuge—Abating or driving away fever.

F-com.—Female complaints—Ailments peculiar to women, as dysmenorrhoea, amenorrhoea, etc.

Foet.—Foetid—Bad smelling, disgusting, nauseous, stinking.

For.—Forage—Used as food for domestic cattle, sheep or horses.

Fum.—Fumigating—Disinfecting by burning substances which counteract on noxious odors.

Gal.—Galactagogue—Favoring the secretion of milk.

Hep.—Hepatic—Relating to diseases of the liver.

Her.—Herpatic—Relating to or curing eruptions or skin diseases, as ringworm.

Hyd.—Hydragogue—Medicines that cause watery evacuation, and believed capable of expelling serum.

Hyp.—Hypnotic—Producing or inducing sleep.

Ins.—Insecticide—A substance that destroys insects.

Lax.—Laxative—A medicine that acts gently on the bowels, without griping.

Len.—Lenitive—Palliating or allaying irritation; also laxative.

Lit.—Lithontryptic—Medicine believed to dissolve calculi in the urinary organs.

Mat.—Maturating—Favoring the maturation or ripening of tumors, boils and ulcers.

Muc.—Mucilaginous—Gummy, Glutinous, viscid, demulcent.

Nar.—Narcotic—Stupefying, sedative, poisonous.

Nau.—Nauseant—Causing inclination to vomit.

Nep.—Nephreticum—Relating to or curing kidney complaints.

Ner.—Nervine—Allaying nervous excitement, acting on the nervous system.

Nut.—Nutritious—Having the quality of nourishing or sustaining life.

Opt.—Ophthalmicum—A remedy for diseases of the eye.

Orn.—Ornamental—Cultivated for ornament.

Par.—Parturient—A medicine that induces or promotes labor or childbirth.

Pec.—Pectoral—Medicines considered proper for relieving affections of the chest.

Per.—Perfume—A plant or substance used for its fragrance.

Poi.—Poisonous—Producing death, if taken in improper doses.

Pun.—Pungent—Biting, hot, acrid; prickly to the taste.

Pur.—Purgative—A medicine that physics more powerfully than a cathartic.

Ref.—Refrigerant—Depressing the morbid temperature of the body; cooling.

Res.—Resolvent—Discutient; dispelling or resolving tumors.

Rub.—Rubifacient—Producing or causing redness of the skin.

Sac.—Saccharine—Containing sugar; sweetish.

Sad.—Salad—Fresh herbs eaten as condiments or as food.

Sal.—Saline—Containing or having the properties of a salt.

Sap.—Saponaceous—Soapy, making a lather with water.

Sed.—Sedative—Directly depressing to the vital forces.

Sia.—Sialagogue—Provoking the secretion of saliva.

Ste.—Sternutatory—A substance which provokes sneezing.

Sti.—Stimulant—Exciting or inducing organic action of the animal economy.

Sto.—Stomachic—Strengthening and giving tone to the stomach; tonic.
Sty.—Styptic—Externally astringent; arresting hemorrhage or bleeding.
Sud.—Sudorific—A medicine which provokes sweating; see Diaphoretic.
Ton.—Tonic—Permanently strengthening; in a durable manner invigorating.
Ver.—Vermifuge—Anthelmintic; expelling worms.
Ves.—Vesicant—Producing blisters.
Vis.—Viscid—Having a glutinous or ropy consistency; tenacious.
Vul.—Vulnerary—Healing to fresh cuts or wounds.

ABBREVIATIONS USED FOR PARTS OF PLANTS AND SUBSTANCES

<i>Ba.</i> —Balsam	<i>Ol-re.</i> —Oleo-resin.
<i>Bd.</i> —Buds.	<i>Pd.</i> —Peduncle.
<i>Bk.</i> —Bark.	<i>Pe.</i> —Peel.
<i>Bs.</i> —Berries.	<i>Pi.</i> —Pith.
<i>Bu.</i> —Bulb.	<i>Pl.</i> —Plant, entire.
<i>Ca.</i> —Capsules.	<i>Po.</i> —Powder.
<i>Ex.</i> —Extract.	<i>Pp.</i> —Pulp.
<i>Fl.</i> —Flowers.	<i>Poi.</i> —Poison.
<i>Ft.</i> —Fruit.	<i>Ps.</i> —Pods.
<i>Fu.</i> —Fungus.	<i>Re.</i> —Resin.
<i>Gu.</i> —Gum.	<i>Rh.</i> —Rhizome.
<i>Gu-Re.</i> —Gum resin.	<i>Rt.</i> —Root.
<i>Hb.</i> —Herb.	<i>Sd.</i> —Seed.
<i>Ju.</i> —Juice.	<i>Sh.</i> —Shell.
<i>Ke.</i> —Kernels.	<i>St.</i> —Stem.
<i>Ls.</i> —Leaves.	<i>Tp.</i> —Tops.
<i>Nu.</i> —Nuts.	<i>Tw.</i> —Twigs.
<i>Ol</i> —Oil.	<i>Wd.</i> —Wood.



No. 1—Acacia Arabica

COMMON AND FOREIGN NAMES: Gum Arabic, Egyptian Thorn, India Gum Tree, Bablach Pods. Gomme Arabique, Arabisches Gummi, Gomma Arabica, Goma Arabiga.

HABITAT: Southern part of Asia and upper portion of Africa.



Acacia Arabica.
Gum-arabic tree.

PART USED: Juice or gum.

CHIEF CONSTITUENTS: Arabin. Ash contains calcium, potassium, magnesium and traces of other elements.

PROPERTIES AND USES: **Emo. Dem. Edi.**
Flowers Dep.

Gum Arabic is useful in diarrhoea, Dysentery, catarrh, coughs, painful and griping stools and all inflammatory conditions of the mucous surfaces.

When spitting blood, dissolve some in rosewater and drink it.

In dysuria due to drinking alcoholic beverages, use gum arabic tea.

In vomiting, steep gum arabic and cinnamon in wine

and drink it.

For weak eyes try gum arabic tea.

Syrup of acacia is made from one part of gum and three parts of syrup.

Dose of syrup: One to four drachms.

NO. 2—Common Agrimony— Agrimonia Eupatoria



Common Agrimony (*Agrimonia eupatoria*).

COMMON AND FOREIGN NAMES: Cockleburr, Stickwort, Church Steeples. Aigremoine, Eupatoire des Grecs, Odermennig, Leberklette, Leberkraut, Koenigkraut.

HABITAT: England, Scotland, U.S.A.

PART USED: Plant.

CHIEF CONSTITUENT: An oil that acts on the kidneys.

PROPERTIES AND USES: **Ast. Sto. Ton. Alt. Diu.**

Agrimony is useful in bowel complaint, chronic mucous diseases, leucorrhoea, obstructed menses,

rheumatism, gravel, asthma, coughs, indigestion. Also in liver and spleen diseases. The herb and seeds are steeped in wine and used in cases of bedwetting. Dr. Creer gives the following recipe for bedwetting:

Agrimony 1 oz., Lady Slipper 1 oz., Corn Silk 1 oz. and Shepherd's purse 1 oz.

Dose: One teaspoonful morning and night.

Agrimony tea splendid as a gargle for sore mouth and throat.

Indians and Canadians use it in fevers.

For scrofula use three times a day a wine glassful of the tea sweetened with honey. Agrimony stops itching of the skin. A fine preparation for the hair is made from equal parts of Agrimony and Sage steeped in vaseline. To improve it add some Orris Root.

Dose: Decoction: A wineglassful.

Powder: One teaspoonful.

Fluid extract: 10 to 60 drops.

Note—Do not use Agrimony where there is dryness of the secretions,

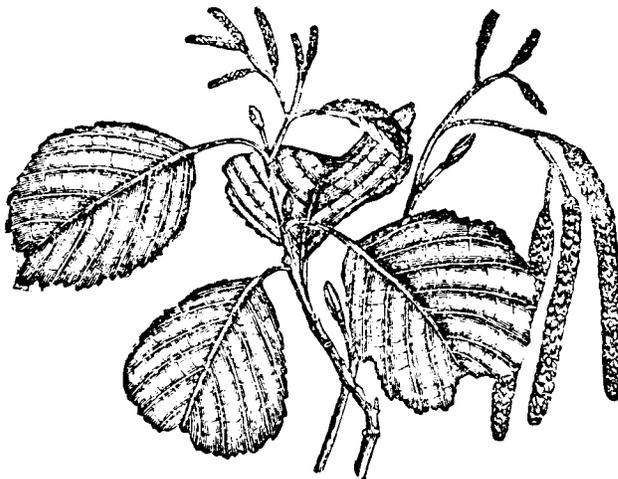
No. 3—Common Alder—*Alnus Glutinosa*

COMMON AND FOREIGN NAMES: European Alder, Black Alder, Owlter, Smooth Alder. Erlen.

HABITAT: Europe, U. S. A.

PARTS USED: Bark, Leaves, Nuts.

CHIEF CONSTITUENT: Tannic Acid.



Common Alder (*Alnus glutinosa*).

PROPERTIES AND USES: **Bit. Ton. Ast. Int. Alt. Sud. Inner Bark Eme.**

Used in haematuria and other hemorrhages. Valuable in diarrhoea, dyspepsia and indigestion due to debility.

The fresh leaves applied to ulcers will heal them; put into shoes will alleviate pains due to long walks: Footbaths will bring back suppressed perspiration of the feet. Excellent as a gargle for inflamed throat and for swollen glands.

Alder nuts steeped in brandy are successfully used in cases of epilepsy

(One tablespoonful of the liquid once a day).

Dose: Infusion: One ounce to a pint of water.

Fl. Extra. 1/2 to 1 drachm.

No. 4-Almond--*Amygdalis Dulcis*



The Almond: *a* flower, *b* fruit.

COMMON AND FOREIGN NAMES: Greek Nuts, Jordan Almond. Huile d'Amands, Mandeln, Olio di Mandorle dolci, Aceite de Almendras dulces.

HABITAT: Asia, Africa, Spain, Italy, France, Southern California.

PART USED: Kernel.

CHIEF CONSTITUENTS: Olein and some Glycerides, Protein 24%, Gum, Yields the enzyme emulsin.

PROPERTIES AND USES: **Em. Dem. Pect.**

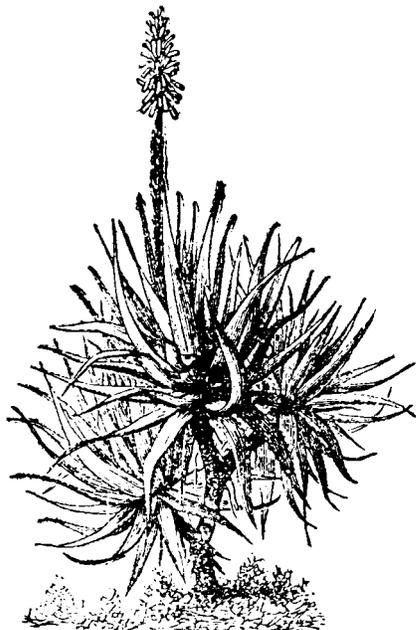
Oil is demulcent, in large doses laxative. Used in coughs; mitigates stinging urine in calculous affections. For ear noises and hardened wax put five drops into ear. Used as a diabetic food.

Dose of the oil: One fl. dr. to one fl. oz.

Almond milk: 30 grams almonds, 15 grams white sugar, 180 grams warm water.

Used in inflammation of the bowels, hoarseness, fever and dry cough.

No. 5—Aloe—*Aloe Socotrina*



Aloe socotrina.

COMMON AND FOREIGN NAMES: Socotrine Aloes, Bombay Aloes, Turkey Aloes, Mocha Aloes, Zanzibar Aloes, Acibar.

HABITAT: East and South Africa, West Indies and tropical countries.

PART USED: Gum.

PROPERTIES AND USES: **Cat. Sto. Aro. Emm. Dra.**

CHIEF CONSTITUENTS: Barbaloin, Aloin and Aloe-emodin. As a laxative use 40 to 100 centigrams; the same dose for delayed menstruation (mix it with Mugwort or Yarrow and St. Johnswort).

A good laxative (Kneipp) is mixed as follows: A pinch of aloe, two teaspoonfuls of Elderflowers, one teaspoonful of Fennel and a small teaspoonful of Foenumn Graecum. Use in two cups of water which should be taken in two days.

A fine liver medicine is made by mixing a pinch of aloe with a cup of St. John's tea.

In jaundice use a pinch of aloe in goatsmilk or Elderflower tea.

A fine eyewater for dim, diseased and red-edged eyes which discharge matter is made as follows: Pour over a pinch of aloe hot water and wash eyes within and without with this tea.

Congestion of blood in head is quickly relieved by the use of aloe tea.

To clean old wounds, putrified flesh use aloe water. Dip a piece of linen into the aloe water and put on affected parts.

Aloe and Mastix is used in atony of liver and spleen.

Dose: 3 to 5 grains.

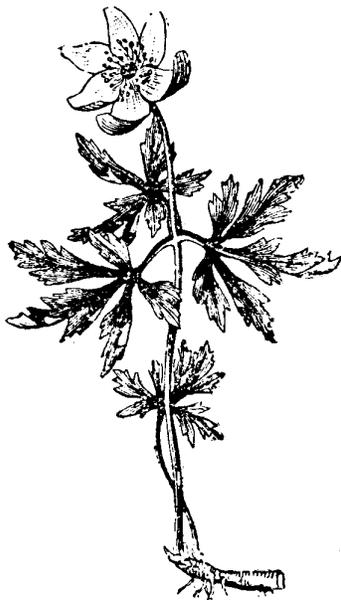
Powdered Extr.: 1 to 5 grains.

Fl. Extr.: 5 to 30 drops.

Tinct.: 1/4 to 2 drachms.

Note: Do not use aloe during menstruation, pregnancy, nor in bladder trouble, piles.

No. 6—Wood Anemone—*Anemone Nemorosa* (Poison).



Wood Anemone (*A. nemorosa*).

COMMON AND FOREIGN NAMES: Wind Flower, Red Wind Flower, American Anemone, Wood Crowfoot, Smell Fox Anemone, Windroeschen, Osterblume.

HABITAT: Europe, U. S. A.

PARTS USED: Root, Leaves, Juice, Flower.

PROPERTIES AND USES: **Acr. Rub. Poi. A. spa, Sed. Ano.**

Used externally for scald head, ulcers, syphilitic nodes, paralysis and opacity of the cornea.

For whooping cough a tablespoonful of the decoction once a day.

No. 7a—Common Burnet—*Poterium Sanguisorba*

COMMON AND FOREIGN NAMES: Small Bibernel, Bibernel. Schwarze or Welsche Bibernelle.



1. Common Burnet (*Poterium Sanguisorba*).
 2. Great Burnet (*Sanguisorba officinale*).
 a, a floret; b, flower-head.

HABITAT: Europe, Asia, U. S. A.

PART USED: Plant.

PROPERTIES AND USES: **Cor. Sto.**
Used in salads.

7b—Great Burnet— *Sanguisorba officinalis*

COMMON AND FOREIGN NAMES:
 Carden Burnet, Italian Burnet, Italian
 Pimpernel. Becher Blume, Becher
 Blumenkraut.

PART USED: Plant.

PROPERTIES AND USES: **Ast. Ton.**

Burnet is especially used in hemor-rhages. The fresh, leaves are applied with great benefits to ulcers and cuts. The green plant steeped in wine is a good blood purifier.

It has been found useful in diarrhoea, dysentery, leucorrhoea, kidney and bladder stones. Excellent in retention of the urine.

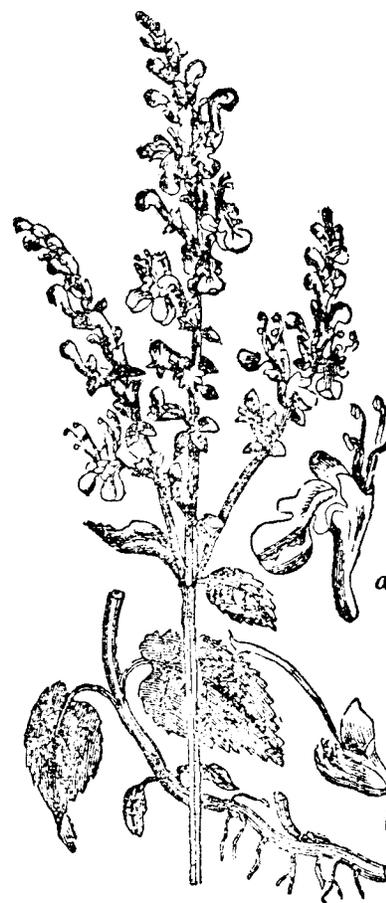
A salt made from it is supposed to prevent strokes and to be good for dropsy and T. B.

No. 8—Wood Germander— *Teucrium Scorodonia*

COMMON AND FOREIGN NAMES: Wood Sage,
 Garlic Sage. Petit Chene, Edlar, Gamanderlein,
 Frauenbiss.

HABITAT: Europe, United States.

PART USED: Plant.



Wood Germander, or Wood Sage
(Teucrium scorodonia).
 a, corolla; b, calyx, with pistil.

CHIEF CONSTITUENT: Teuricin.



Comfrey (*Symphytum officinale*).

PROPERTIES AND USES: **Ver. Ton. Sti. Aro. Bit.**

Used in the celebrated Portland Powder for gout.

Formula of it: Equal parts of Virginia Snake Root, Gentian, Centaury, Germander and Ground Pine.

Dose: One drachm before breakfast, gradually less.

Used also in fomentations to clean wounds.

Average dose: 1/2 drachm.

No. 9—Comfrey— *Symphytum Officinale*

COMMON AND FOREIGN NAMES: Healing Herb. Black Root, Bruisewort, Wallwort, Gum Plant, Knitback, Slippery Root. Consoude-Schwarzwurzel, Beinwurzel, Beinwell.

HABITAT: Europe, U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Allantoin, Mucilage.

PROPERTIES AND USES: **Dem. Ast. Muc. Pec. Vul. F-com.**

Excellent in chronic catarrh, consumption, and other lung diseases. Also in ulcers of the stomach and duodenum and for external ulcerations.

Used with great benefit in diarrhoea, dysentery, bleeding from lungs and leucorrhoea.

Used externally for burst veins and arteries, rupture and bruises, burns, blisters, rheumatism.

For rupture of the bowels use: One oz. each of Comfrey, Marshmallow, Mistletoe and Woundwort. A wine glassful five times a day.

For Varicocele: One oz. each of Comfrey, Balmony and Rupturewort. A wine glassful five times a day.

Note: Use only in small doses as it will irritate the kidneys in large doses.

No. 10—Jalap—*Exogonium Purga*



Jalap (*Exogonium purga*).
a, the root.

COMMON AND FOREIGN NAMES: Jalap Tubereux, Jalappenwurz, Gialappa, Sciarappa, Ralz de Jalapa.

HABITAT: Mexico.

PART USED: Root.

CHIEF CONSTITUENT: Jalapin.

PROPERTIES AND USES: **Irr. Cat.**

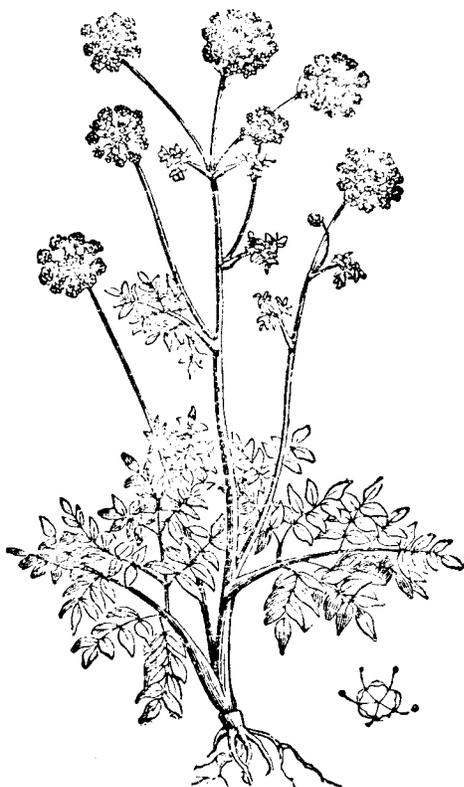
Used in dropsy: 36 ctg. Jalap and 30 ctg. Scammony Gum.

Another formula for dropsy: 2 parts Jalap and 2/3 parts of Cream of Tartar. Teaspoonful at night. Carefulness in its use is necessary.

Doses: Powder: 10 to 30 grains.

Tinct. 1 to 5 min.

No. 11—Angelica—*Angelica Archangelica (Atropurpurea)*



Angelica archangelica

COMMON AND FOREIGN NAMES: Masterwort, Archangel, Dead Nettle, Bellyache Root. Angelique, Angelica, Engerwurz, Brustwurz, Angelika.

HABITAT: Syria, Europe, U. S. A.

PARTS USED: Roots, Leaves, Seeds.

CHIEF CONSTITUENTS: Angelicin, Valeric Acid,; Roots: Terebangelene.

PROPERTIES AND USES: Aro. Sti. Car. Dia. Exp. Diu. Emme.

Used in heartburn, flatulent colic, coughs, pleurisy, diseases of the urinary organs, bronchitis, indigestion, fever, general debility, chlorosis, nervousness,; strengthens the heart and causes disgust for alcohol.

The yellow dried juice of the stem has been used in rheumatism.
Gargle made from the roots will loosen the slime and heals.

Note: Not to be used in diabetes.

Dose: Decoction: 2 to 4 ozs.
Powder: 30 to 60 grains.
Fl. Extr. of herb, 1 drachm.
Fl. Extr. of root: 1/4 to 1 drachm.

No. 12—Woundwort—*Prunella Vulgaris*



Prunella Vulgaris
Wound Wort

COMMON AND FOREIGN NAMES: Healall, Self Heal, Hook Heal, Hook Weed, Sickwort, Hercules Woundwort, Panay, Carpenter Weed. Paquerette, Braunelle, Braunheil, Brunelle.

HABITAT: Europe, U. S. A.

PARTS USED: Plant and Root.

PROPERTIES AND USES: Ast. Pun. Bit. Ton. A-spa. Diu. Ver.

Valuable in hemorrhages, diarrhoea. Excellent for cramps, fits, convulsions and obstruction of the liver.

Tea a general strengthener. Used as an injection for piles.

Mixed with honey, a good gargle for ulcerated mouth. Cotton saturated with its juice will stop toothache.

Dose: A teaspoonful to the cup of boiling water. Drink during the day.

No. 13-Boneset—*Eupatorium Perfoliatum*

COMMON AND FOREIGN NAMES: Thoroughwort, Teasel, Joe Pye, Feverwort, Ague Weed, Thorough Stem, Thorough Wax, Crosswort, Wood Boneset, Vegetable antimony, Sweating Plant, Indian Sage, Tearall. Herb d' Eupatoire perfoliee, Herbe a fievre, Herbe parfaite, Wasserdost.

HABITAT: U. S. A.

PARTS USED: Tops, Leaves.

CHIEF CONSTITUENTS: Tannin and salt of potassa.



BONESET

PROPERTIES AND USES: *Cold infusion: Ton. Sti. Ap. Hot Infusion: Dia. Eme. Feb.*

Used with excellent results in fevers, influenza, dyspepsia, catarrh and general debility. Used cold as a tea in obstruction of the liver and promotes the secretions of bile in jaundice. Fine for indigestion of old people.

Boneset and Lobelia for common croup. For muscular rheumatism and for colds the warm infusion is excellent. A syrup of Boneset, Ginger and Anise is used for coughs.

Externally with hops or tansy, boneset is used as fomentation for inflammation, spasms and painful affections of the bowels.

Dose: Powder: 10 to 20 grains. Extr.: 2 to 4 grains. Infusion: 2 to 4 wine glassfuls.

Note: If used too freely it will excite vomiting.

No. 14—Pennyroyal—*Hedeoma Pulegioides*



PENNYROYAL

COMMON AND FOREIGN NAMES: Mosquito Plant, Tickweed, Squaw Mint, Stinking Balm, American Pennyroyal. Amerikanische Polei, Herb de Pouliot Americaine.

HABITAT: U. S. A.

PART USED: Herb.

CHIEF CONSTITUENTS: Hedeomel, formic and acetic acids.

PROPERTIES AND USES: **Dia. Emm. Car. Sud.**

Used in flatulent colic, stomach disorders due to fermentation. Stimulates menstruation and relieves cramps in suppressed menses. Tea good for headaches. Smoked in sore throat. If taken as a hot infusion it will produce sweating and is of good service in colds. The oil with other essential oils is used in liniments.

Dose: Two drachms.
Oil: 2 to 10 minims.

No. 15—Green Pepper—*Capsicum Annum*



Capsicum annum.

COMMON AND FOREIGN NAMES: Pimento, Indianischer or Spanischer Pfeffer, Pakrika, Beissbeere, Poivre de Cayenne, Peperone.

HABITAT: U. S. A., South America.

PART USED: Fruit.

CHIEF CONSTITUENTS: Capsaicin, Palmitic and Stearic acids.

PROPERTIES AND USES: **Pun. Sti. Ton. Sia. Alt.**

Used in intermittent fevers; stimulates internal organs.

As medicine it is used in tincture form for diarrhoea, indigestion, colic, rheumatic pains, hoarseness, whooping cough and migraine—3 to 6 drops in water one to three times a day.

For toothache saturate cotton with the tincture and apply into cavity.

A liniment for rheumatism is made from one teaspoonful of powdered capsicum, one teaspoonful of salt, one quart of vinegar and 1/2 pint of alcohol.

No. 16—Rowan—*Pyrus Aucuparia*



Rowan, or Mountain Ash (*P. aucuparia*).

COMMON AND FOREIGN NAMES: Mountain Ash, Eberesche, Vogelbeere, Sorbes.

HABITAT: Europe, U. S. A.

PARTS USED: Bark and Fruit.

CHIEF CONSTITUENTS: Sorbinose, Sorbic and parasorbic acid, Malic acid, Amygdalin.

PROPERTIES AND USES: **Bark: Ast. Ton. Fruit Esc. A-sco.**

Fruit is used in scurvy; infusion in hemorrhoids, strangury, diarrhoea.

Berries make a good vinegar as well as brandy.

Tea used as a douche in leucorrhoea.

Decoction of the ripe berries used for sore throat, tonsillitis, as a gargle.

No. 17—Sycamore—*Acer Pseudo-Platanus*



Sycamore (*Acer pseudo-platanus*), showing leaves, flowers, and fruit.

COMMON AND FOREIGN NAMES:
Bergahorn.

HABITAT: Europe, U. S. A.

PARTS USED: Bark, Leaves, Juice.

PROPERTIES AND USES: **Ast. Opth. Vul.**

Leaves steeped in wine are an excellent compress for inflamed eyes. Green leaves mashed are used with good results in highly inflamed ulcers.

Sycamore tea is used for boils and carbuncles.

Sycamore and Horehound make a fine tea for coughs.

By tapping the tree you can secure sycamore sugar by boiling the juice.

No. 18—Myrrh— *Balsamodendron Myrrha*



Myrrh (*Balsamodendron myrrha*).

COMMON AND FOREIGN NAMES: Gummi Resin Myrrha, Myrrhe, Mirra.

HABITAT: Arabia.

CHIEF CONSTITUENTS: Myrrhol, Myrrhin.

PROPERTIES AND USES: **Aro. Ast. Sti. Ton. Vul. Emm. Exp.**

Myrrh is used internally for indigestion, swollen liver, lung congestion, bladder trouble, suppressed menses, chronic catarrh, chlorosis, bronchitis, leucorrhoea.

Myrrh, Golden Seal and a little Ginger prevents fermentation of food in the stomach.

20 to 30 drops of the tincture mixed with a little

honey and water make a fine aromatic, stimulating mouth wash for spongy, ulcerated gums.

40 to 60 drops of the tincture mixed with Arnica tea and a little rosewater is a fine wash for bad sores.

A good ointment for bad sores, foul ulcers, bedsores and gangrene is made as follows. Dissolve 4 grams of Myrrh in alcohol, mix with 12 grams of charcoal and lard to make an ointment.

Powdered Myrrh and powdered Golden Seal mixed well can be sprinkled into indolent sores.

Compound tincture of Myrrh: 2 ounces of myrrh, 1/2 oz. of red pepper, alcohol 1 quart, is a great antiseptic and is used internally for shock, prostration as a stimulant. Use a few drops in a glass of water.

Myrrh and Golden Seal and a little Borax may be blown into the throat in diphtheria.

Dosage: Tincture 10 to 30 drops.

Powder mixed with sugar, 20 to 50 ctgr, several times a day.

Note: Do not use myrrh internally in fevers and inflammations during time of gestation or menstruation.

No. 19-Tormentil—*Potentilla Tormentilla*



Tormentil (Potentilla tormentilla).

COMMON AND FOREIGN NAMES: Septfoil, Shepherd's Knot, Thormantle, Ewe Daisy, Five Fingers, Flesh and Blood, English Sarsaparilla, Tormentille, Tormentil or Blutwurz, Tormentilla, Tormentila.

HABITAT: Europe, Asia.

PART USED: Root.

CHIEF CONSTITUENTS: Tormentil-tanic acid, Kinociv acid.

PROPERTIES AND USES: **Ast. Feb. Ton.**

Used with great success in leucorrhoea, and spermatorrhoea. Use this formula: 1/2 oz. each of Tormentil, Black Willow Bark, Blue Vervain. After steeping this for 30 minutes, add Sage 1/2 oz, and Ginger 1/4 oz.

This formula also very good in spitting blood, bloody urine, Dysentery and ulceration of the bladder.

In cases of spermatorrhoea use also Yarrow tea as an injection.

Used with great success also in hemorrhages due to weakness, also in diarrhoea. Tormentil imparts nourishment and support to the bowels.

Compound powder for diarrhoea and dysentery: Powdered Tormentil one oz., Powdered Marshmallow one oz., Powdered Galangal one oz., Powdered Ginger 4

drachms. Make infusion in pint of boiling water. Strain and take 1 to 2 fl. drachms every 15 minutes-then 3 to 4 times a day.

Externally Tormentil is a fine mouth wash for a sore and ulcerated throat. Also a fine douche in leucorrhoea. Used also in prolapsus ani, or as a wash for piles and inflamed eyes. Also useful in ringworm and as an injection in gonorrhoea.

Very good for swollen glands and bleeding gums.

Powder: 30 grains to one drachm.

No. 20—Elecampane—*Inula Helenium*



Elecampane (Inula helenium)

COMMON AND FOREIGN NAMES: Scabwort, Horseheal, Elf Dock, Wild Sunflower, Velvet Dock. Racine d'Annee, Alantwurz, Enula Campana.

HABITAT: Europe, U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Inulin, Helenin, Alant Camphor, etc.

PROPERTIES AND USES: **Ton. Sti. Exp. Emo. Dia. Aro. Alt: A-sep. Ast. Sti.**

Used in amenorrhoea, bronchitis, hepatic torpor, indigestion, green sickness, slimy catarrhal diarrhoea, dropsy, leucorrhoea, anaemia, coughs, pulmonary complaints, humid asthma.

Dr. Lower's Stomach tincture for colic, jaundice, skin diseases, etc., is made as follows: 30 grams each of Elecampane, Senna, Guaiacum, Licorice, Anise and Coriander, 120 grams seedless Raisins, Brandy 3/4 quart. Let stand four days; filter. Dose: 60 grams.

Externally Elecampane forms a good application for tetter and itch.

Dose: Tea, one cupful four times a day.

Powder: 1/2 to 1 drachm.

Fl. Extr.: 1/2 to 1 drachm.

Inulin: 1 to 3 grains.

No. 21—Celandine—*Chelidonium Majus*

COMMON AND FOREIGN NAMES: Tetterwort, Garden Celandine, Great Celandine. Schellkraut.

HABITAT: Europe, U. S. A.



Celandine (*Chelidonium majus*).
a, a flower.

PARTS USED: Herb and Root.

CHIEF CONSTITUENTS: Chelidonic acid, Chelidoxanthin.

PROPERTIES AND USES: **Sti. Acr. Alt. Diu. Dia. Purg. Vul.**

Decoction very useful in dropsy, jaundice, eczema, acute and subacute forms of inflammation of the liver and spleen, biliary catarrh, scrofulous diseases and scurvy. Promotes perspiration and acts as a cordial. Mixed with a little Anise Seed it removes obstructions of the liver and gall. Its use prevents the formation of

gallstones.

Externally the juice of the plant is used for corns, warts, saltrheum, ringworm, eczema. Russians are using it even for cancer.

Boiled in milk it will remove the white, opaque spots in the cornea by dripping it into the eye. Mixed with sulphur it is good for the itch; boiled in lard, for piles.

Dosage: Dried Root or Herb: 30 grains to 1 drachm. Fresh Root: 1 to 2 drachms. Aqueous extract: 5 to 10 grains.

No. 22—Houndstongue—*Cynoglossum Officinale*. **Poison.**



Hound's-tongue (*Cynoglossum officinale*).

COMMON AND FOREIGN NAMES: Canadian Bur, Tory Weed, Dog's Tongue, Gypsy Flower. Langue de chien, Hundszunge.

HABITAT: U. S. A., Europe.

PARTS USED: Plant and Root.

CHIEF CONSTITUENTS: Cynoglossine, Consolidin, Choline.

PROPERTIES AND USES: **Ast. Aro. Ano. Muc. Nar. Dem. Sed.**

Has been used as a demulcent and sedative in coughs due to colds, also in painful diarrhoea and hemorrhages.

Pills made from the roots are helpful in insomnia, head and chest troubles and spitting of blood (2 grains).

This plant is dangerous to use internally by the unskilled.

Externally it has been used as a poultice -for burns, bruises, ulcers, wounds, tumors and goitre.

The tincture used externally will remove discoloration and swellings due to bruises or blows.

An ointment made from this plant is helpful for piles.

Put in places infested with rates, it will drive them away.

No. 23-Soapwort—*Saponaria Officinalis*

COMMON AND FOREIGN NAMES: Bouncing Bet, Fuller's Herb, Sheep Weed, Bruisewort, Old Maid's Pink, London Pride, Latherwort, Crow Soap, Sweet Betty, Wild Sweet Williams. Saponaire, Savoniere, Seifenwurz, Speichelwurz.



Soapwort (*Saponaria officinalis*).

HABITAT: Europe, U. S. A.

PARTS USED: Plant and Root.

CHIEF CONSTITUENTS: Saponin, Saporubin.

PROPERTIES AND USES: **Ton. Dia. Alt. Exa. Sap. A-syph.**

Has been successfully used in catarrh and congestion of the chest, for swollen liver, syphilis, arthritis, jaundice, visceral obstruction, and rheumatism.

Dr. Lower's recipe has been recommended for above mentioned ailments. The preparation is made in the following way:

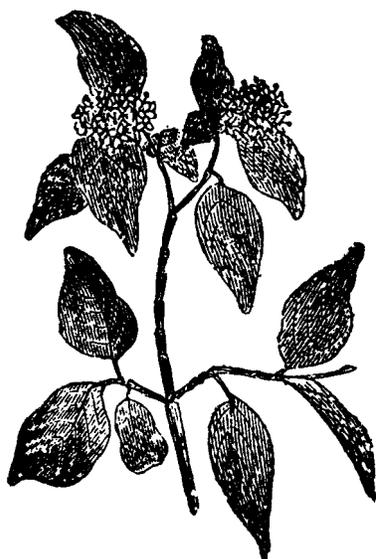
One handful each of Soapwort and Watercress, three fingerful of Mother of Thyme and Centaury. Steep the first two in 300 g. of water for 5 minutes. Pour over the rest and let stand until cold. Strain and divide into 4 doses. Take one dose two hours before breakfast and a second dose one hour after breakfast. The third dose before dinner, and the fourth one before bed time. Use for three months.

The simple decoction is supposed to cure the itch.

To promote sneezing use 2 to 6 grains.

Dosage: Decoction: 2 to 4 fl. ozs. 3 to 4 times a day.
 Extr.: 10 to 20 grains.
 Fl. Extr. 1/4 to 1 drachm.

No. 24—Dogwood—*Cornus Florida*



Common Dogwood.

COMMON AND FOREIGN NAMES: Bitter Redberry, American Boxwood, Cornel, Dog Tree. Flowering Dogwood, Box Tree, Virginian Dogwood, Budwood, Cornouiller a grandes fleurs, Hornstrauch, Cornelrinde.

HABITAT: West Indies, Florida, Texas, Mexico, Northern part of South America.

PART USED: Bark.

CHIEF CONSTITUENT: Cornin.

PROPERTIES AND USES: **Feb. Ton. A-per. Sti. Ast. A-sep.**

Used in fevers and diarrhoea, neuralgia, whooping cough, dysmenorrhoea, nervous debility.

Used as poultice in anthrax, indolent ulcers,

erysipelas.

Tincture of the berries restores tone to the stomach in alcoholism.

Dosage: Powder: 1 to 2 ounces between paroxysms of intermittent fever.
Fl. Extr.: 30 minims as a tonic.
Cornin: 2 grains.

No. 25—Heart's Tongue—*Asplenium Scolopendrium*



Hart's-tongue (*Scolopendrium vulgare*).
a, sporangium, or spore-capsule; *b*, the same, opened, showing its elastic ring.

COMMON AND FOREIGN NAMES: Spleenwort, Fern Spleen, Spleenwort Fern, Hirschzunge.

HABITAT: Europe, U. S. A.

PART USED: Leaves,

PROPERTIES AND USES: **Ast. Pec. Vul.**

Gives excellent service in liver and spleen ailments; stops diarrhoea and dysentery and spitting of blood.

The following formula is especially useful in diseases of the spleen:

16 grams each of Heart's Tongue, Elcampane, Centaury, Betony, Chicory, Anise and Bibernel. Pour over it one pint

of hot wine. Let stand for 24 hours or more and it is ready for use. Can be used for the other ailments mentioned above.

Externally the tea is very beneficial as a wash for ulcers.



No. 26—Beth Root—Trillium Pendulum

COMMON NAMES: Milk Ipecac, Three-leaved Nightshade, Trillium, Indian Shamrock, Pariswort, Wake Robin, Birth Root, Indian Balm, Truelove, Coughroot, Nodding Wake Robin, Lamb's Quarter, Ground Lily, Snake Bite, Rattlesnake Root, Trill, Jew's Harp Plant.

HABITAT: U. S. A.

PARTS USED: Root and Leaves.

CHIEF CONSTITUENTS: Volatile and fixed oils, Tannic acid, Saponin, Trilline.

PROPERTIES AND USES: **Ast. Ton. A-sep. Emm. Dia. Alt. F-com.**

Used to stop bleeding from lungs, bowels, kidneys and bladder. Arrests excessive menstrual flow. Roots boiled in milk excellent to stop diarrhoea and dysentery. Used also for coughs, bronchitis and asthma.

Tea helps parturition; also leucorrhoea.

Snuffed into nose will stop nosebleed. Taken cold will help nightsweats. Leaves boiled in lard have been used for ulcers and tumors, applying ointment externally.

Equal parts of Beth Root and Blood Root are good for inflamed carbuncles, using this combination externally as a poultice and drink the tea.

Dosage: Powdered Root: one drachm three times a day.

Fl. Extr.: 30 minims.

Infusion: 2 to 4 ounces.

Tincture: 1/4 to 1/2 fl. Dr.

No. 27—Peppermint—Mentha Piperata

COMMON AND FOREIGN NAMES:

Lamint, Brandy Mint, Menthe poivree, Pfefferminze, Menta Piperata, Herba Menthae.

HABITAT: Europe, U. S. A., Asia, Australia,

PART USED: Leaves.



PEPPERMINT (*Mentha piperita*)

CHIEF CONSTITUENTS: Oil and a little tannic acid.

PROPERTIES AND USES: **Aro. Sti. Sto. Car. Oil; Rub. Sti.**

Peppermint tea or the oil is of excellent use in nausea, spasmodic pains in stomach and bowels and in expelling gas from the alimentary canal.

Peppermint strengthens the heart, stops cramps and certain headaches, stops the formation of slime in the stomach and nervous vomiting.

Oil of peppermint applied externally around the neck and throat excellent for quinsy.

2 to 5 drops of the oil on sugar is helpful in migraine, cramps and nervousness.

For deafness, crush some of the fresh leaves and put into the ear. Repeat every two hours.

A good recipe for most ailments mentioned above.,

Two handfuls of peppermint leaves, one handful of caraway seeds, two handfuls of Orange Peel, one quart of brandy. Let the mixture stand in the

sun for 3 to 4 weeks, filter and add 1/2 lb. of sugar.

Milk will not curdle if you add some peppermint to it.

Dose: One drachm.

No. 28—Galingale—Cyperus Longus

COMMON AND FOREIGN NAMES: Sweet Cyperus, English Galingale, Souchet, Earth Almonds. Cyperngrasswurzel.

HABITAT: South Asia, New Holland.

PARTS USED: Plant and Root.

PROPERTIES AND USES: **Aro. Ton. Bit. Dia. Diu.**

Used in stomach troubles, to loosen mucus in the lungs, also for suppressed



Galingale (*Cyperus longus*).
a, a spikelet; *b*, a single
 flower; *c*, pistil; *d*, end of
 spikelet in fruit.

menstruation and in urinary troubles.

Cyperus esculentus, found in Southern Europe and North Africa, is used as a coffee substitute and planted for that purpose in Austria and Germany and known as Mandelcaffee.

Gratorole's Recipe to strengthen the memory:

Honey and oil of Galingale, White Frankincense and Cashew nuts each two parts, Round and long pepper one part each, white and yellow Myrobalans two parts each, Caraway one part. Mix into a paste.

Dose: 2 drachms morning and night.

No. 29—Couch Grass—*Triticum Repens*

COMMON AND FOREIGN NAMES: Quick Grass, Dog Grass, *Triticum*, Durfa Grass, Shelly Grass, Quack Grass, Quitch, Knotgrasp, *Agropyrum*, Rhizoma, Graminis, Petit Chiendent, Rizamo de Grama, Quecke, Queekengras, Hundsgras.

HABITAT: Europe, U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Dextrose and Levulose, Gum, Inosite, Triticin, ash contains very much silica.

PROPERTIES AND USES: **Diu. Ape. Dem.**

Used in kidney, bladder disorders, especially in urinary troubles due to colds. Tends to relieve painful, scanty but frequent urination. Gives relief in cases of gravel. Very useful in pyelitis and cystitis and dropsy. Also used in gout, rheumatism, for incipient nephritis, strangury, enlarged prostate gland, hematuria, jaundice and scirrhus liver. Couchgrass is a good blood purifier, helps digestion, pains in the back and hardened spleen.

Dr. Sydenham's formula for gout, rheumatism and arthritis:

Couchgrass one handful, Cichory one tablespoonful, Marshmallow and Violet flowers three teaspoonfuls. Boil the Couchgrass and Chicory in two quarts of water for 3/4 hour, add the other ingredients and let stand for 1/2 hour. Strain and divide into six parts and drink during the day.



Couch Grass.

Dose: Fl. Extr. 2 to 4 drachms.

No. 30—Madder—*Rubia Tinctorum*



Madder.

COMMON AND FOREIGN NAMES: Dyer's Madder. Garance, Krapp, Faerberroete, Krapprot, Robbia.

HABITAT: Southern Europe. PART USED: Root.

CHIEF CONSTITUENTS: Rubian, Alizarin, Purpurin, etc.

PROPERTIES AND USES: **Deo. Diu. Emm.**

Used in amenorrhoea, dropsy, jaundice, chlorosis, atony of the bowels. Tends to dissolve blood clots, drives urine and helps birth and afterbirth to be expelled. Good in scrofula, rheumatism, indigestion, fever and pains in the bones.

Tincture used in caries.

Dosage: Tea: 8 grams to a quart of water—Tablespoonful 3 to 4 times a day.

Fl. Extr. 1/2 drachm 3 to 4 times a day.

No. 31—Indian Pipe—*Monotropa Uniflora*

COMMON NAMES: Ice Plant, Fit Root, Corpse Plant, Nest Root, Convulsion Weed, Ova Ova, Bird's Nest.



Indian pipe,

HABITAT: U. S. A.

CHIEF CONSTITUENT: Asebo-toxin.

PART USED: Root.

PROPERTIES AND USES: **Ton. Sed. Ner. A-spa.**

Useful in fevers restlessness, pains, used instead of opium. Also for remittent and intermittent fevers-used in place of quinine. Good for convulsions. The juice of the plant mixed with rosewater is used for sore eyes and as an injection in gonorrhoea.

Dosage: Powder: 1/2 to 1 dr. 2 to 3 times a day.

No. 32—Rosemary—*Rosmarinus Officinalis*

COMMON AND FOREIGN NAMES. Polar Plant, Compass Weed, Compass Plant, Feuilles de Rosmarin, Rosmarino, Romero, Rosmarin.

HABITAT: Europe, U. S. A.

PARTS USED: Leaves and Flowers.



CHIEF CONSTITUENTS: Oil contains Borneol, Bornyl acetate, camphor.

PROPERTIES AND USES: **Ton. Ast Dia. Sti. Car. Sto. Ner. A-spa**

Infusion is good for the liver, kidneys, stomach, blood, dropsy, dizziness and bad breath.

Steeped in wine and honey, it is useful in asthma.

Spirits of Rosemary is made from 40 to 60 grams of Rosemary and a pint of alcohol. Let stand for 24 hours. Spirits of Rosemary is used on paralyzed limbs, in rheumatism, burning urine and mucous discharges by rubbing it into affected parts. 30 drops of Spirits of Rosemary on sugar, used internally, good for spasms. Boiled in goatsmilk and left therein overnight, good for T. B.

Rosemary wine good for a weak and palpitating heart, for headaches, nerves and colic. The oil of Rosemary is used externally for rheumatism, pimples, ulcers, paralyzed limbs and helps the hair grow. The internal use of the oil strengthens the nerves, expels gases, helps the digestion and is good for dizziness.

Infusion of leaves and flowers with borax makes a fine hair wash, preventing dandruff. For weak eyes the following preparation is used: Let 60 grams of Rosemary stand in brandy for 8 days; filter and mix one teaspoonful with four teaspoonfuls of water. Use as an eyewash.

Rosemary or Nerve Ointment is made as follows:

Balm Mint, Sage, Marjoram boiled in lard. Add Oil of Bay, Oil of Turpentine, Oil of Rosemary, Oil of Juniper and Balsam of Peru. While hot add Lanolin and beeswax to make an ointment. Use externally.

Rosemary and Coltsfoot, equal parts, is used as a smoke in asthma and other affections of the lungs and throat.

Rosemary burned to ashes good for the teeth, especially pyorrhoea.

No. 33—Speedwell—Veronica Officinalis



COMMON AND FOREIGN NAMES: Paul's Betony, Fluellin, Ground Heal, Virginia Speedwell, Farewell. Veronique Male, Ehrenpreis, Grundheil, Wundheil, Koehlerkraut.

HABITAT: Europe, U. S. A.

PART USED: Herb.

CHIEF CONSTITUENTS: Bitter acrid principle, Tannic acid.

PROPERTIES AND USES: **Exp. Alt. Ton. Diu. Dia.**

Speedwell is excellent for pectoral and nephritic complaints, also for hemorrhages, diseases of the skin, catarrh, asthma, dry cough, migraine, spitting of blood and liver. It strengthens the stomach, purifies the blood and helps dizziness and congestion of blood to the head.

Externally it is used for fresh wounds, light burns and the itch.

The tea mixed with alum is a good gargle.

No. 34—Virginia Creeper—*Ampelopsis Quinquefolia*.



Virginia Creeper.

COMMON AND FOREIGN NAMES:

American Ivy, Woodbine, Five Leaves, False Grapes, Wood Climber. Wilder Wein, Amerikanisches Epheu, Vigue Vierge.

HABITAT: United States of America.

PARTS USED: Bark, Twigs, Leaves, Berries, Resin.

CHIEF CONSTITUENTS: Tartaric acid, potassium, calcium tartrates, albumen. Oxyphenic acid in the green leaves.

PROPERTIES AND USES:

Bark and twigs: Alt. Ton. Ast. Exp.

Leaves, Berries and Resin: Sti. Diu. Cat.

Use carefully.

Juice of leaves is said to cure headache when applied to the nostrils. Infusion of leaves and berries mitigates headache. The fresh leaves boiled in' vinegar and applied warm are good for spleen trouble and the stitch in the side. Decoction of the leaves, applied externally to the head, will kill lice. The fresh leaves bruised are excellent for bunions and shooting corns. Poultice of the leaves is good for glandular enlargements and indolent ulcers. The infusion from the berries is used in rheumatism and dropsy. The decoction of the leaves applied to a black eye will remove discoloration.

No. 35—Fleabane—*Pulicaria Dysenterica*

COMMON AND FOREIGN NAMES: Small Fleabane, Fly Bane, Middle Fleabane. Arabs call it Rarajeub or Job's Tears.

HABITAT: U. S. A.



Fleabane (*Pulicaria dysenterica*).

a, root; *b*, top of stem, with leaves and flowers; *c*, achene, with pappus; *d*, pistil; *e*, a floret of the disc; *f*, a stamen; *g*, a floret of the ray.

PARTS USED: Root and herb.

PROPERTIES AND USES: **Ton. Aro. Bit. Ast.**

Used especially in dysentery. If burnt, the smoke of it will drive away fleas and other insects. Formerly it was used for the itch and other cutaneous disorders. Tradition says that Job cured his ulcers with this herb.

Fleabane looks like Elcampane and is called also *Inula dysenterica*, but differs from it. The fruit is silky and crowned by a few short, unequal dirty white hairs with an outer ring of very short bristles, while Elcampane has only a single row of hairs.

No. 36—Hyssop—*Hyssopus Officinalis*

COMMON AND FOREIGN NAMES: Isop, Ysop, Hysope.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: 1-pinonic acid and the ketone 1-pinocamphene.

PARTS USED: Tops and leaves.

PROPERTIES AND USES: **Sti. Aro. Car. Ton. Exp. Dia. Pec.**

A mixture of hyssop and sage is valuable in throat irritations, quinsy. It allays the pain in the gums. Mixed with figs, it makes a fine gargle for ulcers in the throat; if vinegar is added to this mixture it relieves pain in the gums and heals ulcerated gums. It is a good expectorant in asthma and steeped with fennel cleans the chest from slime. The leaves have been applied to bruises and wounds to relieve pain and discoloration. Hyssop tea is helping digestion, rheumatism, scrofula, great debility and excessive perspiration. It also expels worms.



Common Hyssop (*Hyssopus officinalis*).

A fine recipe for spitting blood in T. B. is made as, follows:

A handful of Agrimony and Coltsfoot; 60 grams of Rue, Rock Sugar, Licorice, Heartshorn, 30 grams of Anise Seed, 120 grams of Figs and Raisins. Steep in 2 1/2 quarts of water down to 1/2 quart. Strain and add 1/4 quart of Hyssop tea and 1/4 quart of honey.

Dose: Three times a day 4 to 5 tablespoonfuls.

No. 37—Gentian, Yellow—*Gentiana Lutea*



Common Gentian.

a, capsule; *b*, capsule cut across; *c*, vertical section of seed, magnified.

COMMON AND FOREIGN NAMES:

Bitter Root, Fel Root. Gentiane, Genciana, Genziana, Bitterwurz, Hochwurz, Enzian.

HABITAT: Europe.

CHIEF CONSTITUENTS:

Gentisin, Gentiopiricin, Gentiamarin, Gentionose.

PART USED: Root.

PROPERTIES AND USES: **Ton. Sto. Feb. Emme. Anth. A-spa.**

Gentian tea is excellent in general debility, want of appetite, weakness of digestive organs, jaundice, hysteria, female weakness, diarrhoea,

amenorrhoea, muscle weakness, fainting spells, catarrh of the stomach scrofula. Gentian gives force to the circulation of the blood.

Gentian and Tormentil excellent in intermittent fever.

A fine tincture for stomach ailments is made from 2 ounces of Gentian, one oz. of Orange Peel, 1/2 oz. of Cardamon Seed, Steep in quart of brandy.

Fl. Extr. 1/2 to 1 teaspoonful in water 3 times a day.

Solid Extr. 2 to 8 grains.

Powder 10 to 30 grains.

Tinct. 1 to 2 teaspoonfuls.

No. 38—Fenugreek—*Trigonella Foenum Graecum*

COMMON AND FOREIGN NAMES; Foenugreek Seed, Greek Hay Seed. Helba. Bockshorn Samen. HABITAT: Europe, India, Africa.

CHIEF CONSTITUENTS: Trigonelline, Choline (Resembles cod-liver oil in its composition). Rich in phosphates, Lecithin, iron.



Fenugreek (*Trigonella foenum-graecum*).

PART USED: Seed.

PROPERTIES AND USES: **Far. Muc. Em. Dem.**

Used externally as a poultice for abscesses, boils, carbuncles. Extracts pus better than anything else. Excellent as a poultice for open feet. Avoids bloodpoison of wounds. It is employed also as an excellent gargle in sore throat and diphtheria and as an enema in prolapsus ani.

Internally as a tea, it is said to be equal to quinine in preventing fevers and is successfully used in inflamed conditions of the stomach and intestines, in scrofula, rickets, anaemia, debility, neurasthenia, gout. Very good in mucous conditions of the lungs, and inflammation of glands. In stomach ulcers a tablespoonful of the tea every 2 hours will bring great relief.

Fenugreek is one of the ingredients of Kneipp's Laxative tea.

Dose: A teaspoonful to a cup of water. Steep for 10 minutes.

No. 39—Gold Thread—*Coptis Trifolia*

COMMON AND FOREIGN NAMES: Mouth Root, Canker Root, Yellow Root.



Gold Thread

HABITAT: U. S. A., Canada, Asia, Greenland, Iceland.

CHIEF CONSTITUENTS: Berberine, Coptine.

PART USED: Root.

PROPERTIES AND USES: **Bit. Ton.**

Goldthread is a bitter tonic without astringency. It is useful in dyspepsia, chronic inflammation of the stomach. It is said that its use destroys the appetite for alcohol. A plain decoction is used as a gargle for mouth irritation. For canker and thrush a decoction of Goldthread and Golden Seal used as a gargle is very useful.

Dose: Decoction: a wineglassful.

Powder and Tinct.: 1/2 to 1 dram.

Fl. Extr.: 30 mins.

No. 40—Thyme—*Thymus Vulgaris*

COMMON AND FOREIGN NAMES: Garden Thyme, Mother of Thyme, Thymian, Thym, Tomillo, Quendel.

PART USED: Herb.



CHIEF CONSTITUENTS: Thymol, Cymene, Pinene and a little Menthone.

PROPERTIES AND USES: **Res. Ton. Car. Emm. A-spa. A-sep.**

The cold infusion is valuable in dyspepsia, irritated stomach. The warm infusion is beneficial in hysteria, dysmennorrhoea, colic and flatulence. The hot tea will promote perspiration. Mixed with syrup, good in bronchitis and whooping cough. The tea also will arrest gastric fermentation. The oil is valuable for the nerves.

Frozen feet or hands can be helped by immersing them into a tea made from two handfuls of Thyme and 2 handfuls of Henbane. Boll in quart of water for 1/2 hour. Bathe parts for 15 minutes, repeat several nights. Do not dry the parts after the bath.



LUNGWORT (*Pulmonaria officinalis*)

No. 41— Yucca— *Yucca Filamentosa*

COMMON AND FOREIGN NAMES: Silk Grass, Bears Grass, Adams Needle, Spanish Bayonet, Soap Weed.



HABITAT: Southeastern U. S. A.

PART USED: Root.

PROPERTIES AND USES: **Det. A-syph.**

No. 42—Lungwort—*Pulmonaria Officinalis*

COMMON AND FOREIGN NAMES: Maple Lungwort, Jerusalem Cowslip, Jerusalem Sage, Spotted Comfrey, Spotted Lungwort.

Blaue Schluesselblume, Wallwurz, Hirschkohl, Lungenkraut, Pulmonaire.

HABITAT: Europe, U. S. A.

PART USED: Leaves.

PROPERTIES AND USES: **Dem. Muc. Pec.**

Used in bleeding from the lungs, in bronchial and catarrhal conditions. Lungwort with Veronica and Chervil, equal parts, useful in weakness of the bladder, bloody urine, hemorrhoids and in tendency to form gravel.

Powdered Lungwort mixed with honey good for lung troubles, dysentery and diarrhoea. Powdered Lungwort put on fresh wounds heels them quickly.

Good recipe for lung trouble:

Put in 3/4 quart dark beer a handful of Lungwort, a handful of bran and some honey. Boil down in well covered kettle to 1/2. Strain and take three times a day, one hour before meals a cupful.

A good cough medicine:

One part each Lungwort, Woodroot Raisins, Lime Flowers, Strawberry Leaves, two parts of Iceland Moss, three parts of Licorice and four parts of Figs. Boil four tablespoonfuls of this mixture in one pint of water down to 1/2 pint. Take 1/8 of this tea two hours after each meal.

No. 43—Valerian—Valeriana Officinalis

COMMON AND FOREIGN NAMES: Wild Valerian, Phu, Great Wild Valerian, English Valerian, Herb Bennet, Setwall. German, Vermont Valerian, Garden of Summer Heliotrope, Capon's Tail. Augenwurz, Katzenkraut, Baldrian, Hexenkraut, Racine de Valeriane, Guerittout, Valeriana.

HABITAT: Europe, Northern Asia.

CHIEF CONSTITUENTS: Valerianic, Chatarine, Formic and Acetic Acids.



FRAGRANT VALERIAN
(*Valeriana officinalis*)

PART USED: Root.

PROPERTIES AND USES: **Aro. Sti. Ton. Ano. Ner. A-spa.**

Used for nervousness, insomnia, chorea, epilepsy, hypochondria, dizziness, hysteria palpitation of the heart. Allays pain. Excellent for nervous headaches worms, stomach cramps and painful menstruation.

For vomiting use 30 drops of the tincture mixed with 45 g. of orange peel elixir. For painful menstruation use 45 drops of the tincture mixed with 15 drops of Tincture Asafoetida. Take 8 to 10 drops on sugar.

For red and painful eyes press the juice Gut of green valerian, celery, house leek and plantain, 25 g. each. Mix same with white bread and use on cloth as a plaster.

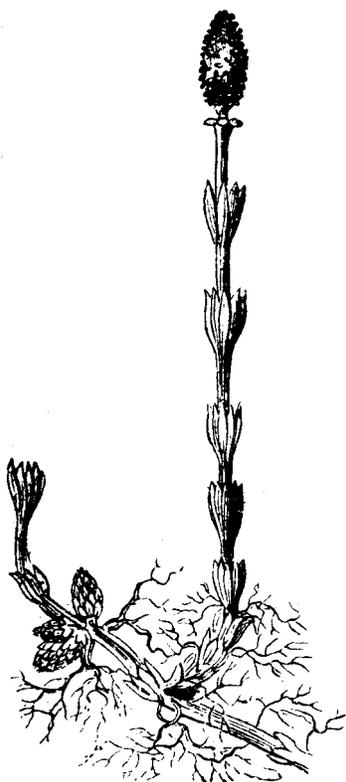
Valerian boiled with Licorice, Raisins, and Anise is good for cough.

Doses: Tincture: 1 to 2 teaspoonfuls three times a day.

Infusion: Wineglassful.

Extract: 3 to 6 grains.

Oil: 5 drops.



SHAVE GRASS
(*Equisetum arvense*)

Large and often repeated doses are not advisable as they have a tendency to produce pain in the head, heaviness and stupor.

No. 44—Shave Grass—*Equisetum Arvense*

COMMON AND FOREIGN NAMES: Scouring Rush, Horsepipe, Gunbright, Mare's Tail, Horse Tan, Dutch Rush, Polishing Rush, Pewter Wort, Paddock Pipes. Schachtelhalm, Schafthalm, Katzenwedel, Zinnkraut, Pribe des Champs, Prele, Cola de Caballo.

HABITAT: Europe U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS: Silica, Resin, Sugar, Mucilage.

PROPERTIES AND USES: **Diu. Ast. Ton. Emm.**

Very useful in kidney and bladder inflammation, spasms and catarrh. Fine for scanty, suppressed, frequent and bloody urination. Excellent in hemorrhages, cystic ulceration and ulcers in the urinary passages.

For nosebleed use the tea as a snuff. Also used for worms, bleeding from the stomach, dropsy, flux, etc. For liver trouble, mix with Plantain; for cancer of the tongue, mix with aloe. Ashes of Shave Grass valuable in acidity of the stomach and dyspepsia, 3 to 10 grains. Shave Grass is used externally as a poultice in swellings, inflammations and ulcers.

No. 45—Bittersweet—*Solanum Dulcamara*



Bittersweet (*Solanum dulcamara*).
a, a flower; b, fruit.

COMMON AND FOREIGN NAMES: Woody Nightshade Wolf Grape, Bittersweet Nightshade, Violet Bloom, Scarlet Berry, Nightshade Vine, Fever Twig, Felonwort, Staff Vine, Bittersuess, Alpranken, Hindischkraut, Hirschkraut, Douceamere.

HABITAT: Europe, U. S. A.

PARTS USED: Root and Twigs.

CHIEF CONSTITUENTS: Solanine, Dulcamarine, Sugar, Gum, Starch, Resin.

PROPERTIES AND USES: **Nar. Dep. Deo. Her. Ano. Res. Eme. Diu. Dis.**

Employed in Jaundice, rheumatism, syphilitic affections, kidney trouble, obstructed menses, diarrhoea, Summer complaints, chronic bronchial catarrh, asthma whooping cough.

A valuable syrup for scrofula: Twigs of Bittersweet, stillingia and yellow dock, equal parts.

An excellent ointment to scatter painful tumors, caked breasts is made from bittersweet boiled in lard.

A good blood medicine is made from Bittersweet, Elder Bark, Cypress Leaves, and Sarsaparilla.

Bittersweet is used as an alterative in skin diseases, psoriasis, scrofula, ulcers, jaundice and dropsy. The tincture is excellent in all kinds of colds, catarrh, rheumatism, rheumatic fever, hardened or swollen glands, paralysis, whooping cough.

Bittersweet increases the secretions of the skin and kidneys and is fine for burning urine. It also excites the venereal functions.

Dose: Decoction: 1 to 2 fl. ounces.

Tincture: 10 to 15 drops in water once a day.

Extract: 2 to 5 grains.

Powdered Leaves: 10 to 30 grains.



Bog Myrtle.
a, male catkin; *b*, female catkin.

No. 46—Bog Myrtle—*Myrica Gale*

COMMON AND FOREIGN NAMES: Meadow Fern, Sweet Gale, Dutch Myrtle, Meadow Fern Burrs, Bay Bush Buds, Gale Fern, Sweet Willow. Gagel.

PARTS USED: Leaves and Buds.

HABITAT: Europe, U. S. A.

PROPERTIES AND USES: **Ton. Alt. Dep. Vul.**

Has been used in place of hops. Drives away insects. Leaves are used in skin diseases, especially in scabs.

No. 47—Bistort—*Polygonum Bistorta*

COMMON AND FOREIGN NAMES: Patience Dock, Official Bistort, Snake Weed, Sweet Dock, Dragonwort, Red Legs, Easter Giant, Adder's Wort, Osterick, Adderwort. Wiesenknöterich, Natterwurz, Gaenseampfer, Couleuvrine.

HABITAT: Europe, Northern Asia.

PART USED: Root.

CHIEF CONSTITUENTS:
 Tannin, Gallic acid, Gum.

PROPERTIES AND USES:
Ast. Diu. Alt. Sad.

Used for hemorrhages from lungs and stomach, in nosebleed, diarrhoea, dysentery, bowel complaints, intermittent fever, prevents miscarriage and stops spermatorrhoea.

Used as an injection in leucorrhoea and profuse menstruation. Mixed with Calamus for intermittent fever and ague. Useful in diabetes, ulcerated mouth and gums.



Bistort (*Polygonum bistorta*).
a, b, c, flowering stem and rootstock; *d*, a flower; *e*, a fruit.

Infants diarrhoea syrup:

- Bistort 1 oz., Cloves 1/4 oz., Marsh-mallow 1/2 oz., Angelica 1/4 oz., Ginger 1/4 oz. Boil the Bistort and Cloves in 1 1/2 pints of water down to 1 pint. Pour over the other ingredients and simmer for 10 minutes. Let get cold and strain; add sugar to make a syrup by boiling up. Give a little in Raspberry tea, 3 to 6 teaspoonfuls daily.

Formula for Diabetes:

- Fl. Extr. Bistort 2 drachms, Jambul Seed 2 drachms, Canadian Pine 2 drachms Tormentil 2 drachms, Tincture Hydrastis 2 drachms. Put all extracts in 12 oz. bottle of distilled water.

Dose: A tablespoonful every 4 hours.

For pyorrhoea use the tea as a mouthwash.

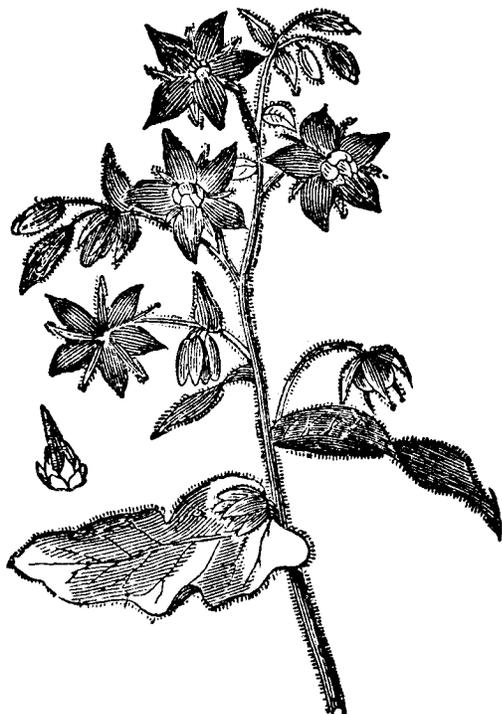
Powdered leaves will kill worms in children.

For Piles, internal use.

- Marshmallow 1 oz., Bistort 1 oz., Comfrey 1 oz., White Poplar Bark 1 oz., Cranesbill 1 oz., Yarrow 1 oz., Cloves and Cinnamon 2 drachms each. Steep all for 10 minutes. Strain and add brown sugar. Dose: A wineglassful four times a day.

Pile Ointment:

- 1/2 oz. Bistort, 1/2 oz. Cranesbill. Simmer in 2 ozs. Lard and 2 ozs. of Mutton suet. Strain and add 1 oz. Olive oil.



Common Borage (*Borago officinalis*).

Gargle for ulcerated tonsils:

- 2 drachms of Tincture Bistort and 2 drachms Tincture of Bloodroot, 2 tablespoonfuls of warm water.

No. 48—Common Borage—*Borago Officinalis*

COMMON AND FOREIGN NAMES: Burrage, Bugloss, Common Buglos. Bourrache, Borasch, Boretsch, Gurkenkraut.

HABITAT: Europe, U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS: Mucilage, Stems and Leaves Potassium nitrate, calcium.

PROPERTIES AND USES: **Cor. Pec. Ape. Dem. Ref. Dia. Diu. Emo.**

Used for painful rheumatism, measles, fevers, pulmonary complaints, hypochondria, melancholia. Promotes the action of the kidneys. The syrup of the juice is used in jaundice, fevers, itch and ringworm. The ash mixed with honeywater is excellent for quincy and wounds in throat, gums and tongue. Use as a wash.

For palpitation of the heart, take a handful of Borage and one of Balm, 60 grams of rosewater and 60 grams of wine vinegar. Simmer a little, dip into it a linen cloth and use as a compress on the region of the heart. The tea used externally is good for inflammatory swellings.

Dr. De Lorme's Miracle Drink:

- Take a handful each of Borage, Buglas, Chicory, Sorrel, Couchgrass, Strawberry Leaves, Dandelion and Agrimony. Boil In one gallon of water in an earthen vessel for 2 or 3 hours. Take off the fire and pour one quart of cold water into it. This takes the bitter taste away. Take one large cupful before breakfast and before supper. This is said to be excellent for the blood, circulation, constipation, gravel, pleurisy and for gall-bile In the blood.

No. 49—Box—*Buxus Sempervirens*



Branch of the Common Box (*Buxus sempervirens*).

COMMON AND FOREIGN NAMES: Box Tree, Garden Edging Box, Dodgeon, Bush Tree, Flowering Dogwood, Evergreen Box. Buchsbaum.

HABITAT: Europe, Western Asia.

PARTS USED: Leaves, bark, wood.

CHIEF CONSTITUENTS: Leaves: Buxine, Parabuxine, Parabuxonide. Bark: Chlorophyll, wax, resin, gum, Lignin, sulphates of potassium and lime,

magnesia, iron, silica.

PROPERTIES AND USES: **Dia. Pur. Sud. Alt. Cat. A-spa.**

The leaves have been used as a laxative, for liver trouble, to break fevers, to purify the blood and for glandular secretions.

The powder is used to expel worms: 5 grains for children; 10 to 15 grains for adults.

The oil has been used for hysteria, chorea, epilepsy and locally for piles and toothache.

For syphilis it has been used in combination with Turkey Pea and Stillingia.

The wood in decoction is valuable in rheumatism and secondary syphilis. The tincture has been used for leprosy.

Dose: Purgative: powdered leaves 1 drachm.
Vermifuge: Powdered leaves 10 to 20 grains.
Sudorific: 1 to 2 ounces of the wood decoction.

The powdered leaves used with lavender water are excellent for headaches.

NO. 50—Rue—*Ruta Graveolens*

COMMON AND FOREIGN NAMES: Garden Rue, Countryman's Treacle, Herb of Grace, Herbygrass. Ruda, Raute, Gartenraute, Weinraute.



HABITAT: Europe U. S. A.

PART USED: Herb.

CHIEF CONSTITUENTS: Rutinic Acid.

PROPERTIES AND USES: **Aro. Bit. Pun. Ton. Emme. Acr. Verm.**

Rue tea is excellent in hysteria, worms, epilepsy, nervous headache, colic, blood congestion to the head, dizziness, amenorrhoea, menorrhagia, cramps, rheumatism, scurvy and chronic skin diseases.

Its use fortifies the system against catching diseases. Palpitation of the heart is greatly relieved by drinking a little of this tea.

It is frequently used for cough and croupy affections. The tea dropped into the eyes is helpful in cataracts.

Compresses of Rue tea cannot be too highly recommended for convulsions; they are also very beneficial in chronic bronchitis.

The fresh bruised leaves applied locally will ease the pain in sciatic rheumatism.

Rue Vinegar is made as follows:

- Take equal parts of Rue, Sage, Lavender, Wormwood and Mint. Let stand in vinegar in a sunny place for four days. Filter and add 30 grams of Camphor.

Direction: Wash temples, mouth and loins with it or use like smelling salts.

Oil of Rue is made by putting the dried leaves in olive oil. Let stand in sunlight for two weeks. This oil is used for worms, weak stomach, hysteria, suppressed menses, etc. Take 2 to 3 drops every 2 or 3 hours.

Dose: Tea—1/2 cup several times a day.

Powder—15 to 30 grains.

Oil—2 to 5 drops every 2 to 3 hours.

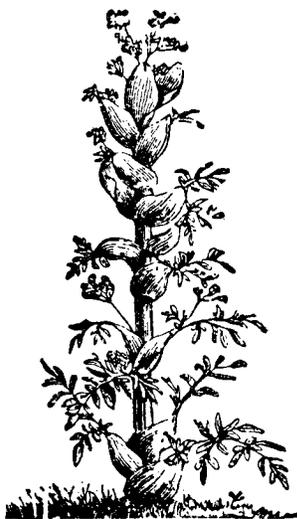
Fl. Extract—1/2 to 1 dr.

Tincture—10 drops on sugar twice a day.

Note—Use carefully. Never use right after meals.

No. 51—Asafoetida—*Ferula Asafoetida*

COMMON AND FOREIGN NAMES: Devil's Dung, Food of, the Gods. Steckenkraut, Absand, Teufelsdreck.



Ferula asafoetida.

HABITAT: Afghanistan, Eastern Persia.

CHIEF CONSTITUENTS: Resin, Gum, Oil, Ferulic Acid.

PART USED: Gum.

PROPERTIES AND USES: **Foet. Sti. Exp. Lax. Ant. Ner.**

Asafoetida is of great value in hysteria, nervous irritability, cramps, colic, sleeplessness, asthma, bronchitis, whooping cough.

It promotes digestion and increases the peristalsis.

It increases the discharge of gall bile. Used in softening of the bones, carries. The tincture is employed as an enema to expel thread and pin worms.

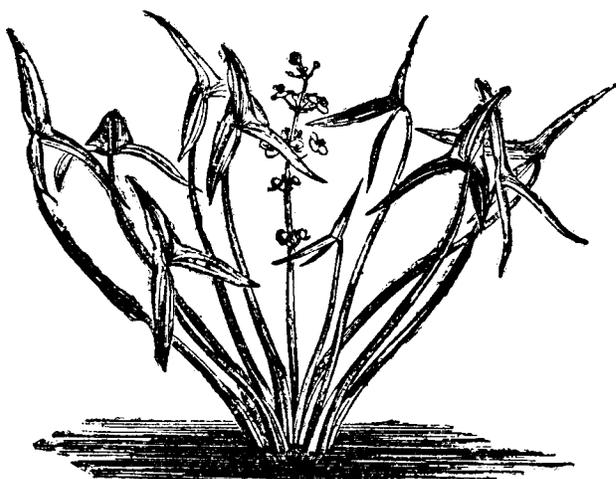
Asafoetida is a local stimulant to the mucous membranes, especially to the alimentary tract.

Dose: Tincture—1/2 to 1 dr.

Pills—3 grams.

Emulsion—4 parts asafoetida to 100 parts of water.

No. 52—Arrowhead—*Sagittaria sagittifolia*



Arrowhead (*Sagittaria sagittifolia.*)

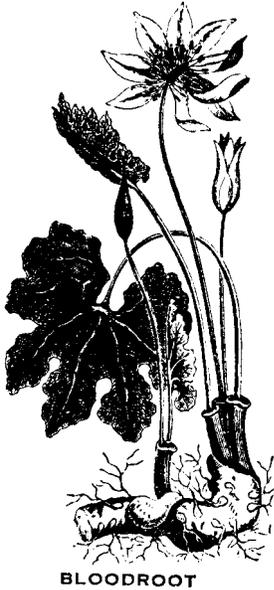
COMMON NAMES: Arrow Weed, Wapatoo.

HABITAT; Europe, Asia, U. S. A.

PART USED: Root.

PROPERTIES AND USES: **Ref. Ast. Det. Diu. A-scor.** Root yields Fecula.

Used in diarrhoea, dysentery. Has been recommended in renal calculus, gravel, cystitis.



No. 53—Bloodroot—Sanguinaria Canadensis

COMMON AND FOREIGN NAMES: Red Puccoon, Indian Paint, Pauson, Red Paint Root, Red Root, Indian Red Paint, Coon Root, Snake Bite, Sweetslumber, Tetterwort. Blutwurz, Sanguinaire.

HABITAT: U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Celerythrine, Sanquinarine.

PROPERTIES AND USES: **Eme. Sed. Feb. Sti. Ton. Diu. Emm.**

Useful in bronchitis, laryngitis, whooping cough, torpid liver, scrofula, amenorrhoea, dysentery, jaundice.

The powdered root is used in croup, also as a snuff for polypus of the nose. The powder will remove proud flesh and is good for skin eruptions, ulcers and sores and even skin cancers.

The infusion is used internally and externally for tetter, warts, ringworm, etc. For liver trouble combine it with dandelion and mandrake.

The tincture is frequently used for dyspepsia and dropsy of the chest. Bloodroot excites the flow of saliva and increases intestinal peristalsis.

Dose: Small doses are stimulant, 3 to 5 grains.

Large doses are an arterial sedative.

1/2 to 5 grains are an effective expectorant.

20 grains a strong and quick emetic.

1/2 to 1 grain acts as an alterative.

Tincture—20 drops to 1 teaspoonful three times a day'.

Powder—3 to 5 grains.

Note--Never use in very large doses.

No. 54—Uva Ursi—Arctostaphylos Uva Ursi

COMMON AND FOREIGN NAMES:

Bearberry, Upland Cranberry, Bear's Grape, Kinnikinnik, Mealberry, Sagackhomi, Arberry, Wilder Buchs, Moosebeere, Steibeere, Baerentrauben.

HABITAT: Europe, Asia, U. S. A.

PART USED: Leaves.

CHIEF CONSTITUENTS: Arbutin, Tannin.



UVA URSI

PROPERTIES AND USES: **Diu. Ast. Ton. Nep.**

Uva Ursi strengthens and imparts tone to the urinary passages. It is used especially for incontinence of the urine during the night. Fine for mucous discharges from the bladder, inflammation of the bladder, gonorrhoea whites, ulceration of the neck of the womb, bloody urine, dropsy, kidney and bladder stones; in fact, for all derangements of the urinary passages as in urethritis, cystitis, etc.

it also is very useful in diarrhoea, profuse menstruation, piles, diabetes, spermatorrhoea and leucorrhoea.

A good formula is made from 1/2 oz. each of Uva Ursi, Poplar Bark and Marshmallow Root.

Doses: Powder—10 to 40 grains.
Tea—1 to 2 fl. ounces.
Extr.—5 to 10 grains.

No. 55—Tansy—*Tanacetum Vulgare*

COMMON AND FOREIGN NAMES: Hindheel, Buttons. Rainfarn, Knoepfchen, Wurmarn.

HABITAT: Europe, U. S. A.

PARTS USED: Herb, Seed.

CHIEF CONSTITUENTS: Tanacetin, Oil contains Tanaceton.



TANSY.

PROPERTIES AND USES: **Aro. Ton. Emm. Dia. Vul. Ant. Seed. Ver. Sti.**

The tea is used for stomach and liver trouble; also for female trouble such as cramps, painful menses as it promotes menstruation. It also has been used for fever, ague, dropsy, colic, rheumatism, urinary troubles, kidney and bladder stones, dizziness and hysteria. Green leaves applied externally will relieve sprains, swellings, tumors.

The oil is used for rubbing in rheumatism and internally for worms and stomach cramps, 1 to 3 drops. In epilepsy 1 to 3 drops of the essential oil can be used but not more in a day.

A good formula for *gall and stomach troubles* is made as follows:

- Tansy, Wild Yam, Bockbean, 45 grams each; Gentian, Angelica and Masterwort, 15 grams each; Motherswort, Cow Parsley, 6 grams each. Let stand in quart of brandy in a sunny place for five days. Filter. Take a few drops on sugar several hours before meals.

Doses: **Use carefully.** Large doses will induce venous congestion of the abdominal region.

Powder—30 grains to 1 dram two or three times a day.

Fl. Extr.—1/2 to 1 dram.

Solid Extr.—5 to 10 grains.

Tea—1/2 cupful two times a day.

Oil—1 to 3 drops.

No. 56—Knotgrass—*Polygonum Aviculare*



Knotgrass

COMMON AND FOREIGN NAMES: Knotweed, Centinode, Birdweed, Ninety Knot, Bird's Tongue, Red Robin, Hogweed, Cowgrass, Knoeterich, Schlangenwurzeln.

HABITAT: All over.

PARTS USED: Herb, Root.

PROPERTIES AND USES: *Root*—**Ast. Vul. Seed**—**Aro. Pur. Eme.**

This herb is useful in diarrhoea, dysentery, Bleeding Piles, all hemorrhages, colic, Strangury, worms, diabetes, lung troubles; ulcers of stomach and intestines; stomach, liver and kidney ailments.

Heals wounds, cools inflammation, cleanses ulcers and is fine for internal wounds.

Boiled in beer, it will stop external bleeding. The fresh juice stops bleeding from the nose. It is a fine fever drink.

No. 57—Marygold—*Calendula Officinalis*

COMMON AND FOREIGN NAMES: Marybud, Calendula, Golds, Mary Gowles, Oculus Christi, Ringelblume, Fiore d'ogni mese, Solis Sponsa, Goldblume.

HABITAT: Europe U. S. A,

PARTS USED: Flowers and Leaves.

CHIEF CONSTITUENTS: Calendulin, Gum, Volatile Oil.

PROPERTIES AND USES: Vul. Dis. Sti. Dia. Det. Ap.



Marygold

The tea is excellent for jaundice, inflammation of the stomach and ulcers of the stomach. Use 6 to 8 teaspoonfuls at a time. Good for retarded menses, hysteria, nervous prostration, fever, green sickness, vomiting, stomach cramps, scrofula.

Taken hot, will induce sweating, bring out measles and smallpox.

Tincture is used for wounds, to stop bleeding, and is excellent for sores on the breasts and womb. It also has been successfully used internally and externally for varicose veins and even cancerous conditions.

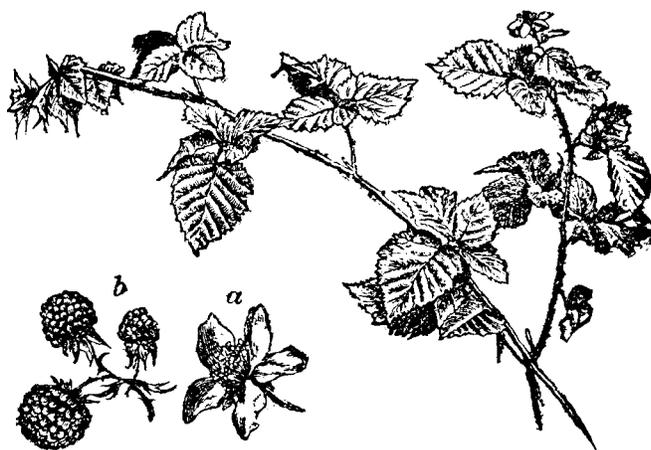
The powder snuffed up the nose will loosen and discharge mucus from the head.

Calendula Ointment made from 4 to 6 grams of Marygold juice mixed with 30 grams unsalted butter. This ointment can be used for all kinds of sores.

Dose: Fl. Extr.—1/4 to 1 dram.

Tea—A cupful or more a day.

No. 58—Bramble—*Rubus Villosus*



Branch of Common Bramble.
a, a flower; *b*, a fruit.

COMMON AND FOREIGN NAMES: Blackberry, Blackberry Vine, Bumble Kite, Bly, Scaldhead. Brombeere.

PARTS USED: Fruit, Bark.

HABITAT: Australia, U. S. A., Europe.

CHIEF CONSTITUENTS: Tannin. Fruit: Malic and Citric Acid, pectin and albumen.

PROPERTIES AND USES: *Fruit: Edi. Diu. Ast. Bark: Ast.*

The decoction of the root may be used freely in cases of diarrhoea, dysentery, cholera infantum, summer complaint and menorrhagia; also very valuable in whooping cough.

The leaves are good for burns and scalds. For thrush steep the leaves in water and wine and add a little alum powder. Use as a mouth wash.

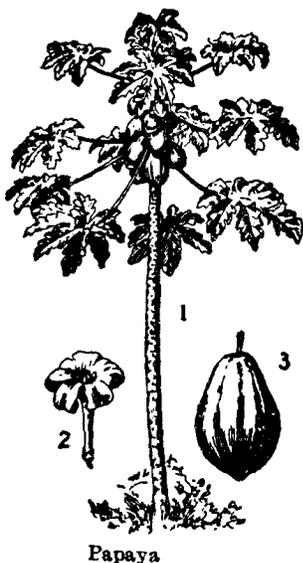
Blackberry Jelly is good for dropsy due to feeble circulation.

The ripe fruit makes an excellent syrup. Simmer the fruit for a short time with a little cinnamon, add sugar to make a syrup. Strain while hot and when cool add a

few teaspoonfuls of brandy. Dose: One or more tablespoonfuls 4 to 5 times a day.

The decoction is also exceedingly valuable as an enema in falling of the womb, leucorrhoea, gleet and hemorrhages of the womb.

No. 59—Papaya—*Carica Papaya*



PARTS USED: Fruit, Seeds.

HABITAT: Tropical and Subtropical countries.

CHIEF CONSTITUENTS: *Juice:* Fibrine. *Fruit:* Papain.

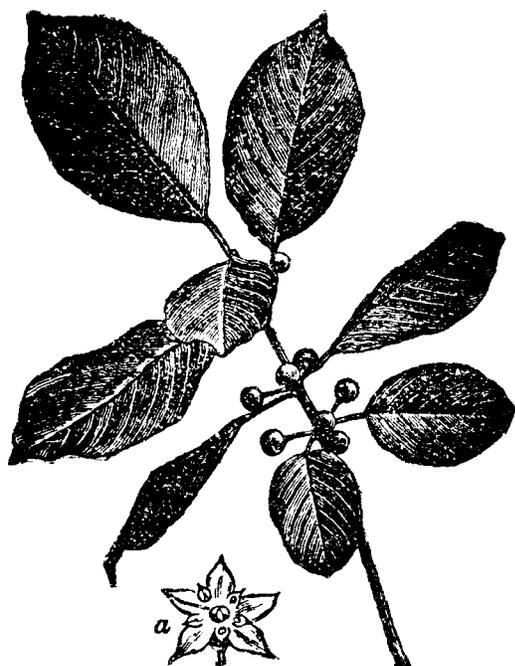
PROPERTIES AND USES: **Edi. Aci. Ant.**

The fruit can be eaten raw or boiled. The seeds when chewed have in a high degree the pungency of cresses. The powdered seeds and the juice of the unripe fruit are most powerful anthelmintics. The milky juice of the tree is very acid. The juice of the fruit and the sap of the tree have the singular property of rendering the toughest meat tender in a short time. Papaya is useful in dyspepsia and gastric catarrh, prevents diarrhoea and colitis due to undigested proteins.

Papaya contains the enzyme Papain which digests fibrin and albumin more rapidly than pepsin, and acts in acid, alkaline or neutral medium, while pepsin acts only in an acid medium. It also is used as an aid in obesity.

Locally it is used for the destruction of false membrane, tubercles and walls of old sinuses.

No. 60—Alder Buckthorn —*Rhamnus Frangula*



Alder Buckthorn (*Rhamnus frangula*).
a, a flower.

COMMON AND FOREIGN NAMES: Black Dogwood, Frangula Bark, Black Alder, European Buckthorn, Persian Berries, Wegdorn, Kreuzdorn.

HABITAT: Europe, U. S. A.

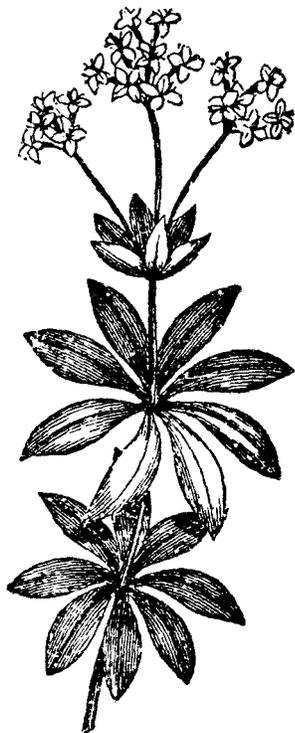
CHIEF CONSTITUENTS: Frangulin. In old Bark: Emodin.

PARTS USED: Bark and fruit.

PROPERTIES AND USES: *Bark:* **Bit. Eme. Pur.** *Fruit:* **Pur.**

Used mostly in chronic constipation. Bark should be more than a year old.

Decoction: One oz. in quart of water boiled down to one pint. Tablespoonful.
Fl. Extr.—1/2 to 1 drachm.



Woodruff
(*Asperula odorata*).

No. 61—Woodruff—*Asperula Odorata*

COMMON AND FOREIGN NAMES: Maikraut, Sternleberkraut, Waldmeister, Asperule des champs, Piccolo munghetto, Asperula.

HABITAT: Europe.

PART USED: Plant.

CHIEF CONSTITUENT: Coumarin.

PROPERTIES AND USES: **Diu. Deo. Ton. Vul.**

Woodruff is used frequently for flavoring other teas. It is, however, useful in jaundice, dropsy, hypochondria and for spleen and liver ailments. The tea strengthens the nerves and expels gravel. The fresh leaves bound on forehead will relieve headaches; bound over boils and tumors will alleviate the inflammation. It is also a good blood purifier.

The well known May Day drink is made by placing the leaves with some strawberries into wine for two days. It gives an excellent drink.

A wonderful health tea is made from the leaves of Woodruff, Thyme, Strawberry and Blackberry.



True Maidenhair (*Adiantum capillus-veneris*).

No. 62—True Maidenhair —*Adiantum capillus-veneris*

COMMON AND FOREIGN NAMES: European Maidenhair, Venus Hair, Krullfarn, Capillaire commun.

HABITAT: Europe, U. S. A

PART USED: Plant.

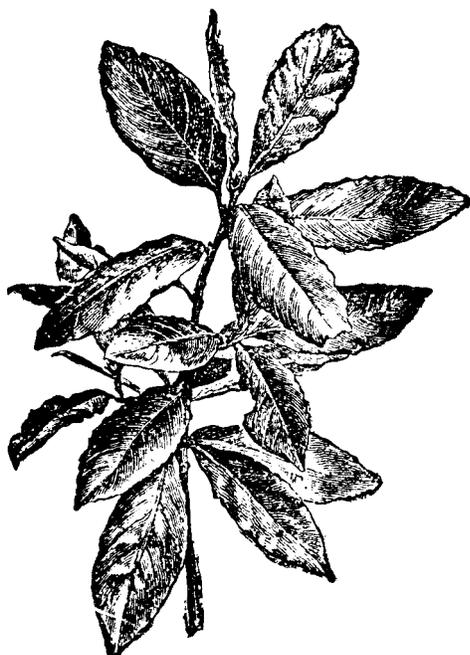
CHIEF CONSTITUENTS: Tannin, Mucilage.

PROPERTIES AND USES: Pec. Muc. Exp. Ref

It is used with success in pectoral complaints such as catarrh, coughs, hoarseness, influenza, pleurisy, etc. For asthma it is used in combination with Indian Turnip, Hickory Bark and honey, equal parts. It is also used with other herbals in jaundice, gravel and other impurities of the kidneys.

It is excellent as a hairwash for dandruff, falling of the hair and increases the growth of the hair.

No. 63—Sweet Bay—*Laurus Nobilis*



Sweet Bay (*Laurus nobilis*).

COMMON AND FOREIGN NAMES: Laurel Leaves, Indian Bay, Bay Laurel, Bay Leaves, Laurel berries. Lorbeeren, Laurier commun. Lauro Franco, Laurier d'Apollon.

HABITAT: Asia Minor and Spain. **PARTS USED:** Leaves, Fruit, Oil.

CHIEF CONSTITUENTS: Laurostearine, Laurin.

PROPERTIES AND USES: Aro. Fra. Ast. Sto. Car. Sti. Dia.

The leaves are fine in stomach troubles, colic, etc. The infusion of the berries creates appetite and removes internal obstructions. The oil is used externally for nerves, sprains, bruises, weakness of limbs, paralysis and deafness.. The oil also relieves earache. The fruit is excellent in hysteria.

For paralysis and weakness of the limbs the following formula is recommended:

Oil of Bay 90 grams, Balsam of Peru 30 grams, Alcohol 60 grams. Mix well and rub into affected parts several times a day. Cover parts well after rubbing.

No. 64—Common Barberry—*Berberis Vulgaris*

COMMON AND FOREIGN NAMES: European Barberry, Sowberry, Rocky Mountain Grape, Jaundice Berry, Pepperidge Bush, Oregon Grape Root. Epinvinette, Berberitzen, Sauerdorn, Spitzbeere, Essigdorn.

HABITAT: U. S. A., Europe.

PARTS USED: Root, Bark, and Berries.

CHIEF INGREDIENTS: Berberine, Oxyacanthine. Berries contain Citric and Malic Acid.



a, Flowering branch, and *b*, fruit, of Common Barberry (*Berberis vulgaris*);
c, Branch in fruit of *B. Darwinii*.

PROPERTIES AND USES:

Root and Bark: Bit. Ast. Hep. Sto.
Berries: Aci. Ref.

Barberry tea regulates in small doses the digestive powers, in large doses acts as a mild purgative. It can be used in all cases of debility, intermittent fevers.

The tea made from the berries is excellent for spleen and liver ailments and cramps in the stomach. The tea of the root is used in jaundice, liver trouble, constipation and dropsy. The tea of the leaves in dysentery.

Bark and berries steeped in hard cider has been used for jaundice, 3 to 4 tablespoonfuls three times a day. The juice of the berries is excellent for bloody flux and diarrhoea that often

accompany typhus fever-use freely. The juice of the berries is very beneficial for checking heat, quenching thirst, keeping up strength and preventing putrefaction in malignant fevers. Tea of the root makes an excellent gargle for sore mouth, pyorrhoea. A good liver tea is made from equal parts of Barberry, Birch, Juniper, Wormwood and Yarrow.

Dose: Powdered bark 1/2 teaspoonful several times a day.

Fl. Extr.: 1/2 to 1 dr.

Solid Extr.: 5 to 10 grains.

No. 65—Mountain Arnica—Arnica Montana

COMMON AND FOREIGN NAMES: Leopardsbane, Mountain Tobacco, Wolfsbane. Fleurs d' Arnique, Flori di Arnica, Flor de Arnica, Wohlverleih, Engelkraut, Blutblume, Fallkraut.

HABITAT: Central Europe.

PART USED: Plant.

CHIEF CONSTITUENT: Arnicin.

PROPERTIES AND USES: Nar. Sti. Diu. Vul. Pol.



Mountain Arnica
(*A. Montana*).

Arnica used internally should be taken carefully.

The tea is used in chronic rheumatism and abdominal ailments, always in small doses. Arnica boiled in beer or wine purifies the blood. Arnica is mostly administered in the form of tincture.

For spitting blood take a few drops of the tincture. For inflammation and ulcers of the bowels and stomach take 50 drops of the tincture in a pint of water, and take a little swallow several times a day. For stomach cramps take a teaspoonful of the tincture in a glass of water.

Externally the tincture is used for wounds, Bedsores, sprains, bruises and chapped lips. For hoarseness gargle with 40 drops in 6 tablespoonfuls of water. The tea is an excellent wash for sores.

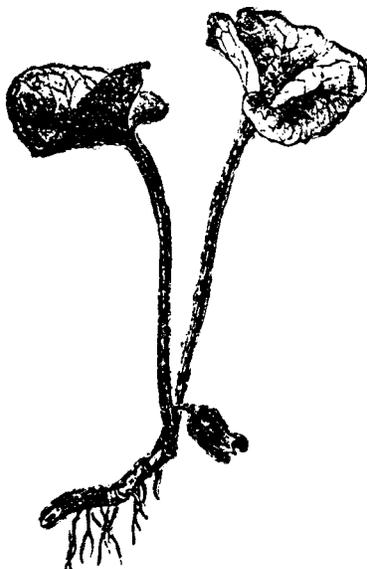
Arnica salve is made by heating one oz. of the flowers in one oz. of lard.

Dose: 2 to 16 g. to a cup of water.
Tincture: 12 to 15 drops.

No. 66—Asarabacca—Asarum Europaeum

COMMON AND FOREIGN NAMES: European Snake Root, Hazelwort, Wild Nard, Public House Plant. Hazelwurz, Schlangenwurzel, Asaret, Asaro, Mansoor.

HABITAT: Europe.



Asarabacca.

PROPERTIES AND USES:

Leaves: Err. Eme. Cat. Aro. Root: Pur. Eme. Diu. Aro.

Principally used as an errhine (an agent increasing nasal discharge) in certain affections of the brain, eyes, throat and paralysis of the the mouth and tongue.

Powder is used as a snuff in catarrh. The tea is used in intermittent fevers, jaundice, dropsy, and dysentery. The tea of the root loosens phlegm and is employed in asthma. The tincture is excellent in melancholia that changes to unnatural joy.

The powdered root, 4 grams in a glass of wine, taken before breakfast will clear up the liver, the spleen and hardened tumors.

Dose: 2 to 4 grams.

No. 67—Aristolochia—Aristolochia Clematitidis



Aristolochia clematitidis ;
a, flower on larger scale ; b, section of flower.

COMMON AND FOREIGN NAMES: Common Birthwort, Upright Birthwort. Osterluzei.

HABITAT: Europe, U. S. A.

PART USED: Root.

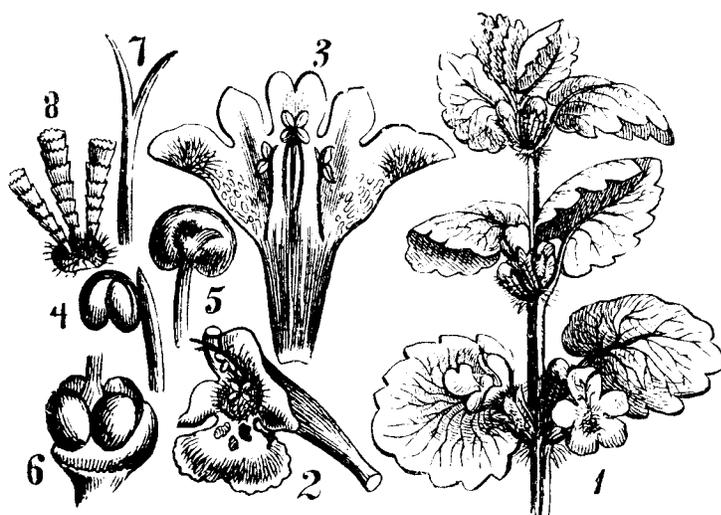
CHIEF CONSTITUENT: Aristolochine.

PROPERTIES AND USES: **Feb. Emm. Sti. Acr.**

Aristolochia is a great nerve stimulant in depressed or exhausted conditions of the nervous system, especially in typhoid, typhus, marsh and child-bed fevers. It is also used in the latter stages of diphtheria, smallpox, scarlet fever and pneumonia.

The cold infusion is valuable in dyspepsia, cramps, throat and kidney affections; also in rheumatism. Use carefully.

Dose: Tinct.: 1/2 to 1 teaspoonful three times a day.
Gastric stimulant: 10 to 15 grains.



GROUND IVY (*Glechoma hederacea*)

No. 68—Ground Ivy —*Glechoma Hederacea*

COMMON AND FOREIGN NAMES: Gill-go-by the ground, Alehoof, Cat's Foot, Turnhoof, Fieldbalsam, Gillrun, Hedge Maids, Hove, Robin Run Away, Carrion Flowers, Hay Maids. Gundelrebe, Gundermann, Lierre terrestre, Hiedra.

HABITAT: U. S. A., Europe.

PART USED: Leaves.

PROPERTIES AND USES: Sti. Ton. Pec. Diu. Cep. Ver.

The tea increases the appetite and helps digestion. Very useful in diseases of the lungs and kidneys. Fine in asthma, scrofula, dysentery, hypochondria and worms. Very good in jaundice if mixed with Wormwood. Used successfully in lead colic. Painters who use this tea are seldom if ever troubled with lead colic. For weak stomach mix with Calamus. For kidney stones, bloody urine, use Ground Ivy tea. Leaves soaked in vinegar and applied externally will help ear, tooth and headache. The fresh juice dropped into ear stops ear noises and helps deafness. A fine ear lotion is made from Ground Ivy, Yarrow and Sage. A good breast tea is made from Ground Ivy, Yarrow, Coltsfoot and Speedwell. The fresh juice snuffed into the nose is good for sinus trouble and headaches. The fresh juice applied locally will heal fistulas.

May drink: Equal parts of Ground Ivy, Balm, Black Currant Leaves and Woodruff. Pour over it sweet wine, let stand in well covered bottle for two days.

No. 69—Yellow Toad Flax—Antirrhinum Linaria



COMMON AND FOREIGN NAMES: Snapdragon, Ramsted, Gallwort, Flaxweed, Churnstaff, Yellow Rod, Devil's Ribbon, Monkey Flower, Eggs and Bacon, Eggs and Collops, Brideweed, Butter and Eggs. Leinkraut, Flachskraut, Loewenmaul.

HABITAT: Europe, U. S. A., South America, Asia.

PART USED: Plant

CHIEF CONSTITUENTS: Linarin, Pectolarin.

PROPERTIES AND USES: Cat. Diu. Deo. Ast. Hep. Det.

Recommended in jaundice, obstructions of the liver, Skin diseases, scrofula and incipient dropsy. Very efficient if combined with a little Peruvian Bark and Cinnamon.

YELLOW TOAD FLAX

Fresh plant is used as a poultice for hemorrhoids; also good for fistula, wounds and ulcers. The juice of the herb is also a good remedy for inflammation of the eyes. The ointment made from the flowers is fine for diseases of the skin, sores, ulcers. The tea also heals wounds and increases the flow of the urine.

Boiled in milk it yields an excellent fly poison.

No. 70—Scullcap—Scutellaria Latiflora

COMMON AND FOREIGN NAMES: Blue Scullcap, Blue Pimpernell, Hooded Willow Herb, Sideflowering Scullcap, Mad Dogweed, Hoodrout, Mad Weed, Helmet Flower, American Scullcap. Helmkraut, Schildkraut, Scutellaire.



HABITAT: U. S. A.

PARTS USED: Leaves, stems, and root.

CONSTITUENTS: Scutellarin, Oil, Chlorophyll, albumen, linin, chloride of soda, salts of iron, silica.

PROPERTIES AND USES: **Ner. Ton. Diu. A-spa. Ast.**

It has been used for St. Vitus Dance, Nervous headache, neuralgia, and nervous affections in general. Good in cases of restlessness, wakefulness, convulsions, delirium tremens, intermittent fevers, Hydrophobia, Hysteria, Rickets, Epilepsy, inflammation of the throat. It strengthens the stomach and is fine for biliousness. Excellent for headache due to incessant coughing and pain. Also good for diseases from fatigue or over-excitement.

Doses: Infusion: A wineglassful three times a day.

Tincture: 1 to 2 teaspoonfuls.

Fl. Extr.: 1/2 to 1 teaspoonful.

No. 71—Nettle—*Urtica Dioica*

COMMON AND FOREIGN NAMES: Common Stinging Nettle, Great Stinging Nettle. Ortie Brulante, Brennessel.

HABITAT: U. S. A., Europe.

PARTS USED: Plant, Seed, Flowers, Root.



CHIEF CONSTITUENTS: Formic Acid, Mucilage, Mineral Salts.

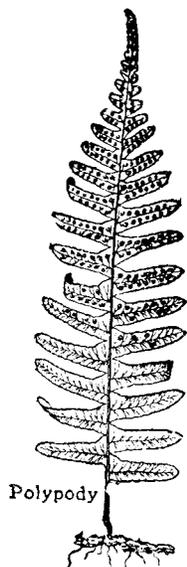
PROPERTIES AND USES: **Diu. Pec. Ast. Ton.**

Excellent for spitting blood and all hemorrhages of the lungs, stomach and urinary organs. The tea cleanses the stomach from slime. Very good for Diarrhoea, Dysentery, Jaundice and Piles. Tea made from the flowers fine for colic and leucorrhoea, Tea made from the root is used with excellent results in rheumatism, dropsy, spleen troubles and toothache. The expressed juice mixed with honey or sugar will relieve bronchitis, asthma and all other lung troubles. The leaves when smoked will relieve bronchitis and asthma. The tea used internally and externally as a poultice is fine for neuralgia. 10 to 12 seeds taken three times a day are said to cure goitre. The seed also helps the gallbladder and increases the sexual power and is good for obesity. Leaves boiled in milk is excellent for boils.

Hair Tonic: Steep Nettle leaves in vinegar and water, strain and add Eau de Cologne or use one part of leaves and three parts alcohol. Let stand for 2 weeks in the sun. Use one tablespoonful for a pint of water. Good for falling hair and dandruff.

No. 72—Polypody—*Polypodium Vulgare*

COMMON AND FOREIGN NAMES: Rock Brake, Brake Fern, Brake Rock, Female Fern, Fern Root, Tuepelfarn, Ross or Baumfarn, Englesuess, Torfwurz, Kropf or Korallenwurzel.



HABITAT: Europe, U. S. A.

PART USED: Plant.

PROPERTIES AND USES: **Diu. Cho. Pur. Sac. Pec. Dem. Ant.**

The syrup is valuable in pulmonary and hepatic diseases. Very valuable in chronic catarrh, asthma, and for promoting expectoration. The tea is used as a tonic in dyspepsia and loss of appetite, also for skin diseases. The fresh root in powder or decoction form is very good for melancholia and rheumatic swellings of the joints. The tea is also excellent for jaundice, dropsy and scurvy. Combined with mallows it is of great value for a hardened spleen, colic, and for stitches in the side. The powdered root mixed with honey is used externally for polypus.

An excellent herb beer for debility is made from one handful of Polypod, Sage, Fennel Root, two handfuls each of Hyssop, Betony and Ground Ivy. Boil all in two gallons of unfermented beer. Press out and take three times. a day a wineglassful.

Dose: Powder: 1 to 4 drs.

Decoction or syrup: 1 to 4 fl. ounces 3 to 4 times a day.

Fl. Extract: 1 dr.

No. 73—Yellow Jessamine—*Gelsemium Sempervirens*

COMMON AND FOREIGN NAMES:

Wild Jessamine, Woodbine, Carolina Jessamine, Evening Trumpet Flower. Gelsemium, Jasmin sauvage, Gelsemie, Giftjasmin, Gelsemio.

HABITAT: U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Gelsemine salts of potassa, lime, magnesia, iron, silica.



YELLOW JESSAMINE

PROPERTIES AND USES: Feb. A-spa. Ner. Alt. Emm. Dia. Sed.

Excellent in St. Vitus Dance, Nervous Headache, Pneumonia, Lock-Jaw, Leucorrhoea, Facial neuralgia, Rheumatism, Gonorrhoea, Spinal Meningitis, Asthma, Whooping Cough, Dysmenorrhoea, Epilepsy and Convulsions.

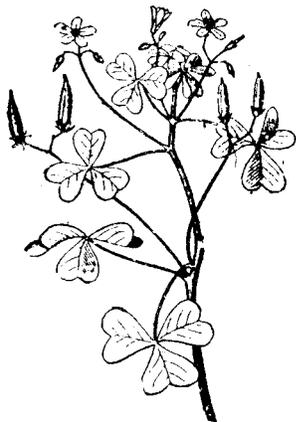
Yellow Jessamine equalizes the circulation, is an arterial sedative. Large doses lower the blood pressure. It relaxes the muscles and relieves the sense of pain. It is also used in colds, hemorrhages, heart trouble, spermatorrhoea and other genital diseases. It is fine in acute rheumatism, pleurisy, pneumonia and bronchitis. The tincture is used in retention of the urine.

Dose. 10 to 15 drops.

NOTE: Use very carefully. If given in too large doses, stimulants, such as whiskey or brandy, will counteract its effect.

No. 74—Wood Sorrel—Oxalis Acetosella

COMMON AND FOREIGN NAMES: Oxalis, Shamrock, Welch Sorrel, Common Sorrel, Ladies Sorrel, Cuckoo Bread, Sour Trefoil, Stubwort, White Sorrel, Wood Sour, Mountain Sorrel, Green Sauce. Pain de Coucon, Juliol, Sauerklee, Hasenklee.



WOOD SORREL.

PART USED: Plant.

HABITAT. Europe, U. S. A.

PROPERTIES AND USES: Aci. Ref. Diu. Irr. A-sc.

Useful in all febrile diseases, hemorrhages. chronic catarrh, urinary affections, gonorrhoea. Used in gall fever to reduce the heat. The green leaves mashed will help local inflammation if used as a poultice. The tea quenches the thirst and allays fever. The fresh plant eaten raw, is very useful in scurvy.

NOTE: People with a gouty and rheumatic tendency should not use it as the plant contains oxalic acid.

No. 75—Twin Leaf—Jeffersonia Diphylla

COMMON AND FOREIGN NAMES: Ground Squirrel Pea, Rheumatism Root, Helmet Pod, Yellow Root.



TWIN LEAF.

HABITAT: U. S. A.

PART USED: Root.

PROPERTIES AND USES: **Diu. Alt. A-rhe. A-syp. Dia.**

The tea is excellent for neuralgia, the flu and colds in general. It is very successfully used in chronic rheumatism, secondary syphilis, dropsy, nervousness, spasms and cramps. It is used as a gargle in diseases of the throat and in scarlet fever.

Externally the tea is used for sore eyes. The root is emetic in large doses; in small doses it is tonic and expectorant.

Dose: Decoction: 2 to 4 ounces 3 to 4 times a day.

Tincture: 1 to 3 fl. drs. 3 times a day.

No. 76—Lobelia—Lobelia Inflata

COMMON AND FOREIGN NAMES: Wild Tobacco, Indian Tobacco, Emetic Weed, Puke Weed, Eyebright, Asthma Weed, Gag Root, Vomit Wort, Lobel, Bladder Pod, Lobelie Enflee, Lobelienkraut.

HABITAT: U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS: Lobeline, Gum, Resin, Chlorophyl, Liquin, etc.

PROPERTIES AND USES: **Eme. Dia. Exp. Ner. Diu. A-spa.**

Lobelia relaxes the system, relieves cramps, spasms, fits, lockjaw; it promotes the secretion of bile and urine.

The tea or the tincture is used for asthma—the tea in small doses, the tincture 15 drops every 30 minutes until the phlegm is loosened.

The tincture is used locally for sprains, bruises and skin diseases. The tincture is made from 4 ounces Lobelia, alcohol one pint and water one pint. Let stand for 12 days. Filter. The Acid tincture of Lobelia is made from 4 ounces Lobelia and one quart of vinegar. The Antispasmodic tincture for fits, lock-jaw, hydrophobia, and to expel poison from the system is made as follows: Lobelia seed one lb., Cayenne 4 ozs. Valerian 4 ozs., Gin 1 gallon. It is used internally in one teaspoonful dose in warm tea. Externally it can be used for sprains, bruises, rheumatic pains, etc.

Lobelia poultice for pains and inflammation: Slippery Elm 2 parts, Lobelia 1 part.



Lobelia

Itch ointment: Tinct. Myrrh 1 quart, tinct. Lobelia 1 quart, Spts. of Turpentine 1/2 pint.

Catarrh Snuff. Bloodroot 2 ozs., Skunk Cabbage 1 oz., Lobelia oz., Snake Root 1/2 oz. and Slippery Elm 1 oz.

Doses: 1 to 5 grains.

Powdered Bark (*sic*) 50 to 60 grains

Tincture 1 to 4 drs.

Solid Extr. 2 to 4 grains.

Antidotes: Tannin, whiskey, aromatic spirits of ammonia.

No. 77—Water Hemlock—*Cicuta Maculata*¹



Water Hemlock.

COMMON AND FOREIGN NAMES: Spotted Parsley, Poison Snakeweed, Children's Bane, Death of Man, Beaver Poison, Wild Hemlock, Poison Hemlock, Poison Parsley, American Cowbean, Musquash Root. Cigue vireuse, Wasserschierling.

HABITAT: Europe, U. S. A.

PARTS USED: Plant and Root.

CHIEF CONSTITUENTS: Cicutine. Seed: Coniine. (*incorrect*)

PROPERTIES AND USES: **Acr. Nor. Poi. Eme. Ano.**

Has been highly recommended for nervous and sick headache. The root rubbed on is good for arthritis and similar complaints.

The expressed juice used as a plaster is excellent for hardened glands.

One drop of the tincture on sugar or in water is said to cure ruptures if used for a certain length of time. The tincture is also used for cramps, epilepsy, paralysis of the bladder and inability to hold urine. Also for the Asiatic cholera.

NOTE: In case of poisoning induce vomiting right away, then drink some vinegar.

No. 78—Okra—*Abelmoschus Esculentus*

COMMON AND FOREIGN NAMES: Bendee, Gombo Leaves, Musk Leaves, Musk Leaf Plant, Amber Seed, Ambrette, Ochra, Musk Seed, Gumbo. Graine d'Ambrette, Arnbrettenkoerner, Bisomkoerner.

HABITAT: Egypt, East and West Indies.

¹ Deschauer here confuses **Water** Hemlock (*Ciscuta* spp.) with **Poison** Hemlock (*Conium maculatum*). The uses given are those for Conium—MM



Okra,

PART USED: Capsules.

CHIEF CONSTITUENT: Gombine.

PROPERTIES AND USES: **Muc. Dem. Edi.**

Used for poultices. The emulsion made from the seeds is antispasmodic. The seeds chewed are a stomachic, nervine, sweeten the breath and are used as an aphrodisiac. The seeds made into an emulsion with milk are used for the itch. The leaves furnish an emollient poultice. The vegetable mucin, Okrin, obtained from the pod of Okra is used with excellent results for peptic ulcers.

No. 79—Jasmine—*Jasminum Officinale*



Jasmine,

COMMON AND FOREIGN NAMES: White Jasmine, Yasmyn, White Poison Vine.

HABITAT: Spain and France.

PARTS USED: Oil, Flowers.

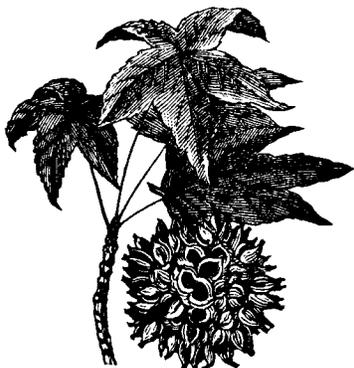
CHIEF CONSTITUENTS. *Of oil*, Benzyl acetate, Linalyl acetate.

PROPERTIES AND USES: *Oil: Fra. Bit A-rhe.*

Mostly used as perfume. The flowers were formerly used for nervousness.

No. 80—Sweet Gum—*Liquidambar Styraciflua*

COMMON AND FOREIGN NAMES: Opossum Tree, Copalm, Gum Tree, Liquid Storax, White Gum. *Styrax liquide*, *Fluessiger Storax*, *Storace liquido*, *Estoraque liquido*.



Sweet Gum.

HABITAT: S. America, U. S. A.

PART USED. Bark.

CHIEF CONSTITUENT: Storesin,

PROPERTIES AND USES: *Bark: Ner. Flowers: Aro. Gum.* Used in ointments.

Sweet Gum bark is used as a stimulating expectorant in catarrhs. The bark in tea form is also used in diarrhoea,

dysentery and coughs. Has been recommended for diphtheria, Pulmonic catarrhs, gonorrhoea and leucorrhoea. Combined with lard It is good for many skin diseases and ringworm. Mixed with 2 to 3 parts of olive oil makes an effective local preparation for scabies.

No. 81—Hellebore—*Helleborus Foetidus*

COMMON AND FOREIGN NAMES: Bear's Foot, Bastard Bearsfoot, Fetid Hellebore, Oxheal, Stinking Hellebore, Settiswort, Niesswurz, Laeusekraut, Wilde Christwurz.



Hellebore.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Helleborein, Helleborin.

PARTS USED: Leaves, Root.

PROPERTIES AND USES: **Eme. Pur. Ver. Poi.**

Hellebore is a drastic purgative. Formerly used in dropsy and amenorrhoea, also in nervous disorders and hysteria. Applied locally, the fresh root is very irritant. Usually, Hellebore is used in the form of a tincture, and must be administered with great care. The tincture was formerly used in palsy, apoplexy and epilepsy.

Doses: Fl. Extr. 2 to 10 drops

Solid Extr. 1 to 2 grains

Powdered Root, 10 to 20 grains as a drastic purgative

2 to 3 grains as an alterative

Decoction, 2 drachms to a pint, a fluid ounce every four hours till effective.

No. 82—Willow—*Salix Nigra*

COMMON AND FOREIGN NAMES: Black Willow, Catkins Willow, Pussy Willow. Weiden, Encorce de Saule.



Willow.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Tannin, Salinigrin.

PART USED: Bark.

PROPERTIES AND USES: **Ast. Ton. Feb. Aro. Sed.**
Buds; A-aph.

The tea of the bark stops vomiting, spitting blood, flux, lung troubles; also gonorrhoea and ovarian pain. Used

with good success for nocturnal emissions and nervous disturbances of the, menstrual period. It moderates sexual passion and undue sexual excitement and is very valuable in troubles resulting from masturbation.

A fine recipe for weakness and pain of limbs and feet: Willow leaves 240 grams, Mugwort 120 grams, Wild Chamomile 150 grams, Agrimony 120 grams. Boil all in 4 quarts of water down to three quarts. Wash parts with this preparation.

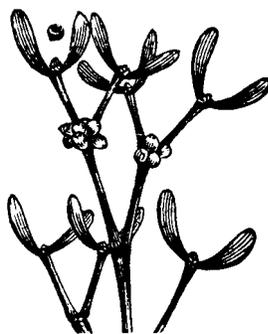
Dose: Fl. Extr. 20 to 30 drops 4 times a day.

The inner bark left in red wine overnight is fine for dropsy. The powdered bark is used for indigestion. The leaves of the white willow steeped in brandy is excellent for gravel and kidney stones.

No. 83—Mistletoe—*Viscum Flavescens*

COMMON AND FOREIGN NAMES: Birdlime, Golden Bough, Mistel, Gui de Chene, Gillou, Herbe de la Croix, Muerdago.

HABITAT: Europe, U. S. A.



Mistletoe

CHIEF CONSTITUENT: Viscin.

PARTS USED: Leaves, Twigs, Berries.

PROPERTIES AND USES: **Nar. A-spa. Eme. Ton. Ner.**

Of great service in epilepsy, convulsive nervous disorders, St. Vitus Dance, cramps, flux, hysteria, dizziness. The tincture is an excellent heart tonic. The berries made into tea good for stitches in the side; also externally for ulcers and sores.

The powdered berries are good for driving out worms. The Mistletoe grown on oaks is especially good for worms in children.

Mistletoe tea is of great service in delayed menstruation, high blood pressure and it also ameliorates the trouble of parturition.,

Doses: Decoction: Tablespoonful doses several times a day.

Powder: 10 to 60 grains.

Tincture: 5 to 10 drops in water.

Fl: Extr.: 1/4 to 1 dr.

No. 84—Yew—*Taxus Baccata*

COMMON AND FOREIGN NAMES: Yew Tree, Chinwood, Globe Berries, Elbe.

HABITAT: Europe, North Africa, Western Asia.



CHIEF CONSTITUENTS: Taxine, Milossin.

PARTS USED: Leaves, Fruit.

PROPERTIES AND USES: **Poi. Sed.**

Used especially in epilepsy. From the fruit a syrup is made for lung troubles. From the green twigs a tea is made for abdominal ailments. The tea is also beneficial for diphtheria and inflammation of the throat.

8 grams to a cup of water.

No. 85—Hawthorn—Crataegus Oxyacanthus

COMMON AND FOREIGN NAMES: English Hawthorn, Noble Epine, Quickset, Thorn Apple Tree, Maytree, White Thorn, Hazels, Gazels, Ladies' Meat. L'epine Noble, Hagerdorn, Weissdorn.



HABITAT: Europe, North Africa, Western Asia, U. S. A.

CHIEF CONSTITUENTS: Amygdalin. Bark: Crataegin.

PARTS USED: Fruit (called Haws), Flowers.

PROPERTIES AND USES:

Very good in organic and functional heart troubles, excellent for the so-called rheumatism of the heart. The flowers and berries are used as a decoction in cases of sore throat. In dropsy, due to heart trouble, use the Hawthorn tea. The fresh leaves mashed and put on wounds, open sores and ulcers stops the bleeding and purifies them. The seed boiled in water, increases the urine and is of great service in gravel and stones of the kidneys. In the Swiss a beer is made from the fruit. The tea is also used for apoplexy, vertigo, etc.

Dose: Fl. Extr. of Berries: 10 to 15 drops.

No. 86—Yarrow—Achillea Millefolium

COMMON AND FOREIGN NAMES: Milfoil, Noble Yarrow, Ladies Mantle, Nosebleed, Thousand Leaf, Millefolium, Yerba de San Juan, Soldier's Woundwort, Schafgarbe, Milefolio.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENT: Achillein.

PART USED: Plant.



Yarrow

PROPERTIES AND USES: **Ast. Alt. Diu. Ton. Vul. Aro. Dia.**

Yarrow for colds. Used for obstructed perspiration brought about by chill. Yarrow is of great service in hemorrhages, bleeding of all kinds, excessive menstruation, leucorrhoea, dysentery, chills, fever, diabetes, piles, gleet, measles, strangury. It is excellent for nervous condition of the heart, for profuse mucous or catarrhal discharges, or uterine diseases, flux, delayed menses, flatulent colic, sluggishness of the liver, internal ulcers, cramps in the stomach and intestines, colic, rheumatism.

Yarrow and Chamomile fine for bedwetting, nerves- and Spermatorrhoea. The tincture is used for weak stomach. Externally it heals fresh wounds, fistulas and ulcers.

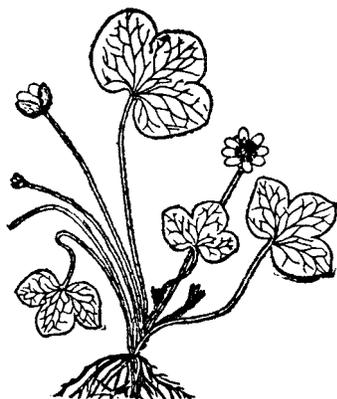
Pile Ointment: Yarrow 15 grams, Red Raspberry Leaves 15 grams, Butter 90 grams. Simmer in the butter for 30 minutes.

Another Pile Ointment: Yarrow 1 oz., Golden Seal 1 oz., Ginger 1 oz. Simmer in quart of water for 10 minutes. Strain and add while hot 1/2 pound of Black Treacl. Dose: 1/2 teaspoonful three times a day.

Flu Tea: Equal parts of Yarrow, Boneset, Horehound, Sage, and Balm. Add a little Ginger and Capsicum. Drink hot while in bed.

NO. 87—Hepatica—Hepatica Triloba

COMMON AND FOREIGN NAMES: Kidney Liver Leaf, Noble Liverwort, Liverleaf, Trefoil., Herb Trinity, Crystal Wort, Liver Moss, Leberbluemchen.



Hepatica,

HABITAT: U. S. A., Europe.

CHIEF CONSTITUENTS: Tannin, Sugar, etc.

PARTS USED: Leaves and Flowers.

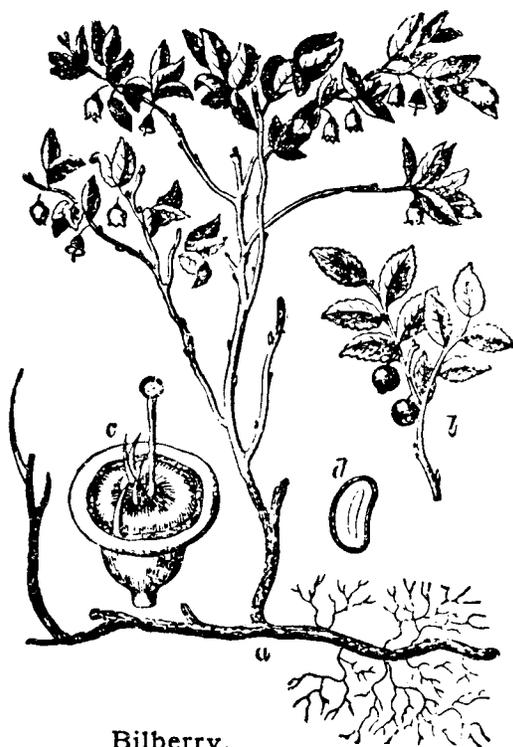
PROPERTIES AND USES: **Ast, Muc. Hep. Pec. Dem. Ton. Vul.**

The fresh mashed leaves put on wounds and open ulcers will stop them to bleed and. they purify the sores. The, seed increases the urine and is good for gravel and stones.

It is a mild stimulant to the mucous surfaces and a tonic for the stomach and the

bowels. It is used freely in coughs due to colds, in fevers, disorders of the liver, bleeding from the lungs, also in coughs and bronchitis. The distilled water is used for freckles and sunburn.

Doses: Tea: 1 to 2 cupfuls cold.
Tincture: 1/2 to 1 fl. dr.
Fl. Extr.: 1/2 to 2 drachms.



Bilberry.
(*Vaccinium myrtillus*.)

No. 88—Billberry— *Vaccinium Myrtillus*

COMMON AND FOREIGN NAMES:
Whortleberry, Huckleberry, Black
Whortleberry, Whinberry, Wineberry,
Bleaberry, Dyeberry, Hockleberries,
Heidelbeeren, Myrtille Andrano, Beesinge,
Wald-Blaubeere, Schwarzebeere.

HABITAT: Europe, U., S. A.

CHIEF CONSTITUENTS: Quinic Acid,
Myrtillin.

PARTS USED: Leaves, Berries.

PROPERTIES AND USES: **Esc. A-sco. A-sep. Fruit Ast.**

The tea from the leaves is excellent for vomiting, cramps of the stomach, weakness of the urinary organs, cough, gravel and

diabetes. The tea of the leaves is also a good eyewater. The juice of the leaves is of great service in thrush and for inflamed eyes.

The decoction of the leaves or bark of root is used for ulceration of the mouth and throat; also, for a wash of ulcers and internally for diarrhoea. The fruit and root steeped in gin is for dropsy and gravel. The leaves and berries steeped in wine will expel kidney stones. The dried berries are an excellent medicine for diarrhoea, dysentery and hemorrhages. The berries cooked in red wine with a little cinnamon added for diarrhoea. A fine health tea is made from equal parts of Bilberry leaves, Strawberry leaves and thyme.

Doses: Powdered berries: 4 grams.
Syrup: 60 gram to a quart of water.
Fl. Extr.: 1/2 to 1 dr.

No. 89—Silver-Weed—*Potentilla Anserine*

COMMON AND FOREIGN NAMES: Wild Tansy, Goose Grass, Trailing Tansy, Moor Grass, Wild Agrimony. Gaense Fingerkraut, Anserine.



Silver-weed.
(*Potentilla anserina* L.)

HABITAT: Europe, U. S. A.

PARTS USED: Leaves, Seed and Roots.

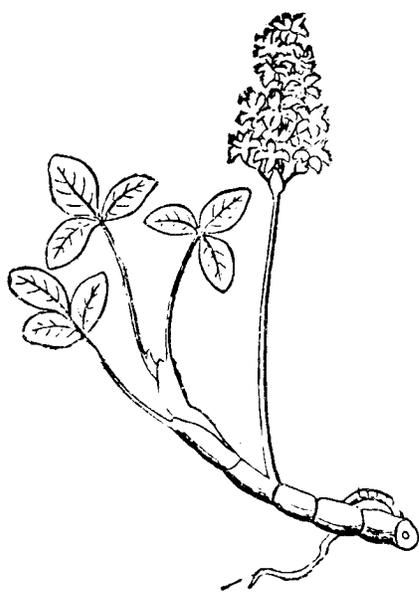
PROPERTIES AND USES: **Ast. Ton.**

The tea boiled in milk is excellent for cramps, even for tetanus. Also used in milk for diarrhoea. Silverweed tea is fine for dropsy due to liver trouble. The root is used for spitting of blood and intermittent fevers. Sweetened with honey makes a fine gargle for sore throat, ulcerated mouth, spongy gums, loose teeth; also for toothache and for preserving the gums from scurvy. A strong infusion, used locally, will check the bleeding of piles and should be used less strong at the same time internally. A fine stomach tea is made from Silverweed and Fennel and Caraway.

Silverweed Wine for rheumatism, congestion of the liver, spleen, kidney stones and diarrhoea is made as follows:

Silverweed 90 grams, Tormentil 60 grams, European Avens 45 grams, three handfuls each of Betony, Gamander, Blessed Thistle, Centuary and Wormwood. Put all in a barrel with 20 quarts of white wine or apple cider.

No. 90—Bog-bean—*Menyanthes Trifoliata*



Bog-bean.
(*Menyanthes trifoliata* L.)

COMMON AND FOREIGN NAMES: Buckbean, Brookbean, Marsh Clover, Moon Flower, Marsh Trefoil, Water Shamrock, Bitter Trefoil, Bean Trefoil, Bog Myrtle, Bitterworm, Scharbocks Klee, Bitterklee, Trefle d'eau, Trebol, Sumpf-Wasser Klee.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENT: Menyanthin.

PARTS USED: Bark, Leaves.

PROPERTIES AND USES: **Bit. Ton. Ant. Diu. Cat. Febr. Deo. Ver.**

The tea improves the digestion and is excellent for weakness of the stomach, constipation, abdominal weakness, fever, colic, cold in the stomach, liver trouble, jaundice. Works best if combined with Sage, Wormwood and Centaury. Used externally for glandular swellings. Renders great service in rheumatism, skin diseases and scurvy.

Bogbean works especially on the glands. It purifies the blood and gives good service in nervous diseases, periodical headaches, palpitation and paralysis. For asthma the following recipe has proven satisfactory: Equal parts of Bogbeans, Horehound, Lobelia, Agrimony, Licorice, Comfrey, and Vervain. A desertspoonful 4 or 5 times a day.

Doses: Powdered leaves or roots: 20 to 30 grains.
Fl. Extract: 10 to 40 drops.



Succory, or Chicory.
(*Cichorium Intybus* L.)

No. 91—Succory, or Chicory— *Cichorium Intybus*

COMMON AND FOREIGN NAMES: Chicory, Wild Chicory, Wild Succory, Hendibeh, Wegwarte, Zichorie, Chicoree, Achicoria amarga.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Insulin,² Sugar.

PART USED: Root.

PROPERTIES AND USES: **Ape. Deo. Bit. Sed.**

Purifies the liver, spleen, kidneys; removes the mucous from the stomach. Boiled in milk it purifies the blood. Good for jaundice, hysteria, hypochondria, gout, rheumatism, lung troubles and gravel. The Chicory spirits is excellent for atrophy of the limbs. For spitting blood take 3 times a day a teaspoonful of the fresh juice. Excellent for enlargement of the liver. Hot poultice good for painful inflammation and stomach ache. Also good for skin eruptions due to the gout. The leaves are used in salads and are much superior to the dandelion leaves. Leaves should be blanched. The bruised, fresh leaves make a good poultice for swellings and inflammation. The roasted root is used to a great extent as a coffee substitute.

² That should read "Inulin"...no relation.

No. 92—Papaw—*Carica Papaya*

COMMON AND FOREIGN NAMES: Melon Tree, Mamaeire, Papaya Vulgaris.

HABITAT: Tropical Countries.

CHIEF CONSTITUENTS: *Seed:* Caricin, Myrosin. *Leaves:* Carpaine, which works like digitalis.

PARTS USED: *Fruit, Edi. Juice: Ves.*



Papaw.

The juice or the infusion of the leaves and fruit makes meat tender. The dried white powdered unripe juice is said to dissolve the fibrinous membrane in croup and diphtheria, a solution of it to be painted over the pharynx every 5 minutes. The fresh leaves are used as a dressing for foul wounds. The juice taken internally good for dyspepsia and catarrh of the stomach.

No. 92a—PAPAW SEEDS—*Uvaria Triloba*.

COMMON NAME: Custard Apple.

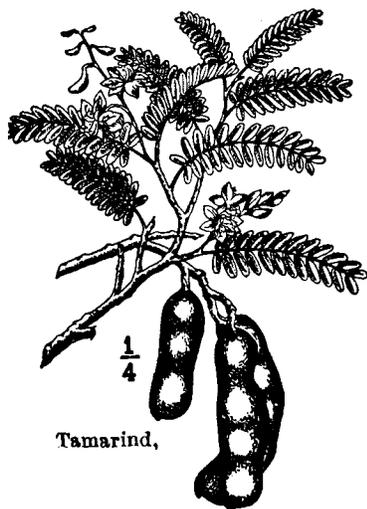
HABITAT: U. S. A., India, Africa.

PARTS USED: Seeds, Bark and Leaves.

CHIEF CONSTITUENTS: Fixed oil, Resin.

PROPERTIES AND USES: **Em. Bark: Bit. Ton.**

Leaves are used for boils and ulcers.



Tamarind,

No. 93—Tamarind—*Tamarindus Indica*

COMMON AND FOREIGN NAMES: Black Tamarinds, Indian Dates, Tamarinde, Tamarindo, Pulpa de Tamarindo.

HABITAT: India, Florida.

CHIEF CONSTITUENTS: Citric Acid, Tartaric Acid, Potassium Bitartrate.

PARTS USED: Fruit Pulp, Leaves, Bark.

PROPERTIES AND USES: *Fruit Pulp: Lax. Ref. Aci.*
Leaves: Ant. Bark: Ton.

Tamarind is mildly laxative like prunes, figs or barberries. It is used in cases of hemorrhoids, fever, mucous in stomach and intestines. Leaves are used to dispel worms. The leaves and flowers for fever and ailments due to gallbladder trouble. The Tamarinds form a fine drink in febrile diseases.



Pinkroot.

Dose: One drachm to an ounce.

No. 94—Pinkroot—*Spigelia Marilandica*

COMMON AND FOREIGN NAMES: Carolina Pinkroot, Worm Grass, Carolina Pink, Worm Weed, Star Bloom, Indian Pink, Spigelia, American Worm Root, Maryland Pink, India Pink, Wormgrasswurzel, Spigelie Anthelminthique.

HABITAT: U. S. A.

CHIEF CONSTITUENT: Spigeline.

PART USED: Root.

PROPERTIES AND USES: **Ant. Nar. Acr**

Spigelia administered in overdose is a narcotic poison. The common doses are: Powdered root for an adult 1 to 2 drachms, for children 10 to 20 grains. The Infusion: 1/2 ounce to a pint of water. Fluid Extract: 1 fl. dr.

Spigelia is mostly employed to expel round worms and is usually combined with senna. One ounce of Pinkroot and 4 drachms of Senna for a quart of water. Dose: Two tablespoonfuls twice a day.

Formula of a good worm tea: Equal parts *Spigelia*, Savin, Senna and Manna.

The tincture is also used for rheumatic earache and temporary deafness; also for ulcerated eyelids and palpitation of the heart. Dose: 2 to 3 drops in a little water two to three times a day..



Teasel

No. 99—Teasel—*Dipsacus Sylvestris*

COMMON AND FOREIGN NAMES: Wild Teasel, Teazle, Venus Bath, Wood Broom, Venus Basin, Card Thistle, Barber's Brush, Church Broom, Brushes and Combs, Karden, Kardaeschendistel, Rauhkarde.

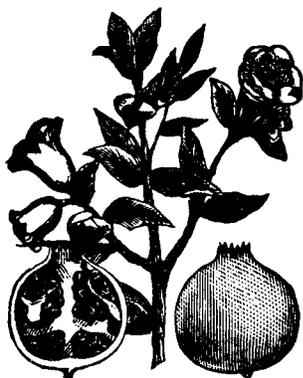
HABITAT: Europe, U. S. A.

PART USED: Root.

PROPERTIES AND USES: **Diu. Sud Sto. Opt.**

The ointment made from the bruised root is used for warts and wens, canker sores and fistulas. The infusion creates an appetite and strengthens the stomach. Also good for jaundice and liver troubles.

No. 96—Pomegranate—*Punica Granatum*



Pomegranate,

COMMON AND FOREIGN NAMES: Grenadier, Punice Apple, Wild Pomegranate, Punic Apple, Carthaginian Apple, Granatbaum. Ecorce de Granade, Melogranato, Malicorio, Scorzo le Melogranati, Cortezade Granada.

CHIEF CONSTITUENTS: Pelletierine or Punicine, Gallo-tannin, Mannite.

PARTS USED: Flowers and Bark, Fruit and rind of fruit.

HABITAT: Western Asia, China, Japan..

PROPERTIES AND USES: **Ast. Ant. F-com. Seed. Dem**

Fruit Ast. Ref.

The rind of the fruit of the *Punicum Malum* is used for expelling tapeworms. Steep for that purpose 2 ounces of the bark in two pints of water for 12 hours. Steep down to one pint and take a wineglassful every two hours. Has to be taken for several mornings before the whole tapeworm passes away.

The infusion is sometimes used as a gargle due to the astringent property of the bark.

Doses: Powder: 20 to 30. grains.

Rind: 1 to 2 drachms:

Fl. Extr.: 24 to 2 drachms.

Decoction: 4 ounces to 20 ounces of water, 1/4 fl. oz. of it.

No. 97—Pipsissewa—*Chimaphila Umbellata*

COMMON AND FOREIGN NAMES: Common Prince's Pine, Rheumatism Weed, Kings Cure, Wintergreen, Ground Holly, Noble Pine, Pyrola, Bitter or False Wintergreen, Pine Tulip, Love in Winter. Herbe de Pyrole ombellee, Doldenbluethiges Harnkraut, Wintergruen.

HABITAT: Europe, Asia, Siberia, U. S. A.

PART USED: Plant.

PROPERTIES AND USES: **Diu. Ton Alt. Ast. Exa.**



Pipsissewa,

Pipsissewa is used in many ways like Uva Ursi. The tea is taken for scrofula, rheumatism, cystitis, dropsy, kidney troubles, cancer, chronic relaxation of the bladder, prostritis with catarrh of the bladder, gravel, scanty urine, chronic diseases of the genitourinary mucous membrane.

Externally it is used for cancerous and scrofulous ulcers and for bathing rheumatic joints.

Doses: Tea: Cupful before meals.

Tinct.: 1/2 to 2 fl. dr.

Fl. Extr.: 30 to 90 grains.

No. 98—Sassafras—Sassafras Officinale

COMMON AND FOREIGN NAMES: Ague Tree, Cinnamon Wood, Saloop, Saxifrax, Sassafrasbaum.

CHIEF CONSTITUENTS: Safrol, Safrene, Eugenol.

PARTS USED: Bark and Flowers.

PROPERTIES AND USES: **Aro. Sti. Alt. Diu. Dia.**



Sassafras,

The tea is excellent for boils and sores, for Nettle Rash, strengthens the stomach, good for cramps and a great blood purifier.

The flowers are used to make soups for consumptives. A poultice of the root is used for ill-conditioned ulcers. The oil is used for urinary troubles: 5 to 10 drops on sugar. It is also used internally for painful menstruation, rheumatism, syphilitic affections and for afterpains, 10 to 20 drops twice a

day.

Externally the oil is of great service for frost bite, swellings and many surface inflammations. For toothache use the oil on cotton and apply to the gums.

Dr. Horn's formula for the blood: 12 grams each of Sassafras, Sarsaparilla, Guaiacum, 1 1/2 grams Castoreum, 15 grams each of Wild Lettuce, European Lovage and Safron. Let stand in brandy for two weeks, strain and take a small wineglassful every morning and evening.

No. 99—Ginseng—Panax Quinquefolium—Aralia Quinquefolia

COMMON AND FOREIGN NAMES: Five Fingers, Tartar Root, Red Berry, Man's Health, Ginseng, Ginsen.



HABITAT: Eastern Asia, Manchuria, Korea, Japan (U.S.A.)

CHIEF CONSTITUENTS: Starch, Gum, Panaquilon, Saponin.

PART USED: Root.

PROPERTIES AND USES: **Sto. Sti. Dem.**

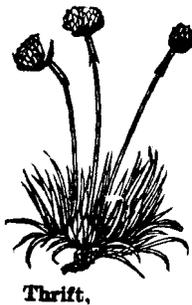
The Chinese consider it a sovereign remedy in almost all diseases. It is useful in dyspepsia, vomiting, nervous disorders, loss of appetite, colic, palsy, asthma, dysentery, cerebral anaemia and T. B.

Doses: Decoction; 1/4 to 1/2 cupful three times a day.
Powdered Root: 1 to 2 teaspoonfuls.

No. 100—Thrift—Statice Caroliniana

COMMON AND FOREIGN NAMES: American Marsh Rosemary. American Thrift, Sea Thrift, Sea Gilliflower, Lavender Thrift, Sea Lavender, Ink Root, Meadow Root, Marsh Root. Canker Root, Marsh Rosemary.

HABITAT: U. S. A.



PART USED: Root.

CHIEF CONSTITUENTS: Volatile Oil, Gum tannic acid, Albumen, Caoutchouc.

PROPERTIES AND USES: *Root: Ast.*

Used especially for canker sores and spongy gums. Very valuable in diarrhoea dysentery, after the acute stage is passed. The tea of the root is of great service for ulcerated mouth. The powdered root is applied to old sores and as an ointment for piles. The tea is excellent for chronic gonorrhoea, leucorrhoea, prolapsus of the womb and ani. Use as a douche.

Statice Limonium is the European Thrift, also called European Marsh Rosemary.

Common Foreign Name: Strandnelke, Sumpfporst.

Properties and Uses: *Root: Ast. Ton.* Used especially in diarrhoea.

Statice Armeria, called Sea Pink, European Thrift.

Part Used: Flower.

Properties: Diu.

No. 101—Sheep Laurel—*Kalmia Augustifolia*

COMMON AND FOREIGN NAMES: Narrow Leafed Laurel, Lambkill, Sheep Laurel, Sheep Poison, Dwarf Laurel, Wicky Kalmie.



Sheep Laurel.

HABITAT: U. S. A.

PART USED: Leaves.

CHIEF CONSTITUENT: Andromedotoxin.

PROPERTIES AND USES: **Nar. Poi. Err. A-syp. Sed. Ast.**

Sheep Laurel is a poison and should be used with prudence. The decoction has been found valuable in neuralgia, Jaundice, Hemorrhages, diarrhoea, dysentery, fevers, diseases of the heart, syphilis and rheumatism.

An ointment made from the leaves good for scald head and itch, also for ulcerations between the toes.

Dose: Tablespoonful of the decoction.

No. 102—Mountain Laurel—*Kalmia Latifolia*

COMMON AND FOREIGN NAMES: American Laurel, Calico Bush, Spoon-wood, Rose Laurel, Broad-leaved Laurel, Kalmie,



Mountain Laurel

HABITAT: U. S. A.

PART USED: Leaves.

CHIEF CONSTITUENTS: Arbutin, Andromedotoxin.

PROPERTIES AND USES: **Nar. Poi. Err. A-syp. Sed. Ast.**

The leaves and top of this plant are poisonous. The decoction of tincture is sedative to the heart. It is a most efficient agent in syphilis, fevers, jaundice, neuralgia and inflammation. Stewed with lard, the ointment is used for skin diseases.

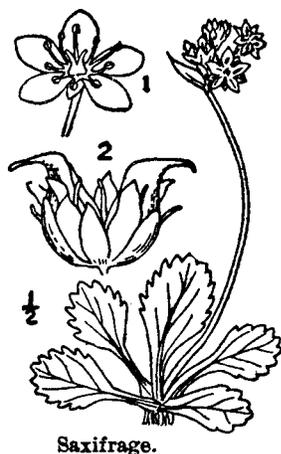
Whiskey is the best antidote.

Doses: Tincture: 10 to 20 drops every three hours.

Powdered leaves: 10 to 20 grains.

No. 103—Saxifrage—*Pimpinella Saxifraga*

COMMON AND FOREIGN NAMES: Pimpernel, Burnet Saxifrage, Small Saxifrage, Small Pimpernel, Pimpinell, Bibernel, Steinpetersilie.



HABITAT: Europe, U. S. A.

CHIEF CONSTITUENT: A bitter resin.

PARTS USED: Leaves and Root,

PROPERTIES AND USES: **Aro. Nau. Pun. Sti. Sto. Res. Dia. Diu.**

The root is very hot and acrid; the dried root brings on vomiting. The tea of Saxifrage increases the appetite, loosens phlegm in coughs, hoarseness, chronic bronchitis, expels kidney and bladder stones. Excellent in gout and lungs obstructed with phlegm. Also of great service in dropsy and to promote menstruation. Very good in asthma. The oil and resin is used to relieve flatulent indigestion. The fresh root chewed is an excellent remedy for toothache and paralysis of the tongue. The decoction used externally will remove freckles.

A fine gargle for tonsillitis and inflammation of the uvula is made from four drops of the tincture and four tablespoonfuls of water.

The decoction is also used as a local application to wounds.

No. 104—Mallow—*Malva Rotundifolia*

COMMON AND FOREIGN NAMES: Low Mallow, Cheese Plant, Blue Mallows, Dwarf Mallow, Running Mallows, Dutch Cheese, Doll Cheese, Pellas. Malve, Kaesepappel.

HABITAT: Europe, U. S. A.

PARTS USED: Plant and Flowers.

CHIEF CONSTITUENT: Mucilage.

PROPERTIES AND USES: *Plant:* **Dem. Muc, Diu. Emo.**
Flowers: **Pec.**



The plant boiled in water is a fine preparation for lung troubles, stitch in the side, ulcerated kidneys, or ulcerated bladder, also for gravel. Boiled in milk it is good for coughs and T. B. In fevers drink a cupful of it every three hours and at the same time bind the herb as a fomentation on the bottoms of the feet and on the palms of the hands. A syrup is good for dysentery and spitting of blood. A decoction of the root is

used for water-brash fevers. Roots boiled in red wine make a fine tooth preparation.

In dysentery boil the leaves and roots and use internally and as an enema locally. Leaves are used externally for fomentations, poultices, gargles, enemas and for inflamed eyes. For inflamed, hard ulcers use the bruised leaves which soften and heal them quickly, can also be used on fresh wounds. For rectal ulcers boil the flowers with honey or wine and use externally. Flowers steeped in water are an excellent gargle. For a swollen neck try a poultice of Mallow leaves.

NOTE: Do not use leaves infected with brown spots.

No. 105—Cloves—*Caryophyllus Aromaticus*



Cloves.
a, a branch with leaves, buds, and flowers; *b*, a bud.

COMMON AND FOREIGN NAMES:
Mother Cloves, Clous de Girofle,
Gewuerznelken, Naegelein, Garofani
Clavillo.

HABITAT: Molucca Island, Philippines.

CHIEF CONSTITUENTS: Caryophyllin,
Eugenin.

PART USED: Buds.

PROPERTIES AND USES: **Aro. Sti.**
Irr. A-eme. Car.

The powder or infusion is used with good results in nausea, vomiting, flatulence, slow digestion, dyspepsia. Combined with All Spice it is of great service in summer diarrhoea. As a local irritant it stimulates the peristalsis. Cloves are good for the liver, are a powerful antiseptic, a stimulating expectorant in bronchial troubles. Cloths dipped in an infusion of cloves and applied over abdomen are excellent for pain and colic. The tincture is used for stomach and abdominal weakness, colic, vomiting of phlegm and diarrhoea. Cloves chewed are a help for paralysis of the tongue, also for tooth-ache. Oil of cloves is used externally for paralysis and toothache.

Cloves should not be used for a long period.

Doses: Tincture: 5 to 6 drops on sugar.

Fl. Extr.: 5 to 30 drops.

Oil: 1 to 5 drops.

Infusion: 1/2 to 1 ounce.



Harebell (*Campanula rotundifolia*).

**No. 106—Harebell—
Campanula Rotundifolia**

COMMON AND FOREIGN NAMES: Bellflower, Grassglockenblume, Nickende Sternhyazinthe.

HABITAT: Europe, U. S. A.

PROPERTIES AND USES: **Em. Pec. Orn.**

This plant is seldom if ever used as a medicine. A tea of this plant will assist expectoration.

**No. 107—Passion Flower—
Passiflora Coerulea**

COMMON AND FOREIGN NAMES: Maypops, Passion Vine, Granadilla, Passionsblume, Maracoo.

HABITAT: Europe, U. S. A.

PARTS USED: Plant, Flower.

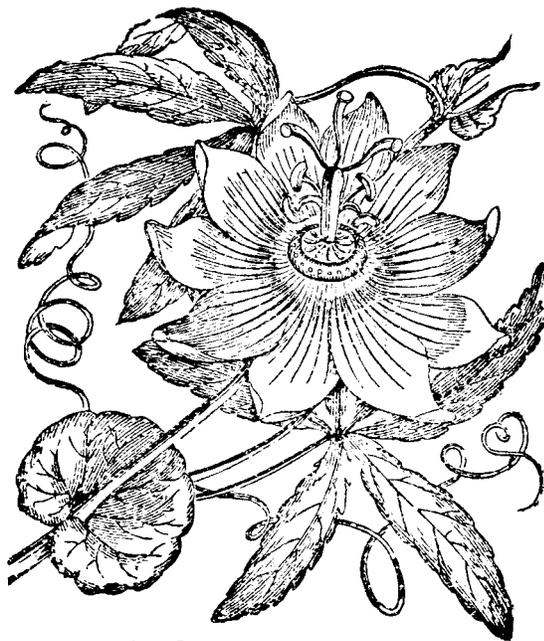
CHIEF CONSTITUENT: Passiflorine, which is similar to morphine.

PROPERTIES AND USES: **Orn. Diu. Dep. Sed.**

A very good nerve sedative, relieves insomnia and certain types of convulsions. Very good for neuralgia. Used In diarrhoea, dysentery, dysmennorrhoea and epilepsy. It reduces the arterial pressure and increases perspiration. The marrow of the fruit is' used for scurvy and gallbladder trouble.

Dose: 3 to 10 grains.

Fl. Extr.: 10 to 20 mins.



Passion-flower (*Passiflora coerulea*).

No. 108—Wild Cucumber—*Ecbalium Agreste*

COMMON AND FOREIGN NAMES: Elaterium, Squirting Cucumber, Elaterium Cucumber, Wild Balsam Apple, Elaterion, Elaterium, Elaterio, Sprigaurke, Balsamapfel, Spritzgurke.



Wild Cucumber (*Ecbalium agreste*).

HABITAT: Mediterranean regions.

PART USED: Juice.

CHIEF CONSTITUENTS: Elaterium, Resin, Liquin.

PROPERTIES AND USES: **Hyd. Ver. Poi.**

Should be used with greatest caution.

The root is used externally for dropsical swellings, stitch in the side and podagra. Large internal doses cause nausea and vomiting and if used too often it will produce inflammation of the stomach and bowels and even fatal results.

It increases the flow of urine and is useful in dropsy due to kidney diseases. When using it for that purpose mix it with quince juice.

Dose: 1-20 to 1-10 of a grain.

Antidote: Empty stomach right away. Opium is given by mouth and rectum, followed by stimulants and demulcents.

No. 109—Balm—*Melissa Officinalis*

COMMON AND FOREIGN NAMES: Lemon Balm, Bee Balm, Blue Balm, Sweet Balm, Citronelle, Cure-All, Dropsy Plant, Balm Mint, Melissenblaetter, Bienenkraut.



Balm (*Melissa officinalis*).

HABITAT: Europe, U. S. A.

PARTS USED: Leaves and Flowers.

CHIEF CONSTITUENTS: Oil, Tannin, Gum, Citral.

PROPERTIES AND USES: **Aro. Cep. Dia. Emm. Sti. A-spa. Feb. Car.**

The tea is excellent for green sickness, hysteria, melancholia, cramps, colics, nervous headache, painful menses,

rheumatism, in catarrh, influenza, cold attended with fever, and vomiting.

In fevers add lemon juice, use as a cooling drink. In epilepsy soak the leaves in wine and drink it in small doses. Also valuable in shortness of breath and weak heart. Tincture is used for upset stomach, fainting spells, rheumatic pains, paralysis. Steeped in wine it strengthens the heart, brain, cleanses the chest and stops wheezing.

For cold feet mix tincture of Balm and tincture of Arnica and rub on morning and night. Balm wine strengthens the memory and is good for melancholia.

No. 110—Columbo—Frasera Carolinesis

COMMON AND FOREIGN NAMES: American Columb, American Columba, Fraseri Walterii, Fräsera Canadensis.

HABITAT: U. S. A. PART USED: Root.

CHIEF CONSTITUENTS: Bitter Gum, Pectin, Glucose.

PROPERTIES AND USES: **Ton. Cat. Em. Sti.**

The fresh root is cathartic and emetic.

The dry root may be used as Gentian as a bitter tonic for general debility, weak and enfeebled stomach, torpid liver, etc.

Dose: Powder: 1 to 3 ounces.

Infusion: 2 fl. ounces a day.



Columbo

NOTE: True Columbo (*Coculus Palmatus*) differs from the American Columbo. It has concentrated circles in the root and grows in Eastern Africa.

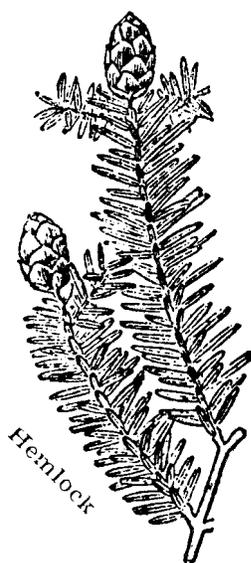
No. 111—Hemlock—Tsuga

COMMON AND FOREIGN NAMES: Tanners Bark, Canada Pitch Tree, Hemlock Gum Tree, Weeping Spruce, Pine Tops, Hemlock Spruce, Hemlock-Schierlings, Sprossen-Tanne.

HABITAT : U.S.A.

CHIEF CONSTITUENTS: Oil of Spruce, or Oil of Hemlock.

PART USED: The bark encrusted with hardened juice.



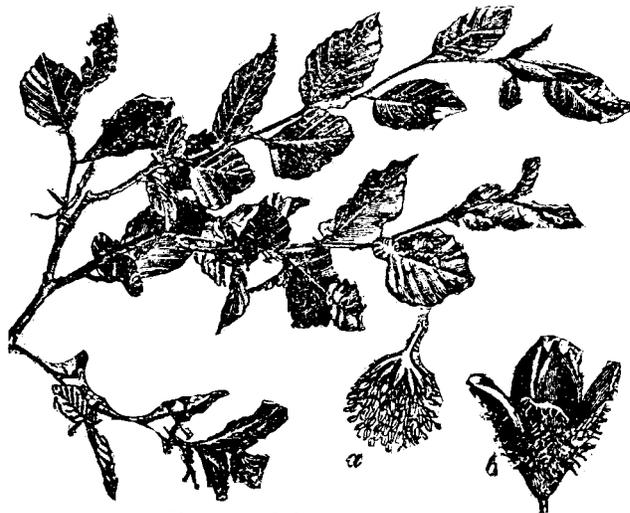
Hemlock

PROPERTIES AND USES: *Bark. Ast. Dia. Leaves: Abo.*

The young branches are sometimes used to make beer.

The Pitch is used for plasters which are giving good service in podagra, Backache, headache, hemorrhoids, ear noises and blue rings around the eyes when placed to affected parts. For toothache use the same plaster but place on different parts of the neck. For wrinkles make a tea from the cones and wash the face several times a day and at bedtime.

The plaster is made by melting 90 parts of the Canada Pitch with 10 parts of wax .



Branch of Common Beech.
a, flower; b, fruit.

No. 112—Beech— *Fagus Sylvatica*

COMMON AND FOREIGN NAMES: American Beech, Beechnut Tree, Rothbuche, Buchecker, Faggio, Hetre, Faya.

HABITAT: Europe, Asia, U. S. A.

PARTS USED: Bark and Fruit.

CHIEF CONSTITUENTS: Seed contains Choline.

PROPERTIES AND USES: *Bark: Ast. Ton. A-sep.*

The bark is used with benefit in diarrhoea and fluxes. Locally the tea of the bark is used as a wash for ulcers and wounds. The tar is stimulating and antiseptic. Used internally for chronic bronchitis and externally for various skin diseases. The nuts are edible. The ash of the wood contains a large proportion of potash.

Related species:

No. 112a—Beech Drops—*Orobanche Virginiana*

Beechdrops is a parasite on the Beech Tree roots.

COMMON AND FOREIGN NAMES: Cancer Root, Broom Rape, Fir Rape, Cancer Drops, Orbanche de Virginie, Klebswurz.

CHIEF CONSTITUENT: Chlorogenic Acid.

PART USED: Root.



Bird's-foot Trefoil.

PROPERTIES AND USES: **Nau. Bit. Ast. Dep. Vul.**

Used with benefit in diarrhoea, fluxes, erysipelas. Reputed to cure cancer, though this is doubtful.

**No. 113—Birds-foot Trefoil—
Lotus Corniculata**

COMMON NAMES: Cross Toes, Shoes and Stockings, Lotus, Butter Jags, Birdsfoot, Trefoil.

Plant and Flower ornamental only. Not used in medicine.

**No. 114—Common Ash—
Fraxinus Excelsior**

COMMON AND FOREIGN NAMES: European Ash, Bird's Tongue, Husbandman's Tree. Esche, Fresno, Frene, Frassino.



Branch of Common Ash (*Fraxinus excelsior*). a, fruit.

HABITAT: U. S. A., Europe.

PARTS USED: Bark, Leaves, Seed.

CHIEF CONSTITUENTS: Fraxin, Fraxetin. Tannin, Quercetin, Mannite.

PROPERTIES AND USES:

Bark: Feb. Diu. Bit. A-per.

Leaves: Diu. Dia. Cat.

Seed: Acr.

Ash is a good substitute for Peruvian Bark. The bark is very useful in dropsy, rheumatism, arthritis, obesity. The tea of the bark is also used as a bitter tonic, in intermittent fevers and ague, and obstructions of the liver and the spleen. For fresh cuts use the inner bark upon them,

changing two or three times a day.

The leaves are used like senna and are fine in rheumatic, gouty complaints. The leaves steeped in wine make a good medicine for stones and jaundice. The seeds are useful in cases of flatulence.



Balsam (*Impatiens tricornis*).

No. 115—Balsam—*Impatiens Tricornis*

COMMON AND FOREIGN NAMES: Jewel Weed., Garden Balsam, Ladies Slippers. Balsam Weed, Pale Touchme-not, Balsamine, Springkraut.

HABITAT: U. S. A., Europe.

PART USED: Plant.

PROPERTIES AND USES: **Diu. Eme. Alt. Cat.**

The fresh juice of the plant is excellent in rhus poisoning. Boiled in lard it is used for piles. The tea of the leaves is laxative and increases the urine. The tea used externally is good for washing wounds and ulcers.

No. 116—Male Fern— *Aspidium Filix Mas*

COMMON AND FOREIGN NAMES: Male Shield Fern, Knotty or Sweet Brake, Basket Fern, Bear's Paw Root, Satan's Claw, Johannis Root. Fongere Male, Wurmfarne Wurzel, Waldfarne Wurzel, Johanniswurzel, Farnwurzel, Pelee Maschio, Rhizoma de Helecho Macho, Bandwurmwurzel.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Oil, Gum, Lignin resin, pectin, Felicia Acid, Filmaron.

PROPERTIES AND USES: **Ant. Ver. Poi.**

Used especially to expel tapeworms. The European Malefern should be used. Locally for eczema and acne.

Dose: 1 to 2 drachms.



Common Male Fern.

No. 117—Iceland Moss—*Cetraria Islandica*

COMMON AND FOREIGN NAMES: Iceland Lichen, Islaendisches Moos, Erango F'ld Liverwort, Tartschenflechte.



Iceland Moss (*Cetraria islandica*).

HABITAT: Iceland, Northern Europe..

PART USED: Plant.

CHIEF CONSTITUENTS: Cetrarin, Fumaric, Acid, Oxalic Acid, Lichenin.

PROPERTIES AND USES: **Dem. Ton. Nut. Pec.**

Iceland Moss is used in chronic catarrh, dysentery, diarrhoea, dyspepsia, convalescence and general debility. It is excellent in all inflammations of the mucous membranes of the stomach, intestines, lungs and urinary apparatus. It is a stimulant to the gastro-intestinal mucous membrane and to peristalsis. Has been used with success in severe pulmonary troubles.

For table use it is first boiled to remove the bitter taste, then dried and powdered to make it into cakes and bread.

No. 118—Wintergreen—*Gaultheria Procumbens*

COMMON AND FOREIGN NAMES:

Checkerberry, Spring Wintergreen, Canada Tea, Partridge Berry, Boxberry, Wax Cluster, Spice Berry, Mountain Tea, Deerberry, Teaberry, Spicy Wintergreen, Aromatic Wintergreen, Chink. Ground Berry, Grouse Berry, Red Pollum, Red-berry Tea, Hillberry, Ivory Plum. Gaultherie Couche, Paloninier, Canadischer Thee, Bergthee.



WINTERGREEN.

PART USED: Leaves.

HABITAT: Canada, U. S. A.

CHIEF CONSTITUENTS: Volatile Oil, Methyl Salicylate.

PROPERTIES AND USES: **Sti. Aro. Ast. Diu. Emm. Ton.**

Wintergreen is used for all chronic mucous discharges. It acts upon the bladder, prostate and urethra and quiets irritations. Valuable in dysuria, early stages of acute nephritis. It is especially beneficial in acute rheumatism, and can be given for it in tea form or the oil in capsules. The oil, however, should not be used frequently as it might cause inflammation of the stomach. The tea is also excellent

for colic, stomachache, dropsy, diabetes, diarrhoea, migraine and febrile conditions. It also is used with good results in asthmatic bronchitis, hemorrhoids due to congestion of the portal and pelvic circulation. It also subdues sexual desires. Small doses stimulate the heart. For external application as in rheumatism, lumbago, sciatica, the synthetic oil of Wintergreen or the oil from the bark of *Betula Lenta* is the best.

Note: Always use Wintergreen internally in small doses. Do not use it if fever or inflammation is present



GRINDELIA

Dose: Oil—10 drops in capsules every 6 hours for rheumatism.

NO. 119—Grindelia—Grindelia Robusta, and Squarrosa

COMMON AND FOREIGN NAMES: Gum Plant, Tar Weed, Rosin Weed, Hardy, Scaly Grindelia, Grindelia.

HABITAT: California.

PART USED: Plant.

CHIEF CONSTITUENTS: Grindeline, Saponin, Amorphous Resin.

Description of **Grindelia Squarrosa**: Plant grows two to three feet high, the bright green leaves are about two inches in length, stems are whitish with many leaves, flowers are small and chrome yellow, resembles the wild sunflower but is gummy while the sunflower is not.

Grindelia Robusta is used in asthma and bronchitis, especially where there is a tendency of spasm. It acts like atropine. It is used quite often with stramonium leaves in so-called asthma powders.

Very beneficial in whooping cough, harsh and dry coughs, also in chronic catarrh of the bladder and cystitis, malarial affections, dyspepsia and sluggish spleen. Externally it is used for burns, eczema, vaginitis and especially for rhus poisoning. A great anti

Grindelia Squarrosa—Gum Weed, Tar Weed.

Grindelia Robusta has the same description as *Grindelia Squarrosa* with the following slight variations: Stem is brown and leaves are fewer and somewhat smaller; flowers are of orange color.

Grindelia Squarrosa is of special value in malarial diseases, enlarged spleen, liver troubles. Fine for chills, scarlet fever, measles, smallpox and old cases of ague.

Doses: Fl. Extract: 1/2 to 1 fl. dr. every three or four hours.
General dose: 30 to 40 grains.

No. 120—Bitter Root—*Apocynum Cannabinum*



BITTER ROOT.

COMMON AND FOREIGN NAMES: Indian Hemp, Bowman's Root, Indian Physic, Canadian Hemp, Black Indian Hemp, Amy Root. Chanvre du Canada, Canadische Hanfwurzel.

HABITAT: U. S. A., Canada.

PART USED: Root.

CHIEF CONSTITUENTS: Cynotoxin, Apocynamarin, Cymarin.

PROPERTIES AND USES: **Eme. Cat. Ste. Diu. Sud. Bit. Sti.**

Use very carefully.

It is used in liver trouble, jaundice, and as a laxative. Its use empties the gallbladder of bile. Also useful in gallstones. One half teaspoonful of the powder will move the bowels in eight hours. Used also in dropsy with good results. It is said to be an infallible medicine for thread and pin worms if used as follows: 20 drops of the tincture three times a day for three successive

days; then use injection of cold water and worms will be dislodged.

May be used as a substitute for digitalis.

Doses: Tea: One tablespoonful three times a day.

Fl. Extr.: 10 drops every 6 hours.

Apocynin: 1 to 2 grains twice a day.

No. 121—Black Cohosh—*Cimicifuga Racemosa*

COMMON AND FOREIGN NAMES: Rattle Root, Black Snake Root, Bugwort, Squawroot, Bugbane, Rattle Weed, Rattlesnake Root, Rich Weed, Macrotys, Rattle Top. Racine d'Actee a Grappes, Schwarze Schlangenwurzel.

PART USED: Root.

HABITAT: U. S. A., Canada.

CHIEF CONSTITUENTS: Cimicifugin or Macrotin Racemosin.

PROPERTIES AND USES: **Alt. Ner. Exp. Emm. Dia. Ast. Diu. A-spa.**

Relaxes the nerves. It acts markedly on the spinal nerves and, therefore is used in St. Vitus Dance and Spinal meningitis. Indian women use it for relieving pain during menstruation and childbirth. The tincture is used for chronic rheumatism and sciatica and ear noises. In small doses it is excellent for tight coughs, also children's diarrhoea. It reduces -the rapidity of the pulse. Is very useful in whooping cough. Very useful for painful and retarded menses, especially if mixed with Blue Cohosh. It is used frequently for inflammation of fibrous tissues, also to relieve after pains, false pains of labor and in uterine rheumatism.

In cases of a stroke give every 20 minutes a mixture of one oz. each of tinct. Black Cohosh and tinct. of Betony and two drs. of tinct. of Capsicum. At the same time place the feet of the patient in hot mustard water to draw the blood from the head.

Note: Large doses of Black Cohosh cause general relaxation, vertigo, tremors, great reduction of pulse, giddiness and headache.

Doses: Tea: One tablespoonful every three hours.

Powder: 5 to 30 grains.

Fl. Extr.: 15 to 30 drops.

Tincture: 1 dr.

Cimicifugin: 1 to 6 grains.



BLACK COHOSE



Hip (*Rosa canina*)
a, hip opened, showing position of seeds; b, a seed.

No. 122—Hip—*Rosa Canina*

COMMON AND FOREIGN NAMES:

Dog Rose, Bedeguar, Dog Rose Galls, Hep, Tree, Hip Tree, Wild Briar, Briar Rose, Hip Fruit, Eglantine Gall, Hop Fruit, Hog Seed. Hundsrose, Hagebutte, Heckenrose.

HABITAT: U. S. A., Europe.

PARTS USED: Fruit and Flowers.

CHIEF CONSTITUENTS: Sugar, Citric and Malic Acid, Tannin, Vanillin in the petals.

PROPERTIES AND USES: *Rose Hips*: **Ref. Ast. Diu.**

The fruit is used in conserve of rose.

The tea cleanses the kidneys and bladder and is excellent in gravel and stones of the kidneys and bladder. The tea of the flowers is good for cramps of the stomach. Rose Hips strengthen the stomach, are useful in diarrhoea, dysentery, spitting of blood, cough. The tincture is stimulating. Rose Liquor is made as follows: One quart of the fruit of Dog Rose, one quart of alcohol—let stand in warm place for two weeks. Filter. Add 500 grams of sugar dissolved in 1 1/2 quarts of water.

No. 123—Birch—Betula Alba

COMMON AND FOREIGN NAMES: Common White Birch, American White Birch, Paper Birch, Canoe Birch, European Birch. Birke, Bouleau, Beresa.

HABITAT: U. S. A., Europe.

CHIEF CONSTITUENTS: Bark: Tannin, Betulin, Betula Camphor. Leaves: Betulorentic Acid.

PROPERTIES AND USES: *Leaves*: **Ast. Bit. Oil: Fra. Inner Bark: Sti. Dia. Ast.**



Flowering Branch of the Common Birch.

The oil that exudes from the tree contains methyl salicylate, and is used for skin diseases, especially eczema, rheumatism and for some internal ailments. The young shoots and leaves combined with alkalies make a fine tonic laxative. The leaves used as tea are fine for gout, rheumatism, dropsy and kidney stones. The bark resists putrefaction and a decoction of the bark is used for bathing skin eruptions, milkscab and internally for dropsy. The inner bark is fine for intermittent fevers. The vernal sap is a fine diuretic.

Birch—Betula Lenta

COMMON AND FOREIGN NAMES: Black Birch, Cherry Birch, Sweet Birch, Spice Birch, Mahogany Birch, Mountain Mahogany. Birke, Bouleau, Abedul, Betula, Beresa.

For boils and pimples drink tea made from the inner bark. This decoction is also excellent in dysentery, gravel, female obstructions. The juice is used for colic, gravel, kidney stones and as a blood purifier. The oil is used for intermittent fevers, spermatorrhoea, gonorrhoea and bad ulcers. Tea of the leaves is useful in retention of the urine, worms and skin eruptions.

No. 124—Geranium—*Geranium Maculatum*



GERANIUM.

COMMON AND FOREIGN NAMES: Spotted Geranium, Tormentil, Wild Dovefoot, American Tormentilla, Storksbill, Wild Cranesbill, Crowfoot, Alum Root. Spotted Cranesbill, American Kino Root, Astringent Root, Chocolate Flower, Old Maid's Nightcap, Shameface. Storchschnabel, Blutkraut, Racine de Bec-de-Grue Tachete, Racine de Pied de Corneille.

HABITAT: U. S. A., Europe.

PARTS USED: Root and Leaves.

CHIEF CONSTITUENTS: Tannic, Gallic Acid, Starch, Sugar, Gum, Pectin, Geranin.

PROPERTIES AND USES: **Powerful Ast. Sty. A-sep. Ton.**

Used with great success for piles and internal bleeding. Injection of the tea fine in cases of flooding and leucorrhoea.

Internally also used for diarrhoea with mucous discharges, chronic dysentery and children's cholera. It is an excellent gargle for ulcerated mouth and throat. Powder is used for foul ulcers and wounds. The fresh juice is fine in fistula. Also very useful in fevers, jaundice, kidney inflammation, kidney stones, bloody urine and nightsweats. Powder snuffed will stop nosebleed. The juice mixed with vinegar and a little salt and bound on the soles of the feet will relieve fever. The tincture is used especially for intermittent fever and kidney troubles.

A fine preparation for fever is made from 30 grams Geranium and 30 grams of Devils Bit. Steep in one quart of water down to one pint. Divide into three doses and take at intervals of 4 hours.

Dose: 15 to 30 grains.

Fl. Extr.: 1/2 to 1 dr.

No. 125—Love-Lies-Bleeding—*Amaranthus Candatus*

COMMON AND FOREIGN NAMES: Gentle Flower, Amarant, Flower Velure, Floramor.

HABITAT: A native of Africa and Java.

PART USED: Leaves.

PROPERTIES AND USES:

A decoction of the flowers is used for spitting blood, nosebleed and hemorrhages in general. Used in menorrhagia with greatest results. Very useful in diarrhoea, dysentery and hemorrhages of the bowels. The tea used externally brings good results in ulcerated conditions of the throat and mouth and as a wash for ulcers and sores and as an injection in leucorrhoea.

Fl. Extr.: 1/2 to 1 dr.

**No. 126—Dandelion—
Taraxacum Dens Leonis**

COMMON AND FOREIGN NAMES: Lion's Tooth, White Endive, Swine Snout, Puff Ball, Priest's Crown, Wild Endive, Milk-Witch or Yellow Gowan, Cankerwort. Pissenlit, Dent de Lion, Loewenzahn, Tarassaco, Taraxacon, Pfaffenroehrlin, Kuhblume.

HABITAT; U. S. A, Europe.

PART USED: Root.

CHIEF CONSTITUENTS: Taraxacin, Melissic Acid, Enzyme.

PROPERTIES AND USES: *Root. Sto. Ton. Diu. Ape. Dep. Hep.*

Dandelion increases biliary and intestinal glandular secretions. It is very useful in torpid liver, dropsy, kidney and spleen ailments. Combined with peach leaves it is very soothing to inflamed kidneys. It is excellent in jaundice and constipation, dyspepsia, rheumatism, headaches, pimples and fevers.

It is useful in loss of appetite and weak digestion, purifies the blood and very useful in catarrh of the lungs. It is used with success for gall, kidney and bladder stones.



DANDELION,

The tea is very beneficial for inflamed eyes. The milk of the stem dropped once in a while in the eyes makes them clear.

Recipe for Dandelion wine: Take one gallon of Dandelion flowers. Pour over it one gallon of boiling water. Let stand for three days. Strain and add the peel and juice of two oranges and two lemons; three pounds of loaf sugar and a



Love-lies-bleeding.
(*Amaranthus caudatus.*)

little ginger. Boil for 1/2 hour. Let cool and while lukewarm add 1/2 ounce of yeast. Let ferment for three days. Put in cask and cork tightly, let stand for two months, then bottle.

No. 127—Fennel—*Foeniculum Vulgare*

COMMON AND FOREIGN NAMES: Sweet Fennel, Wild Fennel, Large Fennel. Semences de Fenouil, Fenchel, Finocchio, HinoJo.

PARTS USED: Seed, Leaves, Roots.

HABITAT: Wild in Europe, cultivated in many countries.

CHIEF CONSTITUENTS: Anethol, Fenchone, also d-pinene, phellandrine, anisic and anisic aldehyde.

PROPERTIES AND USES: **Aro. Car. Pec. Diu. Sto.**

Used in laxatives to allay griping. Fennel is an excellent medicine for indigestion, catarrh, asthma, flu, colic cramps in the stomach, it purifies and opens the liver and spleen. Cooked in milk and honey is very useful in cough, asthma. A fine preparation for weak stomach is made from Fennel 15 g., Anise 8 g., Quassia 60 g., and Calamus 90 g.

Cooked in milk it increases the milk in lactating women. The roots boiled until soft and applied to swollen and inflamed breasts will relieve them. Hardened breast will be relieved by boiling the leaves in milk and applying externally. The tea also makes a good eyewater.

In vomiting and whooping cough, children take 5 to 6 drops of Fennel oil on sugar twice a day. To kill lice take 60 g. of lard and mix with 6 drops of Fennel oil. To kill ear worms mix the juice of the leaves with honey. Fennel boiled in vinegar is very good for open sores.

Doses: Fl. Extr.: 5 to 30 drops.

Oil: 1 to 5 drops.

Infusion: One teaspoonful to 1/2 cup of boiling water.

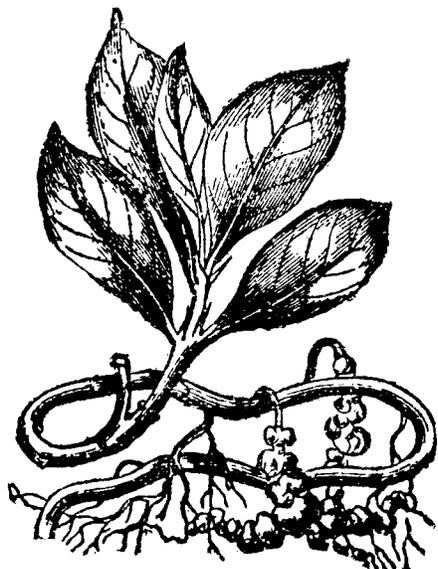
No. 128—Ipecacuanha—*Cephalis Ipecacuanha*

COMMON AND FOREIGN NAMES:

Wild Ipecac, Ipecac. Poaya, Racine Brasilienne, Ruhrwurzel, Brechbeere, Kopfbeere, Ipecacuana, Raiz de Ipecacuana.



Fennel (*Foeniculum vulgare*).
a, a flower.



Ipecacuanha.

HABITAT: Brazil.

PART USED: Root.

CHIEF CONSTITUENTS: Emetine, Cephaelin, Psychotrine, Euphorbin.

PROPERTIES AND USES: **Eme. Exp. Nau. Nar. Sed. Externally Irr.**

Ipecac increases the activity of the secreting organs, especially of the bronchial mucous membrane and of the skin.

For bilious colic: 10 to 15 grains every half hour. *For dropsy:* 5 to 10 grains three times a day. *In night sweats and lung diseases:* 1/20 of a grain four times a day. *In diabetes* it is combined with helonine and used

in 1/4 to 1/2 grain doses. It is also effective in suppressed menstruation, dyspepsia, fevers and in affections of the respiratory organs as catarrh, whooping cough, asthma, etc.

Syrup of Ipecac is made as follows. Mix fl. extr. Ipecac 1 fl. oz. with one oz. of glycerine, add 14 fl. ozs. of simple syrup.

Doses: Powder: 5 to 30 grains.
 Stomachic: 1/4 to 1/2 grain.
 Emetic: 15 to 30 grains.
 Expectorant: 1/2 to 2 grains.
 Fl. Extr.: 2 to 20 drops.
 Syrup: 1/4 to 4 drachms.

No. 129—Henbane (Poison)— Hyoscyamus

COMMON AND FOREIGN NAMES: Hog's Bane. Devil's Eye, Henbell, Insane Root, Jupiter's Bean, Poison Tobacco, Stinking Nightshade. Belene, Chenile, Bilsenkraut, Giusquiamo, Beleno.

HABITAT: Europe, Asia, N. America, Brazil.

PARTS USED: Leaves, Seeds, Roots.

CHIEF CONSTITUENTS: Hyoscyamine (Checks secretions and relaxes), Atropine, Scopolamine, Hyoscine (lessens pain).



Henbane (*Hyoscyamus niger*).

PROPERTIES AND USES: A-no. A-spa. Hyp. Diu.

Should be used with greatest care.

It is very valuable in convulsions, epilepsy, cramps, nervousness, melancholia, convulsive vomiting, painful stool, dry cough, hysteria, asthma, insomnia, delirium tremens, etc.

The fresh crushed leaves placed over old ulcers, painful, swollen parts like in gout, neuralgia, will relieve the pain. An ointment made from the oil of the seeds, mixed with vinegar and placed on forehead will help insomnia. This oil is also useful in prolapsus ani and dropped in the ear for earache. For obstinate rheumatic pains macerate the leaves in alcohol, then add olive oil to it and steam out the alcohol.

Henbane acts like belladonna and stramonium. Henbane also relieves the pain in cystitis and the spasms in lead colic.

Doses: Powdered leaves: 2 to 5 grains.

Fl. Extr.: 2 to 10 drops.

Juice: 1/2 to 1 dr.

Tinct.: 1/2 to 1 dr.

Solid Extr.: 2 to 8 grains.

No. 130—Mandrake—Podophyllum Peltatum³

COMMON AND FOREIGN NAMES: May Apple, Hog Apple, American Mandrake, Wild Lemon, Raccoon Berry, Yellow Berry, Wild Mandrake, Indian Apple, Duck's Foot, Ground Lemon, Devil's Apple, Umbrella Plant. Rhizome de Podophyllum, Fussblattwurzel, Entenfusswurzel, Podofillo, Rizoma de Podofilo.



Mandrake (*Mandragora officinarum*).

HABITAT: U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Podo-Phyllotoxin, Podophylloresin.

PROPERTIES AND USES: **Cat. Cho. Res. Alt. Eme. Dia. Ver. Emm. Ant. Hydr. Sia.**

Mandrake is used with great success in chronic liver diseases, biliousness,

³ Deschauer's image for *Podophyllum* (American Mandrake) is actually a picture of European Mandrake, *Mandragora*...unrelated plants in all but name.

dropsy, indigestion, gastro-intestinal catarrh, dizziness, dull headaches, typhoid febrile diseases and uterine ailments.

Mandrake is a slow but certain cathartic. It moves the bowels without subsequent costiveness. It is a stimulant to the liver and upper intestines, influences the ductless glands, favors bloodmaking and improves the appetite. It is very useful in constipation due to portal engorgement.

Formula: Podophyllin 1/8 grain, Wahoo and Culvers Root each one grain. Use in capsules.

A good formula for a *sluggish liver and spleen:* Equal parts of Mandrake, Black Root, Sacred Bark, Colic and Licorice Root.

Doses: Note—Mandrake should **not be used during pregnancy.**

Powder: 5 to 30 grains.

Tincture: 10 to 40 drops.

Fl. Extr.: 5 to 30 drops.

Solid Extr.: 1 to 5 grains. — grains of Podophyllin is a large dose.



Marsh-Mallow (*Althea officinalis*).

No. 131—Marshmallow— *Althea Officinalis*

COMMON AND FOREIGN NAMES: Althea, Mortification Root, Sweat Weed, Wymote, White Mallow, Mallards, Cheeses. Racine de Guimauve, Eibischwurzel, Malvavischlo, Raiz de Malvavisco.

HABITAT: Europe, U. S. A.

PARTS USED: Roots, Leaves, Flowers.

CHIEF CONSTITUENTS: Pectin, Asparagin, Phosphate of lime, Mucilage.

PROPERTIES AND USES: **Emo. Dem. Diu. Muc.**

Marshmallow is excellent in painful urination, catarrh of the stomach and intestines, diarrhoea, coughs, Lung trouble, sour stomach and excessive secretions of bile. The decoction is excellent for inflammation of the alimentary canal, urinary and respiratory organs. Boiled in milk it is very beneficial for hemorrhages from the kidneys and bladder, also, for dysentery and bladderstones. Very useful for coughs, bronchitis and whooping cough. For obstinate cough use the following recipe: Equal parts of Marshmallow, Licorice and Elcampane.

For inflamed eyes take 1/2 tablespoonful of flowers in 1 1/2 cups of boiling water. Filter when cold and add 6 drops of spirits of camphor to, it. Bathe the eyes with it.

Marshmallow used externally will soften hard tumors and ulcers.

Doses: Fl. Extr.: 1/2 to 1 dr.
Decoction may be taken freely.

No. 132—Lime Tree—*Tilia Europaea*



Lime Tree (*T. europaea*).

COMMON AND FOREIGN NAMES: European Lime Tree, Locust Bloom, Tilia Flowers, Til Tree, Teyl Tree, Linden Tilleul.

HABITAT: Northern Temperate Zone.

PARTS USED: Flowers, Bark, Charcoal.

CHIEF CONSTITUENTS: *Flowers*: Tannin, Sugar, Gum, Chlorophyll. *Bark*: Tilicin, Tiliadin.

PROPERTIES AND USES: *Flowers*: **Ano. A-spa. Cep. Sud. Bark: Ast. Diu. Emm.**

The tea is fine, for cramps and kidney troubles, Chlorosis and to induce perspiration. The charcoal is used for bloody cough, gallbladder trouble., lung trouble, dizziness, nervousness, indigestion, weakness and pain in the chest and

liver trouble. Use 1/2 teaspoonful of the charcoal in water and milk, morning and night. It is used cold for excessive perspiration. For Chlorosis steep in half water and half wine. The bark left in water produces a slime that heals wounds and tumors. An extract of the flowers is used externally for freckles. A fine tooth powder is made from two parts of charcoal and one part of powdered sage.

Doses: One to two cupfuls of tea a day
Tinct.: 1/2 to 1 fl. dr.

No. 133—St. Johnswort—*Hypericum Perforatum*

COMMON AND FOREIGN NAMES: Johnswort, Millepertuis, Casse-diable, Johanniskraut, Hartheu, Liebeskraut.

HABITAT: Europe, U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS: Hypericin. Volatile Oil, Tannin.

PROPERTIES AND USES: **Aro. Ast. Res. Ner. Exp. Sed. Diu.**



St. Johnswort *Hypericum Perforatum*.

It purifies the blood, especially in cases of tumors. It is very useful in cases of excessive urination, diarrhoea, worms, jaundice, excessive and delayed menstruation, cramps, anaemia, migraine, nervousness, hysteria, hemorrhages pulmonary complaints, bladder trouble, dysentery, nervous depression, chronic catarrh of the lungs, bowels and urinary passages. The tea is excellent for bedwetting, liver and kidney trouble. The oil is used externally for bruises, caked breasts and hard tumors. it is made as follows: Macerate 4 ozs. of the tops in one pint of olive oil. 6 to 8 drops of the oil can be used for cramps in the stomach. The tea is also used for chills and fevers.

Doses:

Infusion: One oz. to pint of water; 1 to 2 tablespoonfuls.

Fl. Extr.: 1/2 to 1 dr.

Powder: 1/2 to 2 drachms.

No. 134—Feverfew—*Matricaria Parthenium*

COMMON AND FOREIGN NAMES: Feather Few, Febrifuge Plant, Featherfoil, Flirtwort. Matricaire, Mutterkraut, Bertraniswurzel.

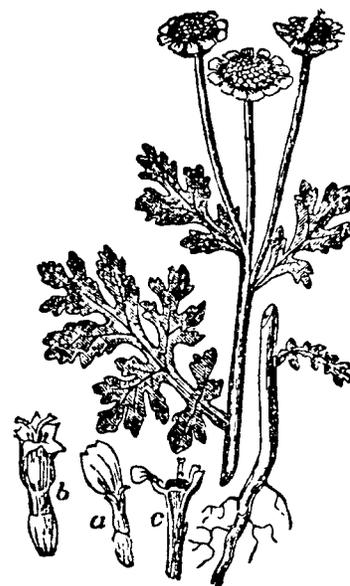
HABITAT: Europe, U. S. A.

PART USED: Plant,

CHIEF CONSTITUENT. Parthenine.

PROPERTIES AND USES: **Ton. Car. Emm. Sti. Ver. Ap. Bit.**

The warm infusion is beneficial in recent colds, flatulence,



Common Feverfew (*Matricaria parthenium*).
a, floret of the ray; *b*, floret of the disc; *c*, fruit, shewing the toothed membranous pappus.

irregular menstruation, hysteria and nervousness. Feverfew acts like Chamomile tea. It is an excellent tonic. A decoction with honey is of great value in wheezing and difficult breathing. It also is beneficial in intermittents. A decoction of the flowers, used externally, will relieve face-ache and earache. Fried in a little wine and oil it has been used as an external application for colic and hard tumors. The tincture is used externally for insect bites. The root boiled in vinegar and kept as hot as possible in the mouth will stop toothaches due to colds. An excellent way to use this herb for most troubles mentioned before is this: Bruise the herb, mix with vinegar and sugar and eat with your meals.

No. 135—Dwarf Elder—*Sambucus Ebulus*



Dwarf Elder. *Sambucus Ebulus*.

COMMON AND FOREIGN NAMES: Danewort, English Dwarf Elder, Blood Elder, Walewort, Wallwort, Ground Elder. Hieble, Attichwurzel, Zwergholunder.

HABITAT: Europe, U. S. A.

PARTS USED: Root, Leaves.

PROPERTIES AND USES:
Root: Pur. Leaves: Exp. Diu. Dia.

Leaves are suitable for suppression of urine.

Sambucus Nigra

HABITAT: Europe, U. S. A.

The tea of the leaves is excellent in ear, tooth and headache, also for gout, whooping cough and epilepsy in children, catarrh, sore throat, swollen glands and hoarseness. The tea made from leaves is a blood purifier and taken hot will produce perspiration. The dried roots made into a tea are fine for dropsy. The tea is also frequently used for inflammation of the kidneys and liver. The flowers soaked in wine and vinegar and applied externally to the head will relieve headache. If feet are swollen, steep the leaves in saltwater and use as a footbath. The fresh leaves applied to boils and scalds have great healing power. The oil from the seeds is a fine preparation for painful joints.



Dittany.
a, top of stem, with leaves and flowers; b, fruit.

No. 136—Dittany—*Dictamnus Rutacea*

COMMON AND FOREIGN NAMES: Deptam, European Dittany, Bastard Dittany, Diktam, Diptam.

HABITAT: Europe.

PART USED: Root.

CHIEF CONSTITUENT: Volatile Oil.

PROPERTIES AND USES: **Bit. Ton. Sto. Emm. Feb.**

Used for worms, intermittent fevers, stomach troubles, etc. A good formula for colds: Equal parts of Dittany and Life Everlasting. This tea is used especially when there is wheezing present. Dr. Stahl recommends the following for stomach trouble:

Four handfuls each of Dittany, Swallow Wort and Gamander; 2 ozs. each of Masterwort, Bibernel, Carline Thistle, Angelica and Elcampane. Cover all with two quarts of brandy. Let stand eight to fourteen days.

No. 137—Broom—*Cytisus Scoparius*

COMMON AND FOREIGN NAMES: Broom Tops, Irish Tops, Brum, Bisom, Genista. Genet a Balais, Besenkraut, Ginster, Pfriemenkraut.

HABITAT: Europe, U. S. A.

PARTS USED: Tops and Seed.

CHIEF CONSTITUENTS: Sparteine, Scoparin, Volatile Oil, Tannin, etc.

PROPERTIES AND USES: *Tops*: **Diu. Cat. Seed**: **Eme. Cat.**

The flowers or the seeds steeped in water and honey will induce perspiration. The flowers and seeds steeped in water always are efficient in kidney and bladder troubles and prevent the formation of stones.

The following decoction is very beneficial in kidney and bladder ailments and in dropsy due to heart trouble:

Broom Tops 1 oz., Dandelion 1/2 oz. Boil in pint of water down to 1/2 pint; toward the last add 1/2 ounce of Juniper Berries. Dose: A wineglassful three times a day.

Broom Tops produces a transient rise in arterial pressure which is followed by



Branch of Common Broom.
a, flowering branch.

decreased vascular tension for a longer period. Small doses slow the heart for a short time, and then hasten its rate and increase the volume of the pulse. Some claim it to be useful as a heart regulator.

Doses: Infusion: 1 to 2 ozs.

Fl. Extr.: 1/2 to 1 dr.

Juice: 1 to 2 drs.

SPANISH BROOM— Spartium Junceum:

Spanish Broom is 5 to 6 times more active and should be used carefully. The medicinal properties are the same as the Cytisus Scoparius.

Butcher's Broom— Ruscus Aculeatus

COMMON AND FOREIGN NAMES: Kneeholy, Knee Holly, Jew's Myrtle, Sweet Broom.

PARTS USED: Herb and Root.

HABITAT: North Africa, Europe.

PROPERTIES AND USES: **Dia. Diu. Deo. Ap.**

Very useful in dropsy, nephritis, jaundice, gravel, scrofulous tumors and difficult breathing.

Dyer's Broom—Genista Tinctoria

COMMON AND FOREIGN NAMES: Dyer's Greenwood, Dyers Weed, Woad Waxen. Genet des Tienturiers, Faerberginster.

HABITAT: Europe, U. S. A.

PARTS USED: Twigs and Leaves.

PROPERTIES AND USES: **Diu. Cat. Em.**

The powdered seeds furnish a mild laxative. The tea is used for dropsy, gout and rheumatism.

Dose: A wineglassful three times a day.

No. 138—Fumitory—*Fumaria Officinalis*

COMMON AND FOREIGN NAMES: Earth Smoke, Beggary, Scheiteregi, Kaphnos, Nidor. Fumeeterre, Erdrauch, Acker or Feldraute, Taubenkropp.



Common Fumitory (*Fumaria officinalis*).

HABITAT; Europe, America, Asia, Australia, S. Africa.

PART USED: Leaves.

CHIEF CONSTITUENT: Fumaric Acid.

PROPERTIES AND USES: **Sal. Bit. Ton. Diu. Lax. Exa. Sud. Dia. Ap.**

The infusion is excellent in dyspepsia, jaundice, liver ailments, dropsy, skin diseases, scurvy, gout rheumatism.

The tea and the boiled herbs taken together drive out a lot of impurities thru the kidneys. For dyspepsia macerate 2 ozs. of the flowers in three pints of Madera wine. Take twice a day 2 to 4 fl. ozs.

The decoction cures milk crust on infant's scalp. The essence is used for melancholia, fever, jaundice, strangury due to gravel. Dose: 5 to 6 spoonfuls in white wine. For inflamed eyes and sores mix three ounces of the juice or the essence with one oz. each of distilled water and honey. The powder from the seed mixed with 10 grains of Scammony is fine for dropsy. A dr. of the powdered seed in an infusion of senna is best for melancholia.

Doses: Infusion: A wineglassful ever four hours.

Fumarine: 1/3 or 1/4, grain.

Juice: 2 fl. ozs. twice a day.

No. 139—Guaiac—*Guaiacum Officinale*

COMMON AND FOREIGN NAMES: Lignum Vitae, Resine de Gaiac, Guajak, Pokenholz, Resina de Guajaco, Resina de Guayaco.

HABITAT: West India, Northern South America.

PARTS USED: Gum and Wood.

PROPERTIES AND USES: *Gum: Sti. Wood: Sti. Dia. Diu. Alt. Lax.*



Guaiacum Officinale.

Guaiac warms the stomach, increases circulation. Used successfully in chronic rheumatism, scrofula, gout, liver and blood disorders. The powder is used in tonsillitis.

Recipe for liver and dropsy:

30 grams each of Guaiac, Red and Yellow Blunt Leaved Dock, Red Saunders, White Sandalwood and Coriander. Also a handful of Agrimony and Spleenwort. Put all in a sack weighed down with a stone in eight quarts of beer. Let stand for 6 days. Drink freely.

Another recipe for rheumatism:

One oz. each of powdered Gum Guaiacum, Sulphur, Cayenne and Turkey Rhubarb. Put in capsule No. 1 and take 3 or 4 capsules 2 or 3 times

a day.

Doses: Decoction: 2 to 4 ozs. in pint of water.

Fl. Extr.: 1/2 to 1 dr.

Tincture: 1/2 to 1 dr.

Resin: 5 to 15 grains

No. 140—Bulrush

(a) *Typha latifolia*

COMMON AND FOREIGN NAMES: Cat-tail Flag, Reed Mace. Cat-o'-Nine Tails, Marsh Beetle, Marsh Pestle, Water Torch.

HABITAT: Europe, U. S. A.

PART USED: Root.

PROPERTIES AND USES: **Ast. Emo. Diu.**

Not much in use as a medicine.



Bulrush.

a, Common Cat's-tail (*Typha latifolia*); b, Common Bulrush (*Scirpus lacustris*).

(b) *Scirpus Lacustris*

COMMON AND FOREIGN NAMES: Club Rush, Bulrush, Typha, Seebirse.

HABITAT: Europe, U. S. A.

PART USED: Seed:

PROPERTIES AND USES: **Ast. Emm. Diu. Hyp.**

Very good to dissolve and dispel gravel and bladder stones. The spongy marrow is used for burns.



House-leek (*Sempervivum tectorum*).

No. 141—House-leek—*Sempervivum Tectorum*

COMMON AND FOREIGN NAMES: Hen and Chickens, Jupiter's Eye, Thor's Beard, Bullock's Eye. Sengreen, Ayron, Ayegreen. Grande Joubarbe, Hauswurz, Hauslauch, Dachwurz, Donnersbart.

HABITAT: Europe.

PART USED: Leaves.

CHIEF CONSTITUENTS: Malic Acid and Lime.

PROPERTIES AND USES: **Ref. Emo. Diu. A-ven. Vul. Ast. Aci. Cep.**

Houseleek is used internally as well as externally. The infusion used internally stops dysentery and excessive menstruation. The tea induces sleep. It is also used in ulcers of the stomach (A tablespoonful of the tea every hour). Very effective in cases of bedwetting.

The poultice of the fresh leaves is used for burns, scalds, erysipelatosus affections, stings of insects and all inflammatory affections of the skin. The tea is cooling in all internal and external inflammations and is of service in fevers,

Corns and warts can be removed by applying the inner surface of the leaves to them. Applied to freckles, will remove them. An ointment made from the leaves with salt and mutton fat is beneficial in incipient goitre.

Doses: Fresh Juice: 2 to 10 drops.

Tea: A cupful a day.

Tincture: 5 to 20 drops.

No. 142—Blackberry—*Rubus Fruticosus*



Blackberry (*Rubus fruticosus*)

COMMON AND FOREIGN NAMES: Common Blackberry, Bramble, Blackberry Vine, Brombeere.

PROPERTIES AND USES: *Fruit: Edi. Diu. Ast. Leaves: Ast. Bark: Ast.*

The ripe fruit is eaten raw and is also used to color wine and to make syrup. The unripe powdered fruit mixed with wine makes an excellent vinegar. The leaves have been used for thrush and heartburn.

Rubus Caesius

COMMON AND FOREIGN NAMES: Dewberry Plant, Ackerbrombeere, Docks and Katzenbeerestrauch.

The unripe, dried berries are excellent for diarrhoea. Roots and leaves made into tea are efficient in diarrhoea, flux, and make a fine gargle. The leaves steeped in wine are for dysentery. A tea made from the leaves is good for skin eruptions.

No. 143—Water Avens—*Geum Rivale*

COMMON AND FOREIGN NAMES: Nodding Avens, Drooping Avens, Purple Avens, Cure All, Water Flower, Indian Chocolate, Throat Root, Evans Root, Her Bonnet, Colewort, Clove Root. Wasser Benediktenkraut, Ufernelkenwurz.

HABITAT: Europe, U. S. R.

PART USED: Root.

CHIEF CONSTITUENT: Eugenol.

PROPERTIES AND USES: **Feb. Ton. Ast. Sty. Sud. A-Sep. Aro. Sto.**



Water Avens (*Geum rivale*).
a, carpel and awn; b, petal; c, stamen; d, pistil.

Avens soothes the mucous membranes and is of great service in diarrhoea, leucorrhoea, gleet, pulmonary T. B., dyspepsia, hemorrhages, sore throat, measles and scarlet fever. The root soaked in wine is fine for the heart, stomach and melancholia. The tea is tonic astringent to the mucous membranes of the stomach and bowels, and liquefies congealed blood.

Recipe for rupture, spitting of blood, and worms:

- One oz. each of Avens, Horehound, Mandrake, Behens, Wormwood, Mugwort and Masterwort. Dose: A wineglassful four times a day.

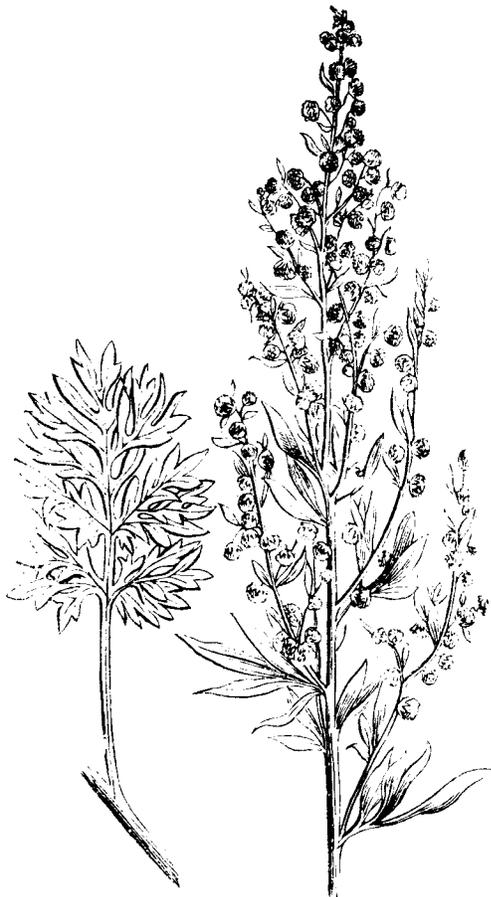
Recipe for profuse menstruation and female obstructions:

- Equal parts of Avens, Behen, Mandrake, Broom and Borage.

Dose: A wineglassful four times a day.

Powder: 20 grains to 1 dr.

No. 144—Wormwood—*Artemisia Absinthium*



Wormwood (*Artemisia absinthium*)

COMMON AND FOREIGN NAMES:
Absinthium, Wermut, Absinthe, Ajenjo.

HABITAT: All over.

PART USED: Plant.

CHIEF CONSTITUENTS: Absinthine, Malic and Acetic Acid.

PROPERTIES AND USES: **Bit. Ton. Aro. Feb. Ant. A-sep.**

Use only in small doses and not too often.

The tea is excellent for feeble digestion, feverish conditions, muscular and mental exhaustion, jaundice and liver complaints, diarrhoea, colic, anaemia, scrofula, dropsy, vomiting, delayed and painful menstruation and intermittents.

Boiled in vinegar or the oil of Wormwood is excellent for sprains, bruises, swellings and local inflammations. The oil should not be used internally. The tea has been used with great success for stomach and bowel worms. The tincture is fine for stomach cramps and loss of appetite.

Recipe for Comp. Wormwood tincture:

- Wormwood 90 gr., Orange Peel 30 gr., Calamus 15 gr., Gentian 15 gr., Cinnamon 5 gr. Let stand in 1 and 1/2 quarts diluted alcohol for 6 days.

Recipe for Wormwood Wine:

- One part each of Wormwood, Lavender, Marjoram, Peppermint, Rosemary and Sage. Let stand for 8 days in 100 parts of white wine.

Doses: Powder: 10 to 20 grains

Infusion: 1 to 2 ozs.

No. 145-Brome-grass-Bromus Ciliatus

COMMON AND FOREIGN NAMES: Broom Grass, Bloom Grass. Trespe.

PART USED: Plant.

PROPERTIES AND USES: **Eme. Ant. Cat. Diu.**

Not much used in medicine. It can be used in retention of the urine and as a mild laxative and to expel pin worms.



Brome-grass.

End of Book One.

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