

**Illustrated Phytotherapy Vol. 2** by Deschauer — Page 1



## FOREWORD

BOOK TWO of our Illustrated Phytotherapy is the first continuation of our Encyclopedia of Herbal Therapy. Book One has been enthusiastically received by the laymen as well as by the profession. I am confident that Book Two will receive the same kind reception. It is our intention to publish an additional book every year until all material is exhausted. Your encouragement to undertake this difficult and hard work is certainly welcome.

There is an enormous amount of healing power hidden in the herbal world. The Good Book says: "The Lord has created medicines out of the earth, and he that is wise will not abhor them." Let us be wise; let us open our eyes and our minds and give Nature's medicines our first thought and consideration when sick or ailing. We have devoted more than 30 years to the manufacture and distribution of herbal medicines and are convinced that nothing can beat them. We only deplore the fact that most people instead of coming first to Mother Nature for help, try her as a last resort. Many great men of the medical profession advise us to use herbal medicines for overcoming diseases.

Dr. P. Brown, M. D. says: "The Herbal practice is the only true and philosophical foundation of the Healing Art."

Dr. Brier, professor and surgeon on the Berlin clinic said: "Cure with simple remedies wherever you can. We can learn a whole lot from the natural method of healing or people's medicine."

Dr. J. H. Greer, M. D. said: "Nature has supplied an abundance of harmless means for overcoming disease."

Dr. H. Nowell, M. D. said: "When we look back upon the pages of history, we find that from the hoary past the records tell of the mighty power of Nature's own remedies."

Yea, happy he that can the knowledge gain,  
To know the Eternal God made naught in vain.

Sincerely yours,  
THOMAS DESCHAUER.

## 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, thematous—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 dysmen-norhoea, 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.**—Lithonryptic—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

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

**No. 146—European Strawberry Tree—*Arbutus Unedo***

COMMON AND FOREIGN NAMES: Apple of Cain, Strawberry Tree. Erdbeerbaum.

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

PART USED: Leaves.

PROPERTIES AND USES: **Ast.**

The berries make a very good wine and a very good alcohol.

The dry leaves and bark are powdered and used for diarrhoea and dysentery.

**No. 147—Calabar Bean (Poison)—*Physostigma Venosum***

COMMON AND FOREIGN NAMES: Ordeal Bean of Calabar, Chop Nut.

HABITAT: West Africa, India, Brazil.

PART USED: Seed.

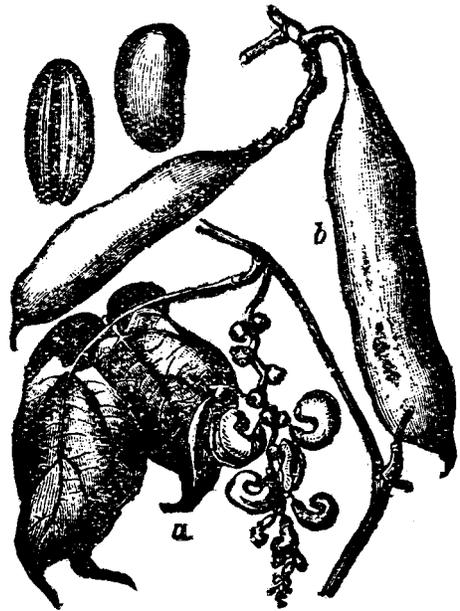
CHIEF CONSTITUENTS:  
 The alkaloid Physostigmine.

PROPERTIES AND USES: **Sed. Myositic.**

Is used for eye disease and as a stimulant to the unstriped muscles of the intestines in chronic constipation.

Calabar Bean slows the pulse and increases blood pressure. It has been used in epilepsy, cholera, etc. and hypodermically in acute tetanus.

Doses: Extract of bean: 1/4 to 1 grain.  
 Extr. of *Physostigma*: 1/8 grain.  
 Tinct. of *Physostigma*: 15 minims.



Calabar Bean.  
*a*, flowering branch; *b*, seed pod; *c*, seeds.

## No. 148—Christmas Rose—*Helleborus Niger* (Poison)



Christmas Rose (*Helleborus niger*).

COMMON AND FOREIGN NAMES: Black Hellebore, Christe Herb. Hellebore Noir, Elleboro Nero, Eleboro Nigro, Niesswurz, Schwarze Niesswurz, Weihnachtsrose.

HABITAT: Europe. U. S. A.

CHIEF CONSTITUENTS: Helleborein (strongly irritant), Helleborein.

PART USED: Root.

PROPERTIES AND USES: **Poi. Irr. Rub. Cat. Diu. Emm. Anth. Nar.**

Used as a drastic purge in mania, dropsy, especially dropsy of the brain. Hellebore has been used as cardiac tonic, 1/6 to 1/8 grain.

Formerly it has been used in amenorrhoea, nervous disorders, hysteria, epilepsy, rheumatism and gout. Applied locally, the fresh root is violently irritant.

Doses: Powdered Root: 2 to 3 grains.

Fl. Extr.: 2 to 10 drops.

Solid Extr.: 1 to 2 grains.

Decoction: 2 drachms to pint of water, 1 fl. ounce of it every 4 hours.

Essential Tincture: 5 to 10 drops three times a day.

## No. 149—Horse-chestnut—*Aesculus Hippocastanum*

COMMON AND FOREIGN NAMES: Buckeye, Spanish Chestnut. Rosskastanie.

PARTS USED: Bark, Seed.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Esculin, Crude protein, oil, Carbohydrate, Quercitrin in leaves.

PROPERTIES AND USES: **Bark: Ton. Feb. Ast. Seed Nar.**



Horse-chestnut, Leaves, Flowers, and Fruit.  
(*Aesculus hippocastanum*).

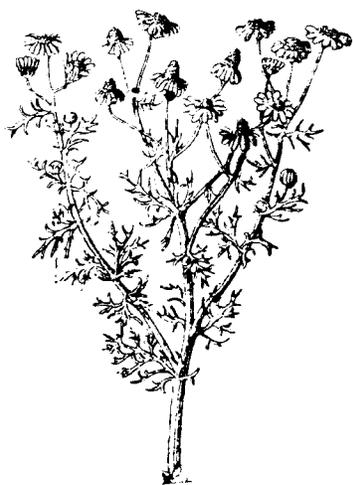
The tea has been used in intermittents (tablespoonful three to four times a day). Externally for ulcers. The fruit has been used for rheumatism, neuralgia, rectal complaints and hemorrhoids. Esculin has been used as a substitute for quinine in malaria and other fevers. (15 grains).

A 4% solution of esculin is an effective ointment to protect the skin from sunburn and for snow-blindness.

Doses: Fl. Extr. of the fruit: 5 to 20 drops.  
Fl. Extr. of the bark: 1/2 to 2 drachms.  
Tincture: 3 to 5 drops three times a day.

### **No. 150—Chamomile—*Matricaria Chamomilla***

COMMON AND FOREIGN NAMES: German Chamomile, Wild Chamomile. Kamillen, Camomile, Manzanilla, Chamomilla.



German Chamomile

HABITAT; Europe, U. S. A.,

PART USED: Flowers.

CHIEF CONSTITUENTS: Chamomillol, Trichamomillol, Azulene.

PROPERTIES AND USES: **Ton. Emm. Sto. Car. Nep. Ver. A-spa. Em** in large doses.

Chamomile tea relieves pains and cramps in the stomach, also menstrual pains. It is very helpful in ulcers of the stomach, bad liver, internal ulcers, stones and vomiting; nervousness, convulsions of teething children, diarrhoea, cough; rheumatism and for congestion of blood to the head.

As a compress it brings great relief in ulcers, inflammations, painful joints, toothache with swollen jaw, hard boils and tumors.

The tea mixed with olive oil is an efficient enema for cramps, colic and rheumatism. A fine gargle can be made from the flowers for mouth sores. The tea mixed with honey and vinegar is used in epilepsy. A snuff of the powdered flowers is fine for cold in the nose. The tea makes also a good eyewater. The tea is also used by blond people as a hairwash.

### **No. 151—Amaranth—*Amaranthus Hypochondriasis***

COMMON AND FOREIGN NAMES: Prince's Feather, Red Cock's Comb, Lovely Bleeding, Pilewort, Spleen Amaranth. Fuchsschwanz, Amarant.

HABITAT: U. S. A.

PART USED: Leaves.

PROPERTIES AND USES: **Ast. Det.**

Used successfully in menorrhagia, diarrhoea, dysentery and hemorrhages from the bowels. Locally it is used for ulcers of the mouth, also as a wash for foul, indolent ulcers and as an injection for leucorrhoea. Excellent for piles.



Amaranth.



Common Flax (*Linum usitatissimum*)

### No. 152—Flax— *Linum Usitatissimum*

COMMON AND FOREIGN

NAMES: Flaxseed, Linseed, Winterlien. Semence de Lin, Grains de Lin, Leinsamen, Flaxamen, Lino, Linaza.

PART USED: Seed.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Oleum Linum, Wax, Resin; Tannin; Gum protein.

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

Flaxseeds are an excellent preparation for internal and external use. Internally it is very helpful in coughs, lung troubles, chronic constipation, spitting of blood, stitch in the side, rheumatism, gout, colic; etc.

For rheumatism and gout boil the seeds in water and drink this water warm. Use with it an enema of the same kind of infusion. For lung trouble and T. B. mix flaxseed meal with honey and take in teaspoonful doses. For chronic catarrh, spitting of blood, boil one tablespoonful of flaxseed flour in one quart of water for 15 minutes. Strain and mix with milk and honey and take all of it within two days. This is also very good for gravel, inflammation of the bladder and bowels and all internal inflammations.

Powdered flaxseed mixed with honey is also excellent for fevers, inflamed throat, cough, asthma, loss of appetite; vomiting; insomnia, constipation and intermittents.

Externally the flaxseed meal is used as a poultice on tumors and ulcers. For dysentery make a poultice with roasted flaxseed and vinegar and apply to abdomen. For colic boil linseed with white bread in milk and put into a linen sack and cover with it abdomen.

Linseed tea is also used as a gargle and is of great benefit as an enema. An ointment made from the oil and mixed with equal parts of wax is of great healing power on wounds. For burns mix equal parts of linseed oil and limewater. For head colds burn linseeds on charcoal and inhale vapors through nose.

A fine burn salve is made from 90 gr. Linseed oil and the yolks of three eggs. A very strong and beneficial enema is made from three tablespoonfuls of linseed oil, one tablespoonful of salt, three cups of chamomile tea, 8 gr. of castile soap and two tablespoonfuls of honey.



Hop (*Humulus lupulus*).

**No. 153—Hops—  
Humulus Lupulus**

COMMON AND FOREIGN NAMES:  
Hop, Humel. Hopfen, Lupolo,  
Hombrecillo.

HABITAT: Europe U. S. A.

PART USED: Flower.

CHIEF                      CONSTITUENTS:  
Humulene, Humulone, Lupulinic Acid.

PROPERTIES AND USES: **Bit. Ner.**  
**Ton. Ano. Hyp. Diu. Feb. Sto. Sed.**

Excellent in nervousness, insomnia, improves the appetite, purifies the blood. Also useful in liver and

gallbladder trouble, gravel, atonic dyspepsia. It has proved of great service in heart disease, neuralgia, jaundice and irritable bladder. Used for excessive sexual desires, pruritus. The yellow powder (lupulin) is employed to prevent chordee, and in delirium tremens and to mitigate the pain attending gonorrhoea.

The hop poultice is fine for boils and gatherings, neuralgia, rheumatism, painful swellings. The poultice removes pain and allays inflammation. A pillow with hops often relieves tooth and earache. For worms a decoction taken in the morning will expel them.

Doses: Powder: 5 to 10 grains.

Tincture: 1 to 3 teaspoonfuls.

## No. 154—Aniseed—*Pimpinella Anisum*



Anise Seed  
(*Pimpinella Anisum* L.)

COMMON AND FOREIGN NAMES: Anis vert, Anis Samen, Anise, Samiente de Anis.

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

PART USED: Seed.

CHIEF CONSTITUENTS: Anethol, Fixed oil, Choline, Sugar, mucilage.

PROPERTIES AND USES: **Aro. Fra. Car. Ton. Sti. Sto. Pect.**

Anise is especially useful in dry, hard coughs to promote expectoration, in bronchitis, asthma, flatulency, colic, languid digestion, convulsions, mucous conditions of the chest and stomach, cramps in the intestines and weak menstrual periods.

It is used in laxatives to diminish griping. It expels worms in children and increases the milk in lactating women.

For dropsy use Anise, Fennel, Caraway and Star Anise, equal parts. For insomnia with or without headache, chew some Aniseed. For Colitis drink lukewarm aniseed tea. For loss of appetite, take Aniseed 15 g., Rose petals and the inner white peeling of lemons 15 g. Powder all and take 1/2 teaspoonful in a tablespoonful of wine after meals. Oil of anise kills lice and bed-bugs. Oil of Anise and oil of Rosemary, equal parts, kills the itch mite.

For excessive sneezing rub a few drops of anise oil on the back of the neck. For colic take 2 to 6 drops on a piece of sugar and rub the oil on the abdomen. For scurvy mix two drops of the oil with an oz. of brandy and take a teaspoonful every hour.

## No. 155—Nutmeg—*Myristica Maschata*

COMMON AND FOREIGN NAMES: Nux Moschata, Muscade, Noix Muscade, Noce Moscata, Muskatnuss.

HABITAT: Malayan Archipelago, Sumatra, French Guiana.

PART USED: Kernels of Fruit.

CHIEF CONSTITUENTS: Lignin, Stearin, Volatile Oil, Starch, Gum, Myristicin.



Nutmeg (*Myristica moschata*).

**PROPERTIES AND USES: Aro. Sti. Sto. Con.**

Used for flatulence and to correct nausea and vomiting. Grated nutmeg steeped in lard makes a good pile ointment. Nutmeg increases the circulation and the animal heat of the body. Roasted nutmegs applied locally has been used for leucorrhoea. Nutmeg cooked in oatmeal is good for diarrhoea. The warm oil of nutmeg rubbed on stomach will relieve pain and diarrhoea. Charred nutmeg used in doses of 10 to 20 grains twice a day, is excellent for chills and fever.

Doses: Nutmeg should never be used in large doses.

Powder: 5 to 20 grains.

Fl. Extr.: 10 to 30 drops.

Spirit: 5 to 20 drops.

**No. 156—Black Mulberry—*Morus nigra***

COMMON AND FOREIGN NAMES: Common Mulberry. Maulbeere.

HABITAT: Europe, U. S. A.

PARTS USED: Bark, Fruit.

CHIEF CONSTITUENTS: Glucose, Protein, Pectin, Tartaric and Malic Acid.

PROPERTIES AND USES: *Bark: Ver. Cat. Fruit Esc. Aci.*

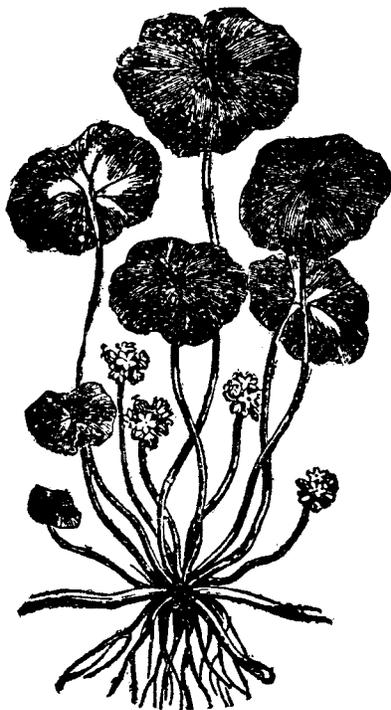
The bark is an excellent remedy for tapeworm. The Syrup of the berries is good for inflamed conditions of the mouth and throat. The tea is good as a gargle. The syrup for febrile diseases.

**WHITE MULBERRY—*Morus alba*.**

COMMON AND FOREIGN NAMES: Sycamine, Silkwormtree. Weisse Maulbeere.



Common Mulberry (*Morus nigra*): fruit, leaf, and female flower.



Marsh Pennywort or White-rot  
(*Hydrocotyle vulgaris*).

HABITAT: China and warm climates.

PARTS USED: Bark, Leaves, Fruit.

PROPERTIES AND USES: *Fruit. Esc. Sac. Lax. Ref.*

The white leaves were used for wounds and fever. The bark, used in a decoction, is used to expel worms, tapeworms, also for dropsy and catarrh. The berries are good for inflamed conditions of the mouth and throat.

**No. 157—Marsh Pennywort—*Hydrocotyle Vulgaris***

COMMON AND FOREIGN NAMES: White-rot, Thick-leaved Pennywort, Bevilacqua, Wessernabel.

PART USED: Plant.

HABITAT: Europe, U. S. A.

PROPERTIES AND USES: *Diu. Sud. Aph.*

The tea is a good laxative and is of great value in retention of the urine, Externally this plant is used to clean and heal wounds.

**No. 158—Sweet Flag—*Acorus Calamus***

COMMON AND FOREIGN NAMES: Calamus, Sweet Root, Grass Myrtle, Sweet Myrtle, Sweet Cane, Sweet Cinnamon, Sea Sedge, Sweet Rush, Sweet Sedge. Ackerwurz, Magenwurz, Kalamus, Acore Vrai; Calamo aromatica.

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

PART USED: Root.

CHIEF CONSTITUENTS: Volatile oil, Acorin.

PROPERTIES AND USES: *Aro. Car. Ton. Vul.*

The root is of greatest benefit in stomach trouble. It is very useful in hypochondria, indigestion, diarrhoea, gallbladder and kidney



**Sweet Flag**

trouble. In intermittents and fevers in general it brings quick relief. It also is very valuable in flatulent colic, pain in the abdomen, cramps, stitch in the side, delayed menses; kidney and bladder stones and in retention of the urine.

Externally is is used for cancerous tumors.

### **No. 159—Rhubarb—Rheum Officinale**

COMMON AND FOREIGN NAMES: Rhabarber, Rhubarbe, Ruibardo, Rabarbaro.

HABITAT: Europe, U. S. A., China, Tibet.

CHIEF CONSTITUENTS: Volatile Oil, Gallic Acid, Tannic Acid and certain derivatives of methyl-anthraquinone.

PART USED: Root.

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



Rhubarb

Rhubarb root increases the muscular action of the bowels; it also increases the juices needed for digestion. It is fine for most stomach and bowel troubles. The tincture is used for diarrhoea. Large doses of rhubarb will purge. Burnt rhubarb is good for diarrhoea. For worms, mix rhubarb root with wormseed. It is especially indicated in gastric irritation and nausea, vomiting, sour smelling, light colored and papescent stools.

Doses: 10 to 30 grains as a purgative;  
5 to 10 grains as a laxative;  
1 to 5 grains as a tonic.  
Tinct.: 1 to 2 fl. drachms.



Senega

### **No. 160—Senega Root—Polygala Senega**

COMMON AND FOREIGN NAMES: Seneca Root, Mountain Flax, Seneca Snake Root, Milkwort, Rattlesnake Root. Senega Kreuzblume, Klapper Schlangenwurzel, Polygala de Virginie.

HABITAT: Central U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Senegin, Polygalic acid, Virgineic acid, Peptic and Tannic acid, Gum, Alumina, Silica, Magnesia, iron.

**PROPERTIES AND USES: Sti. Sia. Exp. Diu. Dia. Emm.**

Senega is a stimulant to all mucous membranes, increases the circulation and secretions of the sweat glands and of the bronchial glands. It is therefore very valuable in bronchial catarrh, old cases of cough, chronic pneumonia, dropsy, croup, whooping cough, humoral asthma, rheumatism, etc. If kidneys do not function properly, if the skin is clogged up, use Senega Root. It is also of great service in dropsy of the chest and in paralysis.

Doses: Large doses are emetic and cathartic. Use only in small doses and never in active inflammations.

Do not boil the roots.

Powder: 10 grains every 4 hours;  
Fl. Extr.: 10 to 20 drops;  
Infusion: 4 to 8 drachms;  
Tincture: 1/2 to 1 dr.

## **No. 161—Belladonna—Atropa Belladonna, Poison**

COMMON AND FOREIGN NAMES: Deadly Nightshade, Black Cherry, Dwale, Poison Black Cherry, Dwayberry, Doftberry, Mekilwort. Feuilles de Belladone, Tollkrischer, Tollkraut, Foglie di Belladonna, Hoja de Belladonna.

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

PART USED: Plant.

CHIEF CONSTITUENTS: Hyoscyamine, Atropine.

PROPERTIES AND USES: **Nar. Diu. Dia. Opt. Poi. Ano. A-spa. Sed.**

Used carefully belladonna can do much good. 10 drops of the tincture mixed with 15 gr. of water and, taken in doses of 2 to 6 drops morning and evening will prevent scarlet, fever. For whooping cough take 6 drops in water every two hours. For erysipelas mix 12 drops in 45 g. of water and take 4 to 10 drops every hour.



**Belladonna**

It can be used with great benefit in spasmodic asthma, intestinal colic, menstrual cramps, stomach cramps due to nervousness, epilepsy, neuralgia, spasms, convulsions, St. Vitas dance, rheumatism, nervous toothache, acute sore throat, congestion of blood in the head, migraine, and inflamed eyes. Use only in doses mentioned before.

Externally for frozen feet, dropsy of the joints, hardened liver, swollen glands, stomach

and menstrual cramps. Use the following ointment externally: Mix 15 to 30 drops of the tincture in 45 to 60 g. of lard and rub into affected parts. Belladonna is also used in plasters or liniments to ease the pains of rheumatism, neuralgia, gout, sciatic; etc.

Doses: Powdered leaves: 1 to 2 grains.  
Powdered root: 1 to 5 grains.  
Fl. Extr. leaves: 1 to 3 drops.  
Fl. Extr. root: 1/4 to 1 drop  
Tincture: 5 to 15 drops.

## **No. 162—Coltsfoot—Tussilago Farfara**

COMMON AND FOREIGN NAMES: Coughwort, Foal's Foot, Horse Hoof, Bull's Foot, Farfara. Tussilage, Pas d'ane, Huflattich, Rosshuf, Una de Caballo.



Coltsfoot

HABITAT: Europe, U. S. A.

PART USED: Leaves.

CHIEF CONSTITUENTS: Mucilage, Tannin, Faradial.

PROPERTIES AND USES: **Dem. Exp. Ton. Emo.**

Coltsfoot Is especially employed for catarrh of the lungs, for T. B., hoarseness, cough, mucous conditions, asthma and whooping cough. It is also fine for epilepsy in children. For rheumatism where cough is present, mix 30 grams each of Coltsfoot, Balm and Elderflowers, 15 grams each of Licorice, Fennel, and Bittersweet. A very strong decoction is beneficial in scrofula. Mixed with Wormwood it expells gravel.

The powdered leaves are a good errhine in cases of, giddiness, headache and nasal obstructions. The fresh leaves are used for open sores on the feet, for erysipelas to relieve pains and inflammation. For swellings of the female organs apply linen cloths soaked in this tea.

The British Herb Tobacco used for asthma and bronchitis is composed of Coltsfoot, Buckbeam, Eyebright, Betony, Rosemary; Thyme, Lavender and Chamomile.

Doses: Decoction: 1 to 4 ozs.

## **No. 163—Shepherd's Purse—Capsella Bursa Pastoris**

COMMON AND FOREIGN NAMES: Ladies Purse, Blindweed, Poor Man's Parmacetty, Mother's Heart, Sanguinary, Cocowort, Pickpocket, Pick Purse, Toywort, St James Weed. Hirtentaeschel, Bourse a Pasteur, Molette, Bolso de pastor.

HABITAT: All over.

PART USED: Whole Plant.

CHIEF CONSTITUENTS: Bursinic acid, Bursine, Sulphuretted volatile oil, Fixed oil and soft resin.

PROPERTIES AND USES: **Acr. Det. Ast. Sti. Ton.**

One of the best herbs to stop chronic excessive menstruation. Excellent for spitting blood, pain in the stomach and intestines, swollen spleen, jaundice, kidney gravel, bleeding from the stomach, chronic diarrhoea and dysentery, nosebleed, in fact for all kinds of hemorrhages. For dropsy use the fl. Extr., 1/2 to 1 teaspoonful. Very useful for congested conditions of the kidneys and bladder, for irritations of the urinary tract due to uric acid or insoluble phosphates or carbonates. Very beneficial for catarrhal conditions of the bladder and ureters, ulcers and abscess of the bladder. Shepherd's Purse increases the flow of urine.



Shepherd's Purse

Externally the bruised herb can be used for bruises, rheumatic joints, etc..

Doses: Infusion can be taken freely.

Fl. Extr.: 10 to 15 drops four times a day.

Freshly expressed juice: 2 to 4 fl. ozs.

### No. 164—Senna—Cassia Senna

COMMON AND FOREIGN NAMES: Senna Leaf, Sene. Feuilles de Sene, Sennes blaetter, Sena, Sen.

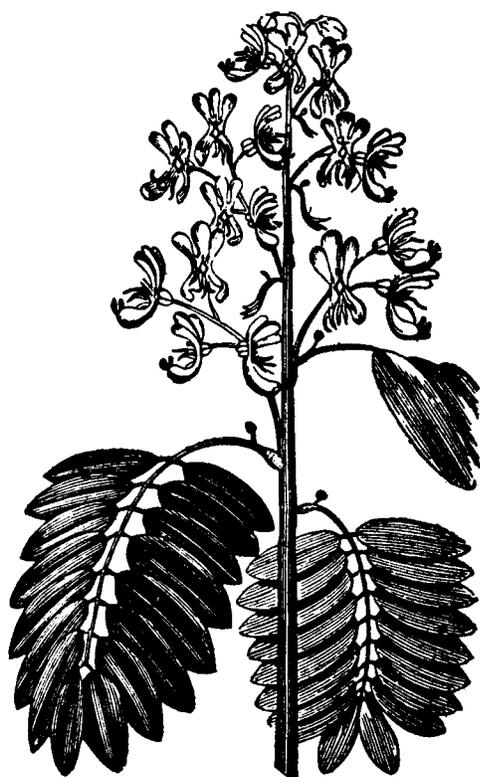
HABITAT: Egypt, Arabia.

PART USED: Leaves.

CHIEF CONSTITUENTS: Rhein, Aloe-emedin, Kaempferol, Isorhamnetin, Chrysophanic acid, Sennacrol, Sennapicrin, Sennit.

PROPERTIES AND USES: **Purg.** to lower bowels. **Sti.**

Few people can take Senna alone and it is



Senna

therefore usually combined with other herbals such as ginger, cinnamon, cloves or manna. It is used by many for habitual constipation as it tends to increase the peristaltic movements of the colon. With Pinkroot it is an effectual vermifuge. It is also a good agent in flatulent and bilious colic.

A teaspoonful of cream of tartar to a cup of senna tea gives you a mild cathartic. Senna pods are the dried ripe fruits of senna. Senna pods do not gripe like the leaves because they contain no resin, which is plentiful in the leaves. The pods are about 25% more cathartic than the leaves.

Note: Do not use Senna in cases of hemorrhoids, prolapsus of the stomach or bowels.

Doses: Tincture: 1 to 2 tablespoonfuls.

Powder: 10 to 20 grains.

Infusion: 1/2 to 1 teacupful.

### **No. 165—Oak—*Quercus Pedunculata***

COMMON AND FOREIGN NAMES: Eichenrinde, Ecorce de Chene, Encina Roble.

PARTS USED: Bark, Acorn.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Quercetin, Quercitannic acid.

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

Very useful for excessive menstruation, diarrhoea, spitting of blood, bleeding from the stomach, bowels and intermittents. The tea from the bark also strengthens the heart, is excellent for chronic mucous discharges and passive hemorrhages and scrofula.



Oak

For excessive perspiration combine the decoction with limewater. Tea made from the acorns is of great help in anaemia, weak bones, scrofula and bedwetting. The external use is also very effective in swollen glands, scrofula, gangrenous ulcers, tetter, ringworm, sore feet, burns and common ulcers. Use the tea as a wash. Oak bark tea is very good as a gargle for sore throat, mouth or soft gums. As an enema it does a world of good on prolapsus ani and piles; as an injection for whites, piles, fallen womb and relaxed vagina. For sweaty feet try a foot bath of oak bark tea. A compress of the tea does excellent work for swollen glands and incipient goitre.

Doses: Decoction: 1 to 2 fl. ozs.

Extr.: 5 to 20 grains.

## No. 166—American Agave—*Agave Americana*

COMMON AND FOREIGN NAMES: Century Plant, American Aloe, Magney, American Century, Flowering Aloe, Mexican Magney, Spiked Aloe. Amerikanische Agave.

HABITAT: Florida, Mexico.

PART USED: Plant.

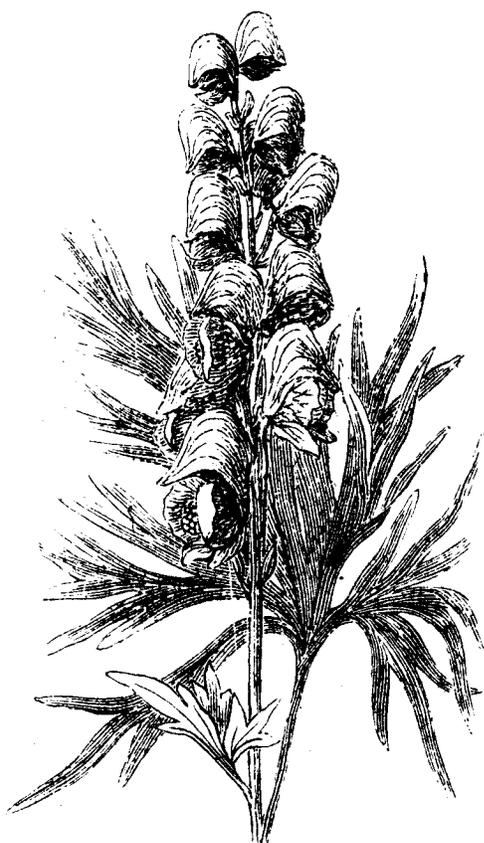
CHIEF :CONSTITUENTS; Agavose, Saponin.

PROPERTIES AND USES: **Diu. A-syp.**

The root boiled in water and mixed with a little honey is an excellent tea for lung troubles, coughs, loosens phlegm, is good for weak stomach, colic and delayed menses. The tea cleanses the stomach and the intestines and is of great help in liver troubles. The juice of the leaves and root thickened with honey makes an excellent syrup for T. B. The tea used externally is a fine wash for sores, ulcers, skin troubles and eyes. The fresh juice (aguamiel) is laxative and diuretic and is especially useful in inflammations of the kidneys and nephritis.



**American Agave**



**Aconite**

## No. 167—Aconite— *Aconitum Napellus* (Poison)

COMMON AND FOREIGN NAMES: Friar's Cap, Monk's Hood, Wolfsbane, Friar's Cowl, Wolfroot, Styrian Monk's Hood, Mousebane, Cuckoo's Cap, Blue Rocket. Eisenhut, Racine d'Aconite, Aconit, Coqueluchon, Aconit Napel, Moenschkappe, Aconito.

HABITAT: Europe, U. S. A.

PART USED: Plant.

CHIEF        CONSTITUENTS:        Aconitine,  
Benzaconine, Aconine.

PROPERTIES AND USES: **Deo. Ano. Nar.  
Sed. Poi. Diu. Dia.**

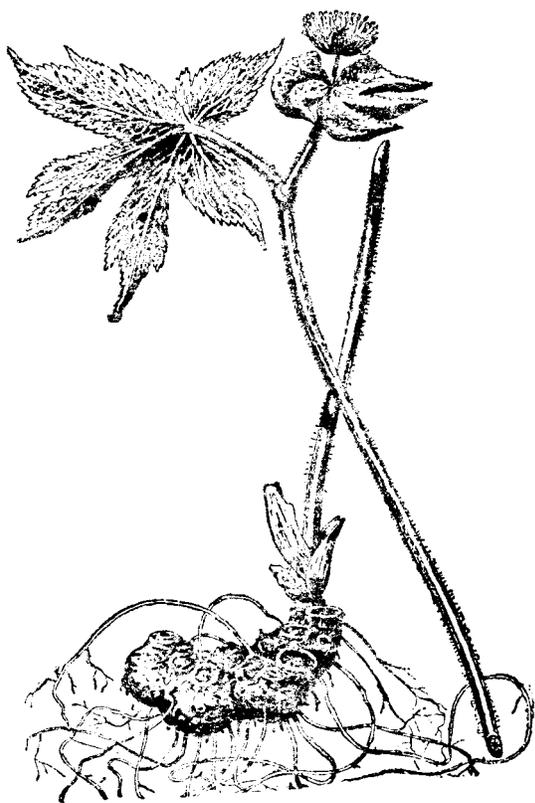
Aconite is employed to quiet overaction of the heart, high blood pressure. It is also used in fevers, neuralgia, nervous affections, inflammatory rheumatism, some forms of palsy and dropsy.

It is very beneficial for dizziness, headache with congestion of the blood to the head. It is used for hemorrhages from the lungs, in dry hollow cough, inflamed and swollen eyelids, for inflamed bladder and in retention of the urine.

Externally it is used to relieve the pains of neuralgia, lumbago, rheumatism. In quinsy and tonsillitis use the diluted tincture externally as well as internally.

Doses: Use with greatest care.  
Tincture: 5 to 15 drops.

### **No. 168—Golden Seal—*Hydrastis Canadensis***



**Golden Seal**

**COMMON AND FOREIGN NAMES:** Yellow Paint Root, Yellow Root, Orange Root, Yellow Puccoon, Ground Raspberry, Eye Root, Indian Plant, Tumeric Root, Indian Paint, Ohio Cuscuma, Eye Balm, Yellow Eye, Jaundice Root. Racine d'Hydrastis du Canada, Kanadische Gelbwurzel, Hidrastis del Canada.

**HABITAT:** U. S. A.

**PART USED:** Root.

**CHIEF CONSTITUENTS:** Berberine, Hydrastine, Resin, Albumen, Starch, Sugar, Liqueur.

**PROPERTIES AND USES:** *Root.* **Ton. Lax. Det. Alt. Opt. A-per.**

The tea is used especially in dyspepsia, chronic affections of the mucous lining of the stomach, catarrh of the stomach, also in all kinds of fever, in liver congestion, vomiting spells and for erysipelas. The tea also

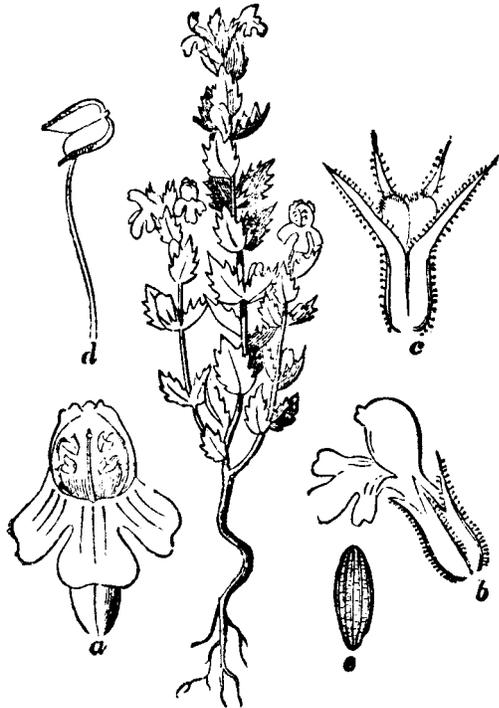
prevents night sweats and pitting by smallpox. An injection of the tea is used for incipient stricture, spermatorrhoea, inflammation and ulceration of the internal lining of the bladder. For gonorrhoea, gleet and leucorrhoea an injection of 2 parts Golden Seal and 1 part Geranium Root is very beneficial. For chronic inflammation of the colon and rectum and for piles use the plain Goldenseal injection. The powder is used as a snuff for catarrh of the head.

The tea is an excellent wash for sore eyes as well as for ulcerations of any kind.

Doses: Powder: 10 to 30 grains.

Tinct.: 1 to 2 fl. drachms.  
Fl. Extr.: 1/4 to 1 dr.  
Solid Extr.: 5 to 8 grains.

### No. 169—Eyebright—*Euphrasia Officinalis*



**Eyebright**

COMMON AND FOREIGN NAMES: Euphrasie, Casse-lunette, Augentrost, Eufrasia.

HABITAT: Europe, U. S. A.

PART USED: Leaves.

CHIEF CONSTITUENTS: Euphrasia-tannic acid, Mannite, Glucose.

PROPERTIES AND USES:

Ton. Ast. Opt.

Excellent in all diseases with copious discharge of watery mucus. It is indicated in acute catarrhal conditions of the eyes, ears and nose, when attended by profuse secretions of acrid mucus from the eyes, nose, with heat and pain in the frontal sinus. Also very valuable for respiratory and intestinal troubles, acute rheumatism, stomach ailments, jaundice and scrofula.

A fine eyewater is made as follows: 1/2 handful each of Eyebright and Plantain; pour over it 60 g. Fennelwater and 60 g. Rosewater. Let stand for two days. Filter. A drop or two in each eye at bedtime.

Tea can be used freely. Fl. Extr. 1/2 to 1 dr.

### No. 170—Loose Strife, Purple—*Lythrum Salicaria*

COMMON AND FOREIGN NAMES: Sage Willow, Rainbow Weed, Purple Willow Herb, Willow Sage, Willow Weed, Willow Wort, Milk Willow Herb, Flowering Sally, Salicaire, Roter Weiderich, Blut Weiderich.

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

PART USED: Herb and root.

CHIEF CONSTITUENT: Salicarin.

PROPERTIES AND USES: **Muc. Ast. Dem. A-syp. Exp. A-spa. Diu. Feb. Ton.**



Lcose Strife

Great Mullein, White Mullein, Velvet Dock, Our Lady's Flannel, Clown's Lungwort, Aaron's Rod, Jupiter's-Jacobs's-Peter's-Shepherd's Staff, Woolen, Bullock's Lungwort, Hare's Beard, High Taper, Cow's Lungwort, Wollkraut, Koenigskerze, Bouillon blanc, Molene, Gordolobo.

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

PARTS USED: Leaves and Flowers.

CHIEF CONSTITUENT: Saponins.

An excellent herb for bleeding from the nose, mouth, wounds and for all hemorrhages. The tea makes a very good eyewater and is used like Eyebright for weak and inflamed eyes, for hurts and blows on the eyes, and blindness. Used with great benefit in fevers, liver troubles. leucorrhoea, ulcers and cholera. Best mixture for fever and cholera is 5 parts of Loose Strife and 1 part Ginger. Also used for obstinate diarrhoea. As a gargle for quinsy it is bringing great results.

Doses: Decoction: 2 fl. ozs.

Powder: One drachm 2 to 3 times a day.

### No. 171—Mullein— **Verbascum Thapsus**

COMMON AND FOREIGN NAMES:



Mullein

**PROPERTIES AND USES: Dem. Diu. Ano. A-spa. Vul.**

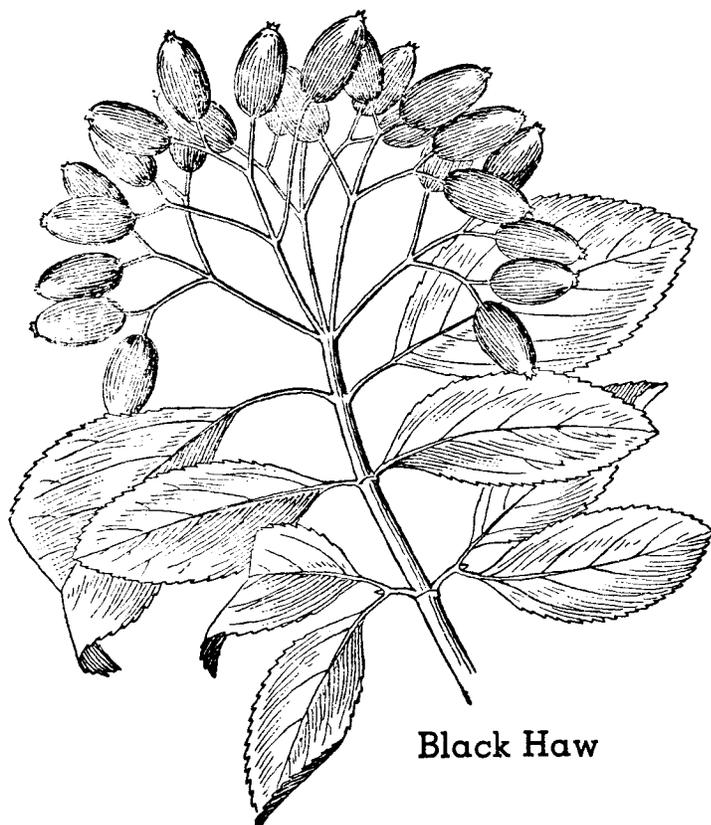
Boiled in milk it is excellent in coughs, catarrhs, bleeding from the lungs, T. B., and for diarrhoea if bleeding from the bowels is present. In other cases boil it in water. It is excellent to quiet nervous irritations, urinary irritation with painful micturition. Fine for bronchitis, involuntary passage of urine during the night, gravel and dysuria. Externally in form of fomentation with hot vinegar it is fine for quinsy, malignant sore throat, mumps, and acute rheumatism.

A poultice is used for ulcers, sores, tumors and piles. Mixed with horsemint it is a great help in kidney diseases. The plain tea is good for liver, spleen, and insufficient, tardy menstruation. The powder is used as a snuff and for obstinate wounds. The tincture is of great value in migraine—8 to 10 drops in cold water.

Mullein Oil for piles, frost bite, burns, bruises, and especially for earache and discharges from the ear, also for eczema of the external ear and its canal is made as follows: Marcerate Mullein flowers for 21 days on a warm place, and use locally.

Doses: Decoction: 4 to 6 ozs.  
Fl. Extr.: 1 to 2 fl. drs.

**No. 172—Black Haw—Viburnum Prunifolium**



**Black Haw**

COMMON AND FOREIGN NAMES: Sloe, Sweet Viburnum, Stagbush, Sheepberry, Viburno.

HABITAT: U. S. A.

PARTS USED: Leaves and Bark.

CHIEF CONSTITUENTS: Viburnine, Tannin, Valerianic acid, Oxalic acid, Citric acid, Malic acid, Sulfates, Calcium, Magnesium, Potassium, Iron.

PROPERTIES AND USES: *Bark: Ast. Diu. Alt, Opt. Leaves: used as tea.*

The tea of the bark is especially useful in uterine disorders. For threatened abortion it is an almost infallible preparation. It also allays the severity of so-called after-pains. The decoction

is also very beneficial for chills and fevers, for diarrhoea, dysentery and palpitation of the heart. Black Haw also lowers the arterial pressure and is useful in cases of high blood pressure. A gargle made from the bark is very useful for ulcers of mouth and throat.

Doses: Decoction: tablespoonful 3 to 4 times a day.

Tincture: 1 teaspoonful.

Powder: 30 to 60 grains.

### No. 173—Squills—*Scilla Maritima*

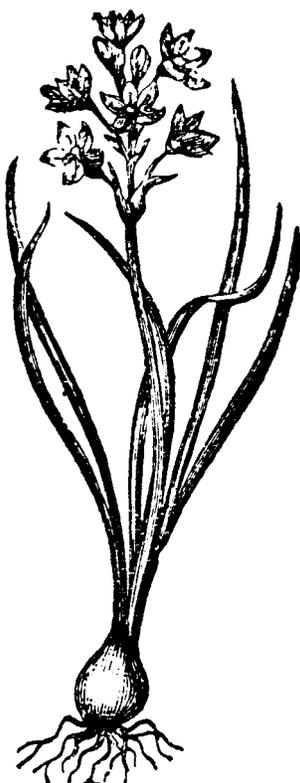
COMMON AND FOREIGN NAMES: Sea Onion, White Squill, Red Squill. Meerzwiebel, Scille, Scilla, Cebolla Albarrana.

HABITAT: Southern Europe.

PART USED: Bulb.

CHIEF CONSTITUENTS: Scillaren A and Scillaren B.

PROPERTIES AND USES: *Bulb: Irr. Eme. Exp. Diu. Nar. Cat.* Acts like Digitalis.



Squill

Squills should never be used in acute inflammations. It is useful in dropsy, dry catarrhal cough, whooping cough, bronchitis and croup.

*Squill Vinegar.* If made correctly it is very valuable as it dissolves all mucus in the body, strengthens the stomach and throat, cleanses the liver and spleen, drives out gravel, takes care of many women's ailments, cures dropsy, expels gases, takes away shortness of breath and prevents apoplexy. The vinegar is made as follows:

Place the bulbs in bread dough. When the bread is baked and cooled off, remove the bulbs by hand. Peel off the outer scales and throw them away. Use only the middle scales and reject also the center scales. Now string them on a linen thread. It is important that the layers should not touch each other and that no metal should come in contact with them. Now tie them in the shade in a cool place for 5 weeks. Then cut them (no knife) into small pieces and pour over it 4 times the amount of vinegar. Let stand in a well covered container for 6 weeks. Strain.

Doses: Vinegar: 10 drops in water.

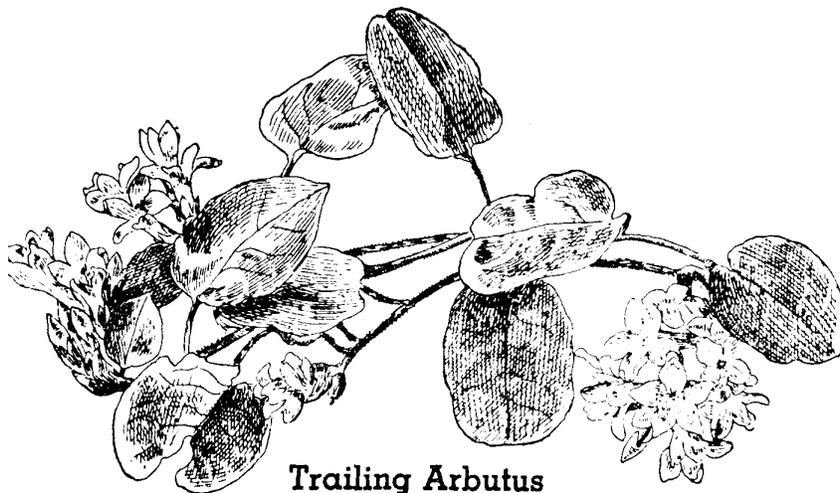
Fl. Extr.: 1 min.

Syrup: 30 mins.

Tinct.: 5 to 15 mins.

## No. 174—Trailing Arbutus—*Epigaea Repens*

COMMON AND FOREIGN NAMES: Arbutus, Winter Pink, Gravel Weed, Mountain Pink, Ground Laurel, May Flower, Gravel Plant.



Trailing Arbutus

HABITAT: U. S. A.

PART USED: Leaves.

CHIEF  
CONSTITUENTS:  
Arbutin, Ursol, Ericolin,  
Tannic acid, Formic acid.

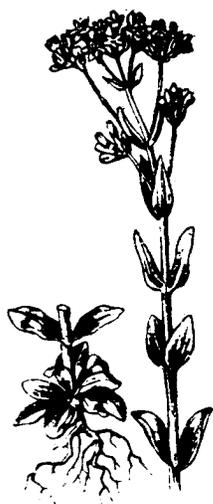
PROPERTIES AND  
USES: **Diu. Ast. Ton.**  
**Nep.**

The Trailing Arbutus is as valuable as Uva Ursi and gives excellent results in cystitis, catarrh of the urinary tract, especially when the urine contains blood and pus. It is very valuable in kidney troubles, gravel, lame back, diarrhoea and in bowel complaints of children.

Dose: Infusion: 1 oz. to a pint of water. Can be taken freely.

## No. 175—European Centaury—*Erythraea Centaurium*

COMMON AND FOREIGN NAMES: Tausendguldenkraut, Fieberkraut, Roter Aurin, Erdgalle, Petite centauree, Centaura menor.



European Centaury

HABITAT: Europe.

PARTS USED: Flowering herb and the root.

CHIEF CONSTITUENT: Centaurin.

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

European Centaury is of great value in stomach disorders. It strengthens the stomach, expels gases from the stomach, improves the stomach secretions, stops heartburn and colic, and increases the appetite. It also is a good blood builder and is a reliable herb in hardening of the liver, constipation, mucous conditions of the lungs, stomach and intestines. For fever do not boil the herb but

leave it in cold water overnight. Strain and take in tablespoonful doses every hour.

European Centaury is also excellent for indolent ulcers, scald head and many skin diseases.

### **No. 176—Nux Vomica—Strychnos Nux Vomica—Poison.**

COMMON AND FOREIGN NAMES: Poison Nut, Quaker Buttons, Dog Buttons, Ordeal Root, Nux Metella. Noix Vomique, Kraehenaugen, Brechnuss, Noce Vomica, Nuez Vomica.



Nux Vomica.

HABITAT: East Indies.

PART USED: Dried ripe seeds.

CHIEF CONSTITUENTS: Strychnine, Brucine, Igasuric acid.

PROPERTIES AND USES: **Poi. Diu. Dia. Lax.**

Nux Vomica influences chiefly the cerebro-spinal system and should not be used in local inflammation of the brain or of the spinal cord. It is used especially in paralysis and nervous debility. It increases the action of the excretory organs, it stimulates the peristalsis, increases the flow of the gastric juices, raises the blood pressure and stimulates the heart.



Plantain

It is used in intermittents, in hysteria, swollen liver and spleen, in colic, diarrhoea, neuralgia, obstinate constipation, painful and suppressed menses, chronic dysentery, chills and fevers, St. Vitus Dance, cholera morbus, chronic inflammations and congestions of the liver as well as the spleen. The powdered seeds are used for atonic dyspepsia.

Doses: Tincture: 15 mins.

Fl. Extr.: 1 1/2 mins.

Should be used with the greatest care.

### **No. 177—Plantain—Plantago Major**

COMMON AND FOREIGN NAMES: Ribgrass, Ribwort, Ripple Grass, Waybread, Snakeweed, Cuckoo's Bread. Wegerich, Wegbreit, Plantain, Sancho Llantén.

HABITAT: All over.

PART USED: Whole Plant.

CHIEF CONSTITUENT: Phlobaphene.

PROPERTIES AND USES: **Alt. Diu. A-sep. A-syp.**

The tea is a great blood purifier. Very beneficial in syphilitic, mercurial and scrofulous diseases. Useful to a great extent in catarrh of the lungs, the stomach, ulcerations, intermittent fevers, Kidney troubles, diarrhoea, asthma, jaundice and dizziness. It cleanses the mouth and throat, tightens the teeth if used as a mouth wash. Externally, the juice of the plant will stop bleeding, help sprains, wounds, tumors. The tea used externally will relieve poison oak. The powdered seed is used for epilepsy, jaundice and dropsy. For wound-fever steep the plant in wine.



**Ramie Plant**

*a*, male flower; *b*, glomerule of female flowers; *c*, single female flower; *d*, pericarp.

Ointment for burns and raw surfaces: Plantain, Calendine, Elderbuds and Houseleek.

For blood in the urine: Plantain 30 g., Veronica, Chervil and European Golden Rod, each one handful. Steep in pint of water down to half a pint. Add 90 g. walnut syrup and drink one cup warm.

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

### **No. 178—Ramie Plant— Boehmeria Nivea**

COMMON AND FOREIGN NAMES: Cloth Plant, Grass Cloth Plant, Ramie Grass Plant, China Grass, Ramie Cloth Plant. Ramiefaser, Chinagras.

HABITAT: East Indies, China, Japan.

The plant looks like our Nettle but is devoid of hair.

PART USED: Leaves.

It is an excellent remedy for hemorrhoids.

### **No. 179—Lavender—Lavendula Vera**

COMMON AND FOREIGN NAMES: Garden Lavender, Spike Lavender, Common Lavender. Lavandel, Lavande, Lavanda, Nardo, Spigo, Espliego.

PART USED. Plant.

HABITAT: Europe.

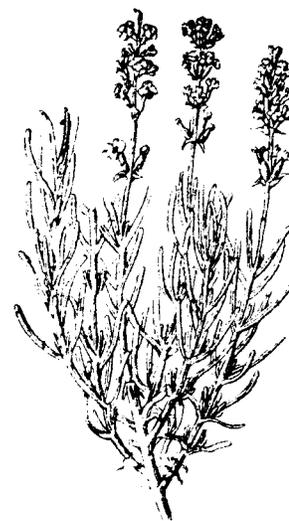
PROPERTIES AND USES: *Plant. Fra. Aro. Err. Sti. Car.*  
*Oil: Fra. Per.*

The tea is used with good results for congestion of blood to the head, for dizziness, headache, nervousness, colic, fainting, palpitation of the heart, migraine, toothache, jaundice, stomach troubles, dropsy. It greatly helps the shaking of hands and limbs and paralysis of the tongue.

The oil of Lavender is used for pain in the abdomen, for loss of appetite, headaches, indigestion, etc. Use 5 to 8 drops on sugar. The oil rubbed on navel will drive out worms. The oil is also used for lameness and gouty rheumatic swellings.

The so-called Oleum Charitatis for white swellings, hardened glands and scrofula is made as follows: Put in a quart of olive oil, Lavender, Chamomile, Rosemary, Wormwood, Sage, Valerian, two handfuls of each. Let stand in the sun for 8 days. Press out the oil.

The following recipe is for dizziness: Take a handful each of Lavender Flowers, Rosemary, Rosebush leaves, Red Sage and Balm; 15 g. each of Cloves, Nutmeg, Mastix, Benzoin and Storax. Put all in a silken cloth and carry on your head. It really helps.



Lavender



Blue Cohosh

### No. 190—Blue Cohosh— *Caulophyllum Thalictroides*

COMMON AND FOREIGN NAMES: Squaw Root, Blue Berry, Papoose Root, Blue Ginseng, Yellow Ginseng, Gauloph.

HABITAT: U. S. A., Canada.

PART USED: Root.

CHIEF CONSTITUENTS: Caulophylline, or Methylcystine,

PROPERTIES AND USES: **Sti. Emm. Sud. Per.**  
**A-spa. Diu. Dia. Anth. Ner.**

Used to facilitate childbirth when delay results from debility, fatigue or want of uterine nervous

energy. It imparts tone and vigor to the womb. It is an excellent herb for all uterine disorders such as menorrhoea, dysmenorrhoea and menorrhagia. It also is extensively used for rheumatism, bronchitis, intestinal colic, hysteria, dropsy, epilepsy, cramps and asthma. It is very good as a mouth wash for ulceration of the mouth and throat. For vaginitis use it internally and externally as a vaginal douche. Very useful in children's convulsions.

For bronchitis take equal parts of Blue Cohosh, Comfrey and Pleurisy Root; add a little ginger to the tea.

Doses: Decoction: One oz. to a pint of water; take 2 to 4 fl. ozs. 3 to 4 times a day.

Tincture: 1/2 to 1 fl. dr.

Fl. Extract: 10 to 30 drops.

Solid Extract: 5 to 10 grains.

### **No. 181—Camphor Tree—Laurus Camphora**

COMMON AND FOREIGN NAMES: Laurel Camphor, Gum Camphor, Camphora Officinarum. Camphre du Japon, Camphre droit, Kempfer, Canfora, Alcanfor.

HABITAT: China, Japan, East Asia.

PART USED: Gum.

PROPERTIES AND USES: **Nar. Dia. Sed. Sti.**



**Camphortree**

Camphor increases the heat of the body and the elimination through the skin. It can be used internally and externally. Internally for hysteria, nervousness, neuralgia, diarrhoea, colds, chills, rheumatic fever, smallpox and measles (if eruption had been stopped), convulsions and hiccough.

*For heart failure* it is sometimes used with menthol and phenol. Externally use the following ointment for rheumatism, sprains, and bronchitis: Take the white of an egg and mix into it some flour and 8 g. camphor oil.

*For copper face:* Mix camphor with egg white and alum and apply at night.

*For new frostbite:* Paint part with 2 parts of Spirits of Camphor and 1 part tincture of Saffron.

Camphor oil is also used externally for rheumatism and indolent ulcers.

Camphor soap for rheumatism, podagra, pains, sprains, sweaty feet and sweat under the arms: Take one pound of

white soap and simmer in one pint of water until dissolved. Add 1/2 pint of olive oil and simmer again for 1/2 hour. Then add 30 g. of powdered camphor. Wash with this soap affected parts first with warm water, then each day with less warm water until you are using cold water. Dry affected part afterwards only with linen towel.

Doses: 2 to 5 grains.

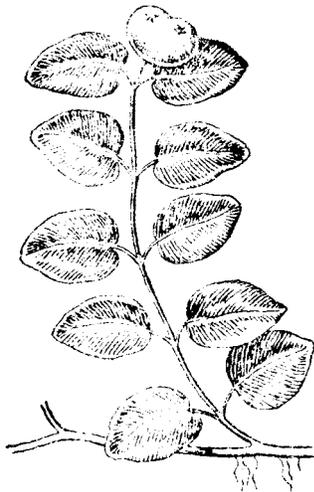
Spirits of Camphor: 5 to 20 drops.

Tincture: 1/2 to 1 dr.

Camphor Water: 1 to 2 oz.

### **No. 182—Partridge Berry—*Mitchella Repens***

COMMON AND FOREIGN NAMES: Squaw Vine, Checkerberry, Deerberry, Winters Clover, One Berry, Hive Vine, Twin Berry, Squaw Berry:



Partridgeberry

HABITAT: U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS: Resin, Wax, Mucilage, Dextrin, Saponin.

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

Mostly used for womb trouble, especially for dysmenorrhoea.

It is used by the Indian squaws several weeks before delivery which renders the event remarkably safe and easy. A decoction is also very useful in dropsy, in cases of suppression of the urine. For piles and diarrhoea, it should be cooked in milk.

Cure for sore nipples: Take two ounces of the herb to a pint of water. Make the decoction very strong. Strain and add equal amount of cream. Boil all down to the consistency of a salve, Anoint nipple after each nursing.

Doses: Decoction: 2 to 4 ozs. 2 to 3 times a day.

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

### **No. 183—Ribwort—*Plantago Lanceolata***

COMMON AND FOREIGN NAMES: Snake Plantain, Ribwort Plantain, Ripple Grass, Black or Long Plantain, Black Jack, Jack Straw, Lamb's Tongue, Wendles, Hen Plant, English Plantain, Rat-tail, Ribgrass. Spitzwegerich, Helft, Sinau, Costa Canina.

HABITAT: Europe, U. S. A.



Ribwort

**PARTS USED:** Root and Leaves.

**CHIEF CONSTITUENTS:** Aucubin, Phlobaphene or Protocatechuic acid.

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

Ribwort is of special value in cases of excessive menstruation, fevers and internal mucous congestion, even in the beginning of T. B. It is very helpful in all ailments of the respiratory and urinary organs. In cases of diarrhoea, weakness of the bladder, old catarrhs where there is a lot of phlegm, bleeding from the lungs, fever ailments, jaundice, indigestion, heartburn, you find in Ribwort a dependable remedy. The fresh leaves can be used as a poultice for bee stings and as a stimulant application to sores and ulcers. The tea used externally will greatly help inflammation of the eyes. The roots cooked and chewed are good for toothache. The juice of the leaves mixed with equal parts of honey and cooked for 20 minutes are excellent for all ailments of the respiratory organs. Keep this preparation in well corked bottles.

Ribwort tea works best if mixed with Lungwort.

### **No. 184—Juniper—Juniperus Communis**

**COMMON AND FOREIGN NAMES:** Baies de Genievre, Wacholderbeeren, Bayas de Enebro, Ginepro.

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

**PARTS USED:** Bark, Leaves and Berries.

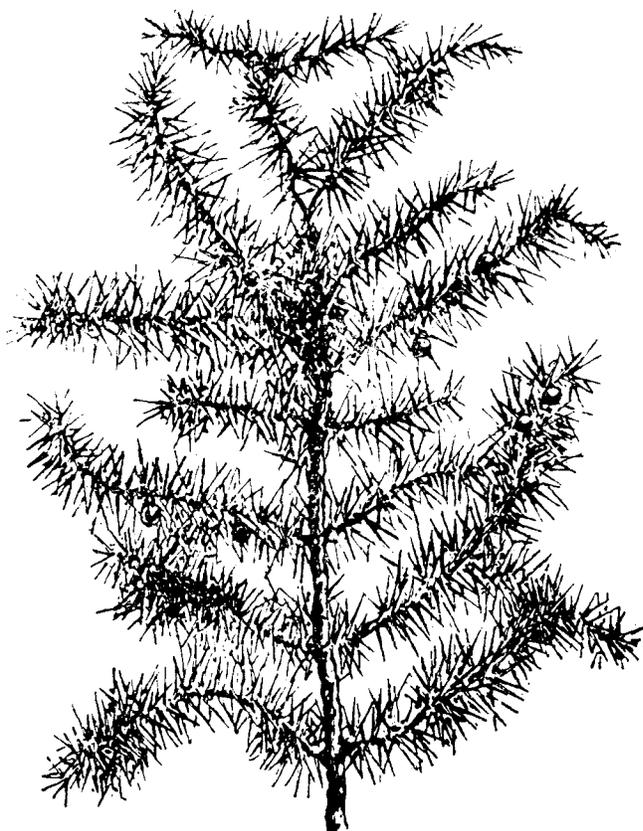
**CHIEF CONSTITUENTS:** Volatile oil, Alpha-pinene, Camphene.

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

The tea from the berries is a great blood purifier, strengthens the stomach as well as the nerves, good for loss of appetite, colic, dropsy, diarrhoea, sour stomach, bad breath, catarrhal conditions of the urinary organs, gout, rheumatism, gravel, cystitis and migraine. It is a urinary antiseptic of great value, and arrests mucous discharges and loosens phlegm. Large doses will irritate the urinary organs.

The oil is good for flatulence, colic, lumbago, delayed menses, skin diseases, rheumatism, gout, to ripen boils and soften swollen glands.

A good blood purifier is made as follows: 8 g. each of Juniper Berries, Fennel and Parsley, 90 g. each of Juniper root, German Sarsaparilla and Dandelion. Use two



**Juniper**

Doses: Berries: 1 to 2 drs.  
Oil: 4 to 20 mins.

**No. 185—American Centaury—  
Sabatia Angularis**

COMMON AND FOREIGN NAMES: American Red Centaury, Bitter Bloom, Wild Succory, Rose Pink, Bitter Clover, Red Centaury, Eyebright. Centauree Americaine, Sabatie.

HABITAT: U. S. A.

PART USED: Plant.

CHIEF CONSTITUENT: Small amount of Erythrocentaurin. Sometimes used instead of quinine or cinchona.

PROPERTIES AND USES: **A-bil. Ton. Bit. Ver. Emm. Feb. Sti. A-per.**

American Centaury promotes digestion, strengthens the

tablespoonfuls to a pint of water.

For headaches try a poultice of Juniper Berries, bread and vinegar.

*For weak limbs:* 1/2 pint green berries, 1/4 lb. of beef marrow, or fresh butter, 1 tablespoonful of brandy. Warm up the limbs first, then rub in.

*Juniper Juice:* For shortness of breath, cough, dizziness, colic, chest and abdominal troubles. Also as a preventative against diseases. Take 6 pounds of berries and 4 times the amount of water. Boil down to half. Press out the juice. Cook into syrup thickness. Two tablespoonfuls in milk twice a day.

*Kneipp's Juniper Berry Cure:* Take 4 berries the first day, increase amount every day by one berry up to 15 berries a day; then decrease by one berry every day.



**American Centaury**

stomach. It is of great service in gallbladder trouble, ague, fevers, intermittents and general debility. Taken warm it promotes the menstrual functions. Also very good for female weakness and prolapsus of the womb. A decoction of the leaves will expel worms if taken in tablespoonful doses 3 times a day for several days. It is an all around tonic.

Doses: Fl. Extr.: 1 dr. Powder: 1/2 to 1 dr. Infusion: teacupful every two or three hours. Tinct.: Wineglassful.



Sanicle

### No. 186—Sanicle—*Sanicula Europaea*

COMMON AND FOREIGN NAMES: European Sanicle, Sanicle Root, Wood Sanicle. Sanikle, Heildolde, Sanicle, Sanicul.

HABITAT: Europe.

PART USED: Leaves.

PROPERTIES AND USES: **Mild Ast. Vul. Exa.**

Sanicle tea helps especially the lungs and is very useful in T. B. and syphilis. It also increases the appetite, heals the stomach and intestines, arrests internal bleeding. The powder or tea will stop spitting of blood, bloody urine, dysentery and heals internal injuries. It will dissolve and absorb internal bloodclots. Steeped in water and honey it makes a fine mouth wash and gargle for spongy, bleeding gums, sore throat and mouth ulcerations.

It is also used externally for wounds, tumors and ulcers with great success. Sanicle flowers left in olive oil and oil of roses and exposed to the sun in well corked bottles produces an excellent preparation for

sore muscles, etc. It should be rubbed in while lukewarm.

Dose of the tea: Tablespoonful every hour.

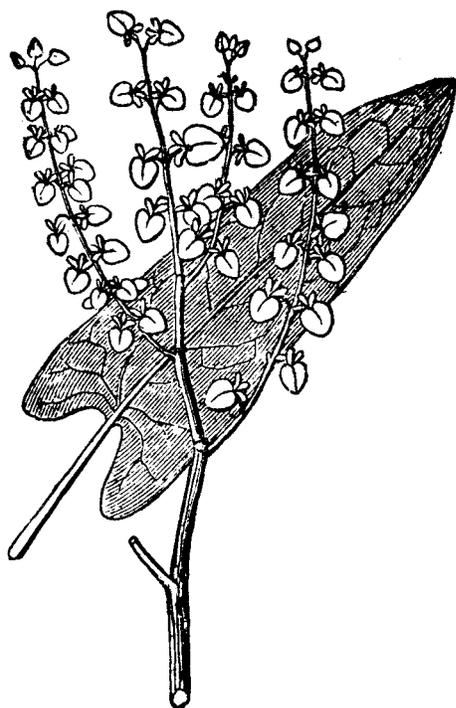
Powder: 1/2 teaspoonful 2 to 3 times a day.

*Sanicle Marilandica* is the **American Sanicle**, also called Black Snake Root. It acts like Valerian and is used in intermittents, sore throat, erysipelas, nervousness and St. Vitus Dance,

Dose: Powder: 1 drachm.

Decoction: 1 to 4 ounces.

## No. 187—Sorrel—*Rumex Acetosa*



Sorrel

COMMON AND FOREIGN NAMES: Common Sorrel, Meadow Sorrel, Green Sauce. Oseille Vinette, Acetosa, Alazan, Acedera, Sauerampfer, Ampfer, Grindwurz.

PARTS USED: Leaves, Roots, Seed.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Acid oxalate of potash, Tataric and Tannic acid.

PROPERTIES AND USES: *Leaves: Aci. Ref. Diu. A-sco. Root: Ast. Seed: Ver.*

Used especially for scurvy. The tea is an excellent blood purifier and a cooling drink in all febrile disorders. The tea is also used for ulcerated gums. The juice of the plant is used to rub on the flesh around the teeth to make it firm and healthy. The juice is also put in the ear to relieve swellings therein and in the eyes to clear them. The tea increases the output of urine and relieves abdominal pains. Steeped in wine it is excellent for

liver trouble, jaundice and to promote menstruation. A decoction of the roots is of great service in goitre and sores on the neck. Also stops hemorrhages. The seed is used for pinworms. To relieve pain and inflammation mix it with house-leek and steep in vinegar. For pus boils make a poultice of Sorrel, Hyssop and Fennel. For cutaneous tumors paint the tumor with a mixture of Sorrel juice burnt alum and citric acid. To cure the itch mix the Sorrel juice with Fumitory and take and apply externally. For ringworm mix the juice of this plant with vinegar and apply.

## No. 188—Adder's Tongue—*Erythronium Americanum*

COMMON AND FOREIGN NAMES: Christ's Spear, Dog Tooth Violet, Serpent's Tongue, Yellow Snowdrop, Rattlesnake Violet. Herb sans conture, Langue de serpent, Natterzunge, Lingua di serpe.

HABITAT: U. S. A.

PARTS USED: Leaves and root.

PROPERTIES AND USES: **Eme. Emo. A-sco.**

The fresh root simmered in milk or the freshly bruised leaves make a reliable poultice for scrofulous tumors, ulcers and swellings, Used internally it is unsurpassed for

scrofula. The expressed juice infused in cider is very good for dropsy, also for hiccough, vomiting and bleeding from the lower bowels.

The Ointment of Charity used for eye trouble is made as follows: Two pounds of leaves, 1 1/2 pounds of suet and 1/2 pint of linseed oil. Boil until crisp. Strain and use locally. This oil is made from the European Adder's Tongue (*Ophioglossum Vulgatum*).



Adder's Tongue

### No. 189—Mugwort— *Artemisia Vulgaris*

COMMON AND FOREIGN NAMES:

Felon Herb, St. John's Plant, Maiden Wort.

Armoise commun, Beifuss, Mugwurz, Erba di San Giovanni, Zona diri Johannis.

HABITAT: Europe, U. S. A.

PARTS USED: Leaves, Root.



Mugwort

CHIEF CONSTITUENTS: Volatile oil, Acrid resin, Tannin.

PROPERTIES AND USES: **Emm. A-epi. Diu. Dia. Ner. Sto.**

Mugwort works on the pineal gland. It is used as a purgative and blood purifier. It is of great value in palsy, epileptic fits, hysteria, fever, intermittents, ague. The Chinese gather the down from the leaves and make little balls of them, called Moxa, and use them for gout and rheumatism. Mugwort tea is excellent for a disordered stomach, dropsy, jaundice, obstruction of the spleen, creates appetite and kills worms. For worms use a few drops on sugar. An ointment made from the leaves is good for swollen tonsils, also for quinsy. It also can be used successfully for gastric debility and to drive out tapeworm. It also increases the flow of urine in retention of it.

For female complaints mix equal parts of Mugwort, Marigold, Black Haw and Cramp Bark.



Doses: Powder: 1 dr. four times a day.  
Fl. Extr.: 1/2 to 1 dr.

**No. 190—Bur Marigold—  
Bidens Tripartita**

COMMON AND FOREIGN NAMES: Water Agrimony, Water Hemp, Bastard Hemp, Swamp Beggar's Tick, Chauvre aquatique, Cornuet, Sumpfzweizahn, Wasserhanf, Canapa acquatica.

HABITAT: Europe, U. S. A.

PART USED: Whole plant.

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

This plant is very useful in dropsy. It arrests hemorrhages and common bleeding. It is of great value in fevers, kidney and bladder troubles, gravel, jaundice and liver complaints. It is excellent for ruptured blood vessels. It is also used for T. B. and strengthens the lungs. For hardened spleen and liver use it as a poultice.

**No. 191—Viper's Buglos—Echinum Vulgare**

COMMON AND FOREIGN NAMES: Adder's Wort, Blue Weed, Blue Thistle, Soldiers and Sailors. Viperin, Gemeiner Natterkopf, Erba della vipere, Dente di Cane, Buglose, Hierba de la vibora.

PARTS USED: Roots and Leaves.

HABITAT: Europe, U. S. A.

PROPERTIES AND USES: **Ast. Dep. Diu. Dem. Pect.**

Very useful in feverish colds and all chest complaints. The tea is cooling and expels mucus. Leaves that grow near the root make an excellent heart tea. The infusion in general is very useful for headaches, nervousness and all inflammatory pains.

One ounce of the dried leaves for a pint of boiling water is the usual way to make the infusion.

Dose: Wineglassful doses as required.



## No. 192—Lovage—*Levisticum Officinale*

COMMON AND FOREIGN NAMES: Italian Lovage, Mountain Hemlock, Smellage, Lavose, Sea Parsley, European Lovage. L'Angelique a feuilles d'ache, Liveche, Seseli, Liebstoekel, Badekraut, Ligustico, Levistico, Seseli..

HABITAT: Europe.

PARTS USED: Seeds, roots, leaves.

CONSTITUENTS: Ligulin is the coloring matter. It forms a red solution which turns blue in the presence of alkalies.

PROPERTIES AND USES: **Sti. Car. Emm. Sto. Aro.**

The tea loosens phlegm, warms up the stomach and is especially helpful to the abdominal organs. Excellent in dropsy, hysteria, nervousness, chronic ailments of the heart, colic, delayed menstruation, mucous discharges of the urinary organs, phlegm in the lungs. Mixed with Caraway it is very useful for indigestion and colic. The infusion is also very good for female troubles in general, opens up the liver and spleen, kidney stones, asthma and coughs. A gargle will help an ulcerated throat. It also dissolves internal bloodclots.



Lovage



Calamint

## AMERICAN LOVAGE—*Ligusticum Actaeifolium*

PROPERTIES AND USES: of the root: **Aro. Car. Sti. Sto.**

## No. 193—Calamint—*Calamintha Officinalis*

COMMON AND FOREIGN NAMES: Basil Thyme, Mountain Mint, Horse Thyme, Mountain Balm, Mill Mountain. Calamenthe, Kalamint, Bergminze, Calaminta, Calamento.

HABITAT: Europe, U. S. A.

PART USED: Herb.

CHIEF CONSTITUENTS: Camphoraceous, volatile, stimulating oil.

**PROPERTIES AND USES:** Calamint tea is excellent in cases of cramps, convulsions, disordered spleen, weakness of the stomach, flatulent colic, shortness of breath, hysteria, jaundice and gallbladder trouble.

The powder mixed with horse radish and water and taken in the morning on an empty stomach will cure debility of the loins and bowels. For bedwetting try a poultice of Calamint over the navel and the private parts. The juice mixed with vinegar will stop nosebleed. The bruised leaves placed over the forehead will relieve headache; placed anywhere will palliate inflammation. The juice mixed with salt is excellent for wounds, especially dog bites.

Calamint makes a pleasant cordial tea.

### **No. 194—Cleavers—Galium Aparine**



Cleavers

**COMMON AND FOREIGN NAMES:** Goose Grass, Poor Robin, Catchweed, Bedstraw, Clivers, Scratch Weed, Gravel Grass, Cleaverwort, Cheese Rennet Herb, Grip Grass, Goose' Hare, Clabber Grass. Aparine, Grateron, Klebkraut, Capello dei tignosi.

**PART USED:** Herb.

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

**CHIEF CONSTITUENTS:** Rubichloric acid, chlorophyll, gallitannic acid, citric acid.

**PROPERTIES AND USES:** **Diu. Ape. Ref. Ton. Alt. Ast.**

The uses of this wonderful herb are many. Besides being an excellent blood purifier it is very useful in scurvy, scrofula, psoriasis and other skin diseases. It is used with good results in dropsy, bladder stones, colds in the head, diarrhoea, bleedings, female weakness, obesity, sunburn, freckles, irritations of the urinary tract., dysuria, painful micturition, nephritis, cystitis, strangury and stitch in the side.

The tea is of special value in cases where there are nodular growths in the skin or mucous membranes. Used very often internally and externally in cancer. Also very soothing in insomnia.

An excellent preparation for all ailments is made as follows: 60 g. each of Cleavers, Juniper, Parsley and Flaxseed; 30 g. of Quassia. Boil in three quarts of water. Add after straining one lb. of honey and 30 g. Ginger. Dose: A tablespoonful three times a

day.

For cancer use the juice of the plant internally. Dose: Tablespoonful three times a day. Externally use Cleaver Ointment. This Ointment is also very good for tumors, goitre, scalds, burns and swellings.

Note—Do not use the juice where diabetes may be suspected.

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



### **No. 195—Ragwort—*Senecio Jacobaea***

COMMON AND FOREIGN NAMES: Stinking Willie, St. Jameswort, Staggerwort, Stammerwort, Saracen's Comfrey, Bun Weed, Staverwort, Cankerwort. Jacobee, Herbe de St. Jacques, Jacob's Greisskraut, Giacobea, Zuzon.

HABITAT: Northern Europe, U. S. A., Africa.

PART USED: Leaves.

CHIEF CONSTITUENTS: Senecifoline, Senecifolidine, Lime.

PROPERTIES AND USES: **Bit. Nau. A-rhe. Vul. Aro. Ast.**

The poultice of the green leaves relieves sciatica, rheumatism, gout. The plant contains lime and is therefore useful in the treatment of cancer. The fresh juice is valuable as a wash in burns, inflamed

sore eyes; applied to bee stings, takes away the pain caused by the sting. The tea makes a good gargle for ulcerations of the throat and mouth. The tea is valuable to a very high degree for internal bruises and wounds. Some say that it is good for stammering, maybe due to the lime content. Ragwort formerly was used for dysmenorrhoea. For catarrh and slimy stools mix Ragwort with Iceland Moss and Licorice.

### **No. 196—Motherwort—*Leonurus Cardiaca***

COMMON AND FOREIGN NAMES: Lion's Ear, Lion's Tail, Throwwort. Agripaume, Herbe battudo, Herzgespann, Mutterkraut, Wolfstrapp, Loewenschwanz, Meliga salvatica, Agripalma.

HABITAT: Europe, U. S. A.

PART USED: Herb.



Motherwort

**PROPERTIES AND USES: Dia. A-spa. Ton. Ner. Emm. Lax.**

Motherwort is a fine heart tonic, especially when fever is present. The tea cures cramps and drives away melancholia. It is a fine preparation for palpitation of the heart, stomach troubles, mucous conditions of the lungs, gravel, stones, female weakness, nervousness, fevers attended with nervousness and delirium, retention of the urine, spinal diseases, neuralgia, fainting spells, amenorrhoea due to colds, wakefulness, hysteria and liver trouble. If steeped in Wormwood Oil and placed on navel will expel worms.

Doses: Decoction: 1 to 2 wineglassfuls every 2 to 3 hours.

Powder: 1/2 to 1 dr.

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

Solid Extr.: 5 to 15 grains.

### **No. 197—Parsley Piert—*Alchemilla Arvensis***

**COMMON AND FOREIGN NAMES:** Parsley Breakstone, Field Lady's Mantle, Honewort. Alchemille des champs, Feldsinau, Steinbrech, Spaccapietra.

**HABITAT:** Europe, N. Africa, U. S. A.

**PART USED:** Plant

**PROPERTIES AND USES: Ast. Diu. Dem. Ref.**

This herb is especially used for dissolving stones and gravel. It operates violently but safely. Also very useful in strangury, dropsy, obstruction of the liver, jaundice, diarrhoea, kidney and bladder troubles in general. Should be mixed with other diuretics or demulcents as the case may require.

Doses: Infusion: 1/2 cupful 3 to 4 times a day.

Fl. Extr.: 1 dr.



Parsley Piert

### **No. 198—Good King Henry—*Chenopodium bonus Henry*.**

**COMMON AND FOREIGN NAMES:** English Mercury Plant, Goose Foot, Fat Hen, All Good Smearwort, Tola Bona. Bon Henry, Schmergel, Hundsmelde, Heinrich

Gaensefuss, Heinrichskraut, Tutta Buona, Mercorella lunga, Bono Enrique.

HABITAT: Europe.

PARTS USED: Leaves, Root.

PROPERTIES AND USES:

Emo. Ref. Laic. Root: Alt.

The English Mercury Plant is extremely good for the blood. The young sprouts can be eaten like asparagus and the leaves like spinach. The root is used as a poultice for all kinds of inflammations, for skin diseases and internally for T. B. An ointment made from the leaves can be used with excellent results for all chronic sores.



### No. 199—Wood Betony—*Betonica Officinalis*

COMMON AND FOREIGN NAMES: Bishopwort, Betony, Lousewort. Betoine, Betonie, Zehrkrut, Betonica.

HABITAT: Europe, U. S. A.



PARTS USED: Herb and Root.

PROPERTIES AND USES: *Leaves: Ape. Cor. Root: Eme.*

Wood Betony has a tonic effect on the brain. The tea is also very good for nervous headache, loosens phlegm, is excellent in cases of epilepsy and in heartburn. The powder mixed with honey has the same effect. If the juice of the herb is mixed with honey water it is effective in dropsy and jaundice. Betony steeped in wine and honey is fine for pulmonary troubles, especially if it is connected with spitting of blood. The juice mixed with oil of Rose is good for earache.

A recipe for cough and asthma: Make a pint of tea from the leaves, strain and mix with 270 g. of rock sugar and cook into a syrup. Dose: 2 to 3 tablespoonfuls morning and night.

A fine recipe for paralysis: 4 handfuls of Betony, 1 handful each of Rosemary and Sage; water one gallon. Boil down to two quarts. Strain and add 2 lbs. of Juniper Berries. Boil again. Strain and add 2 lbs. of sugar to make a syrup. Add 24 g. each of Senna and Ginger, 15 g. each of Cubeb and Calamus. Dose: One tablespoonful morning and night.

## No. 200—Pellitory of the Wall—*Paritaria Officinalis*



Pellitory of the Wall

COMMON AND FOREIGN NAMES: Lichwort. Parietaire, Glaskraut, Wandkraut, Mauerkraut, St. Peter's Kraut, Erba da vetro, Yerba del Muso.

PART USED: Herb.

HABITAT: Europe.

CHIEF CONSTITUENT: Large amount of nitre.

PROPERTIES AND USES: **Diu. Emo. Lex. Ref. Dem.**

A great herb for dropsy and for dissolving stones. It is used with excellent results in retention of the urine, dysentery, gout, liver and spleen obstructions, stricture, skin diseases, freckles, pimples, sunburn, and to remove mucus in cases of old cough. The fresh or powdered herb put on wounds will heal them and prevent inflammation. The juice dropped into the ears will stop the noises in them. An ointment made from it is fine for piles, fistula and gout. The tea is often mixed with Wild Carrot and Parsley Piert. Made with honey makes a fine gargle.

Doses: Decoction: One oz. to a pint of water. Wineglassful doses.

Fl. Extr.: 1 dr.

## No. 201—Dame's Violet—*Hesperis Matronalis*

COMMON AND FOREIGN NAMES: Garden Rocket, Sweet Rocket, Verper Flower, Rucchette. Roquette Julienne, Ruckbette, Gemeine Nachtviole, Stiefmuetterchen, Tag und Nachtbluemchen, Cruccia sativa, Jaramago.

HABITAT: Europe, U. S. A. PART USED: Herb.

PROPERTIES AND USES: **Diu. Sud. A-sco.**

The plant is used especially for strangury. The leaves and seeds made into tea are excellent in old slimy coughs and other ailments of the chest. The tea is successfully used for all skin eruptions which have a red scab and where the skin is swollen and tender. Should be used internally as well as externally. Also good for milk scurf. Strong doses will cause vomiting. To avoid vomiting and diarrhoea in weak persons combine it with Violet leaves and flowers.



Dame's Violet



## No. 202—Ladies Mantle— *Alchemilla Vulgaris*

COMMON AND FOREIGN NAMES: Bear's Foot, Lion's Foot, Nine Hooks. Pied de Lion, Frauenmantle, Sinau, Alquimila.

HABITAT: Europe, U. S. A.

PART USED: Plant.

PROPERTIES AND USES: **Ast. Sty.**

Ladies Mantle stops local bleedings as well as hemorrhages. It also is of great service in cases of vomiting, excessive menstruation, bruises, diarrhoea, bloody urine, fistula and for all internal wounds. The powder is a reliable remedy for rupture in children. Use it internally. The tincture is used for convulsions. Externally use in as a wash for wounds.

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

## No. 203—Purslane—*Portulaca Olesacea*

COMMON AND FOREIGN NAMES: Wax Pink, Garden Parsley, Pursley, Sea Purslane, Pigweed. Pourpier, Gartenportulak, Porcellana, Portulaca Verdolaja,

HABITAT: Europe, U. S. A.

PART USED: Plant.

PROPERTIES AND USES: **A-sep. Diu. Ape. Vul.**

The juice, taken when freshly made, is excellent for strangury. If mixed with honey for dry cough, shortness of breath and excessive thirst. It is a cooling herb and can be used for all external inflammation and such diseases as are brought on by acidity. Very good for kidney and bladder ailments, spitting of blood, inflammation of the eyes, heartburn, etc. The juice mixed with oil of rose is a good remedy for sore mouth, swollen gums and pyorrhoea.



## No. 204—Red Saunders—*Pterocarpus Santalinus*



Red Saunders

COMMON AND FOREIGN NAMES: Red Saunders Wood, Red Sandal, Red Wood, Red Sandal Wood, Ruby Wood, Saunders Wood, Sanders Wood. Santelholz, Rotes Sandelholz, Sandalo rojo (Leno de.)

HABITAT: India, Philippine Islands.

PART USED: Wood.

CHIEF CONSTITUENTS: Santalin (coloring matter), Santal, Pterocarpin and Homo-pterocarpin.

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

Used mainly for the purpose of imparting color to other preparations. It is almost insoluble in water.

## No. 205—Water Pepper—*Polygonum Punctatum*

COMMON AND FOREIGN NAMES: Smartweed, Arsmart, American Water Pepper. Wasserpfeffer-Knoeterich, Smartkorn.



Water Pepper

HABITAT: U. S. A. PART USED: Whole Herb.

CHIEF CONSTITUENTS: Polygonic acid, Tannin.

PROPERTIES AND USES: **Sti. Emm. A-sep. Dia. Acr. Ast. Ton.**

The herb is of great service in cases of gravel, colds and coughs and in milk sickness. For cholera wrap the patient in a sheet moistened with a hot decoction of Smartweed.

Water Pepper is very efficacious in amenorrhoea. The cold water infusion is always the best. It also is very useful in dysentery, gout, sore mouth, gravel, affections of the kidneys and bladder. For gangrenous conditions simmer the herb in water and vinegar for external use. Fomentations of the leaves are also very beneficial for chronic ulcers, hemorrhoids, flatulent colic and inflammation of the bowels. For chronic diarrhoea drink this tea freely. The tea also dissolves coagulated blood. If used on new bruises it

prevents discoloration. For obstructed menses use the tincture or strong infusion, 1 to 2 teaspoonfuls three times a day.

Doses; Infusion: Tablespoonful three times a day.

Fl. Extr.: 1 to 2 drs.

Tincture: 2 to 4 drs.



Strawberry

## No. 206—Strawberry— *Fragaria Vesca*

COMMON AND FOREIGN NAMES: Mountain Strawberry, Pineapple Strawberry, Wild Wood or Common Strawberry. Erdbeere, Waldberre, Fraisier, Fragola, Fresera or Fresa.

HABITAT: Europe, U. S. A.

PARTS USED: Leaves and Fruit.

CHIEF                    CONSTITUENTS:  
Cissotanic, malic and citric acid,  
pectin, sugar, mucilage.

PROPERTIES AND USES: *Leaves:*  
**Ast. Ton. Diu. Lax. Fruit: Diu. Ref.**

Strawberry is excellent for chronic catarrh of the mucous membrane of the alimentary canal (sprue), also for fever, stones, jaundice, asthma, catarrh, cough, kidneys. A tea of the root helps diarrhoea while a tea of the leaves is best for dysentery. The berries are good for rheumatism and

gout. The berries rubbed on the face will whiten the skin. For a bad sunburn rub the juice of the berries on the affected parts and leave for 1/2 hour. Wash off with warm water mixed with a few drops of tincture benzoin. (Use no soap).

The juice of the berries removes tartar from the teeth. For winter boils take 1/4 quart of the berries and 1/2 quart of water. Cover well and let stand in the sun for a few months. Wash parts with it..

A fine health tea is made from equal parts of Strawberry leaves, Master of the Wood and Thyme.

## No. 207—Sage—*Salvia Officinalis*

COMMON AND FOREIGN NAMES: Garden Sage. Sauge, Salbei, Salvia.

HABITAT: Europe, U. S. A.

PART USED: Leaves.

CHIEF CONSTITUENTS: Volatile oil, Tannin, Resin.

PROPERTIES AND USES: **Sti. Ast. Ton. Car. A-sep. Aro.**

Sage has a marked effect on the brain. It is useful for gases in the stomach and bowels, removes slime from the stomach, bronchial tubes and the lungs; good for anaemia, cramps, dyspepsia, nightsweats, typhoid fever, diarrhoea, kidney troubles, gravel, colic, loss of appetite, stomach ulcers, constipation, influenza and even cancer. For ulceration of the mouth and throat and tonsillitis gargle with sage tea to which a little honey and salt has been added. For nervousness, shaking hands, take sage tea and wash hands with it. For suppressed perspiration steep sage in wine, the same do in cases of catarrh and rheumatic fever. For obstinate cough, La Grippe, whooping cough, boil the sage in milk. For female trouble, delayed menses, whites and inclination to abortion, use the tincture in small doses. For itching on the rectum and private parts drink the tea and wash parts with it too. Mixed with Wormwood, it is excellent for the kidneys; mixed with St. Johnswort and Yarrow for constipation; mixed with Wormwood and Fennel for perspiring feet; mixed with Wormwood and Shavegrass for stomach troubles.

For excessive flow of saliva gargle with sage tea. For liver complaints, kidney troubles, hemorrhages from the lungs or stomach, quinsy, measles and palsy drink sage tea. For nervous headache drink strong sage tea. For sprains boil sage in vinegar and apply hot on a napkin. Externally use the tea for ulcers and raw abrasions of the skin.

## No. 208—Yellow Parilla—*Menispermum Canadense*

COMMON AND FOREIGN NAMES: Vine Maple, Moonseed, Texas Sarsaparilla.

HABITAT: U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Menisperin, Berberine, Starch, Resin.



Sage



Yellow Parilla

**PROPERTIES AND USES: Ton. Bit. Alt. Exc. Lax. Diu. A-syp. A-scr. A-sco. A-mercurial.**

Yellow Parilla is an excellent blood purifier. It works especially on the gastric and salivary glands, and is found very beneficial in cases of adhesive inflammation, to break up organized deposits and hasten disintegration of tissue.

Yellow Parilla is very valuable in scrofula, rheumatism, syphilis, arthritis, skin diseases, liver and gallbladder ailments, bronchitis, general debility and glandular swellings. Very valuable in convalescence from fever and ague. It facilitates expectoration and is therefore fine in bronchitis and lung troubles. It increases the appetite and is valuable in chronic inflammation of the stomach and the bowels.

Very large doses purge and cause vomiting.

Doses: Decoction: 1/2 to 1 wineglassful three times a day.

Extr.: 2 to 4 grains.

Tincture: 1 to 2 teaspoonfuls.

### **No. 209—Columbine—Aquilegia Vulgaris**

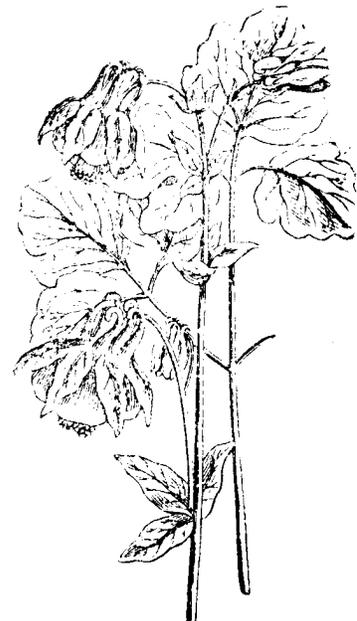
**COMMON AND FOREIGN NAMES:** Garden Columbine, Culverwort. Akelei, Jovisblume, Alderblume, Glockenblume.

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

**PART USED:** Plant.

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

The juice of the plant is a very fine remedy for fistula. The juice mixed with whole wheat flour is used externally for scald head and skin diseases. The seed made into a tea is used for jaundice and for excess of gall in the stomach. A distilled water is useful for all these ailments and can be used internally as well as externally. This water is especially useful in debility, ear noises and Skin eruptions.



Columbine

## No. 210—Castor Oil Plant—*Ricinus Communis*



*Ricinus*

COMMON AND  
FOREIGN NAMES:  
Palma Christa, Castor  
Bean, Bofareira, Mexico  
Seed, Oil plant.  
Wunderbaum.

PARTS USED: Seed,  
Root, Leaves.

HABITAT: India, U. S. A.

CHIEF

CONSTITUENTS:  
Fixed Oil, Palmitic acid,  
Ricinoleic acid. Ricin is  
the toxic constituent of  
the castor bean, acts like  
an enzyme.

PROPERTIES AND  
USES: *Seed: Cat.*

As a rule only the oil is used. The oil increases the peristalsis and is a very valuable cathartic under certain conditions. It should be used only occasionally and not for chronic constipation nor by dyspeptics. Castor oil

is valuable in conditions of irritation or inflammation of the bowels. It thoroughly empties the bowels but constipation is liable to follow each time. The oil will even purge if rubbed into the skin. Castor oil is best for people who are delicate, or are troubled with piles, rupture, and chronic dysentery. Externally the oil is used for skin diseases, such as itch, ringworm, etc. The oil is also valuable when dropped into the eye to remove after-irritation caused by the removal of foreign bodies.

A decoction of the root is excellent for colic, painful kidneys and asthma.

A decoction of the leaves is used for skin diseases, abscess and eye diseases.

The fresh leaves have been used by nursing mothers to increase the flow of the milk by applying them externally to the breast.

## No. 211—Melilot—*Melilotus Vulgaris*

COMMON AND FOREIGN NAMES: King's Clover, Sweet Lucerne, Yellow Millet, Sweet Clover, White Clover. Melilot, Trefoil, Couronne royale, Steinklee, Honigklee, Melilotenkraut, Meliloto, Erba cavallina.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Coumarine and its related compounds.

PARTS USED: Plant and Flowers.

PROPERTIES AND USES: **Exp. Diu. Emo. Aro. Car.**

The tea strengthens the head and memory, cleanses the kidneys, expels stones and is of great value in retention of the urine. It is also very useful in dropsy, stitch in side and in fevers. Steeped in milk it is a great remedy for cholera. It is used especially as a plaster to soften hard tumors, hardened liver and spleen, throat troubles, abdominal pains and rheumatism. The herb placed between clothes chases moths away. The juice clears the eyesight.



Melilot



VIRGINIA SNAKE-ROOT.

The celebrated Melilot Plaster for rheumatism, swollen joints, swollen glands, tumors, etc., is made as follows: Take 500 grams yellow wax, 45 grams each of Olive oil, Resin, and Tallow, 20 grams Gum Ammoniac dissolved in 45 grams of Turpentine; 125 grams of powdered Melilot; 8 grams each of Wormwood, Chamomile and Bay Leaves.

## No. 212—Virginia Snake Root—*Aristolochia Serpentaria*

COMMON AND FOREIGN NAMES: Snagrel, Sangrel, Sangree Root, Snakeroot, Pelican Flower, Snakeweed, Aristolochia Root, Birthwort, Thick Birthwort, Red River Snakeroot, Texas Snakeroot, Serpentaria. Serpentaire de Virginie, Coulenvree do Virginie, Virginische Schlangedwuzel.

HABITAT: Central and Southern U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Aristolochin, Tannic acid, Resin, Gum, Volatile oil, Starch, Lignin, Oxide of iron, Silica, etc.

PROPERTIES AND USES: **Sti. Ton. Dia. Diu. Feb. Exa.**

Small doses promote the appetite and are a gastric stimulant; very valuable in eruptive fevers and intermittents. A great help in cases of dyspepsia, amenorrhoea, rheumatism, croup, throat and kidney affections and in general for strengthening purposes.

It is of great value in the latter stages of diphtheria, smallpox, scarlet fever and pneumonia. Virginia Snake Root stimulates the capillary circulation and increases arterial action in general. It is used as a nerve stimulant in depressed and exhausted conditions of the nervous system as in typhoid, typhus, marsh and child-bed fever. A gargle is excellent for putrid sore throat.

Very large doses cause nausea and vomiting.

Doses: Powdered Root: 10 to 30 grains.

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

Tincture: 1/2 to 1 dr.

Infusion: 1/2 to 1 oz.



**No. 213—European Vervain—  
Verbena Officinalis**

COMMON AND FOREIGN NAMES: Enchanter's Herb, Vervain, Pigeon's Grass, Holy Herb, Juno's Tears, Pigeon's Weed. Eisenkraut, Verveine, Verbena.

HABITAT: Europe, U. S. A.

PART USED: Plant.

CHIEF CONSTITUENT: A peculiar tannin.

PROPERTIES AND USES: **Feb. Eme. Vul. Rub. Ast. Dia. A-spa.**

The root steeped in wine is of great value in jaundice and dropsy. The leaves steeped in wine are excellent for congestion of the liver and spleen, also for kidney troubles, shortness of breath, fever, asthma, whooping cough and eases pain in the bowels. The leaves steeped in water promote menstruation; steeped in vinegar and placed on

European Vervain

gangrenous sores will heal them quickly. Leaves left in water for four days will impart great value to the water as a mouthwash and will heal mouth ulcers, pyorrhoea, bad breath and bad smelling saliva. Leaves moistened with water and placed over the throat will cure hoarseness.

Tea made from the leaves and the roots is very efficient in kidney stones, gravel, jaundice, bloody urine, fevers and headaches. The same tea or the powder is about the best remedy for yellow fever, rheumatism, catarrh, T. B. and intermittents. The infusion also will help teething in children, expels worms and avoids premature births. A poultice is very valuable for headache, neuralgia, especially of the ear. Compresses are of great service for ulcers, wounds and old sores. The tea can be used as a wash for tetter and skin diseases.

### **No. 214—Mole Plant—Euphorbia Lathyris**

COMMON AND FOREIGN NAMES: Caper Spurge, Garden Spurge. Spring Wolfsmilk, Purgierkoerner, Springkraut.

HABITAT: Southern Europe.

PARTS USED: Roots and Seed.

PROPERTIES AND USES: *Root. Cat. Seed. Cat. Emm.*

Should be used with greatest care. The milk of the plant is used to purify ulcers, also to remove warts. Internally it is used for dropsy and female troubles.



Mole Plant

### **EUPHORBIA OFFICINARIUM**

HABITAT: Africa.

PART USED: The milk or gum.

PROPERTIES AND USES: *Gum. Eme. Cat. Err. Ves.*

A few drops taken in milk are a strong laxative. The milk is also used to clean ulcers. The kernels dissolved in alcohol are used for inflamed eyes, scrofulous inflammation of the eyes, bad teeth, catarrh, asthma and cramped chest. (Dissolve 6 dcg. of the gum in 60 grams of alcohol). Dose: 2 to 4 drops in water mornings and evenings. The gum is also used in plasters.



Buffalo Berry

**No. 215—Buffalo Berry—  
Shepardia Argentea**

COMMON AND FOREIGN NAMES: Rabbit Berry, Silverleaf, Bull Berry. Grains de Boef.

PART USED: Fruit.

HABITAT: Northern U. S. A.

PROPERTIES AND USES: **Aci. Esc.**

The fruit is one of the richest sources of vitamin C, even richer than citrus fruits. The ripe berries furnish more than 150 milligrams to 100 grams of fruit.



Groundsel

**No. 216—Groundsel—Senecio Vulgaris**

COMMON AND FOREIGN NAMES: Groundy Swallow, Fleawort. Senecon, Kreuzkraut, Greiskraut, Kroetenkraut, Senecione, Hiebe Cana.

HABITAT: Europe, U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS: Senecine and Seniocine.

PROPERTIES AND USES: **Diu. Dia. Emm. Feb. Exp. A-Sc. Purg. Anth.**

The infusion is very valuable in scurvy, biliousness, jaundice, epilepsy, gravel, sciatica, colic, worms, delayed menstruation, spitting of blood, dysentery, hemorrhages, nosebleed and to purify the blood. Bathe the hands with the tea if they are chapped. Also good for painful limbs if used internally as well as externally.

A poultice is very beneficial for a sick stomach. The juice mixed with frankincense heals wounds rapidly.

For deafness drop the juice into the ear. For gout cook the plant in lard and apply

externally. A poultice made from the leaves and mixed with salt disperses knots and kernels in the flesh, From the juice a fine syrup can be made which is very useful for spitting of blood, dysentery and hemorrhages. An excellent burn-salve is made from Groundsel and Ivy Leaves cooked in fresh butter.

### No. 217—Mayweed—*Maruta Cotula*

COMMON AND FOREIGN NAMES: Wild Chamomile, Dog Fennel, Maywort, Fieldwort, Dillydilliweed, Fieldweed. Stinking Chamomile. Maroute, Hundskamile, Stinkende Kamille, Herba Chamomillae Foetidae.

HABITAT: Europe, U. S. A.

PARTS USED: Leaves and Flowers,

CHIEF CONSTITUENTS: Anthemidine, Anthemidic acid, Oxalic valeric and tannic acid. Also magnesium, iron, potassium and calcium.

PROPERTIES AND USES: **Pun. Bit. A-hys. Emm.**

For internal use the flowers are preferred. The infusion is very valuable in hysteria, cramps, spasms, scrofula,

dysmenorrhoea, flatulent gastritis, dysentery.

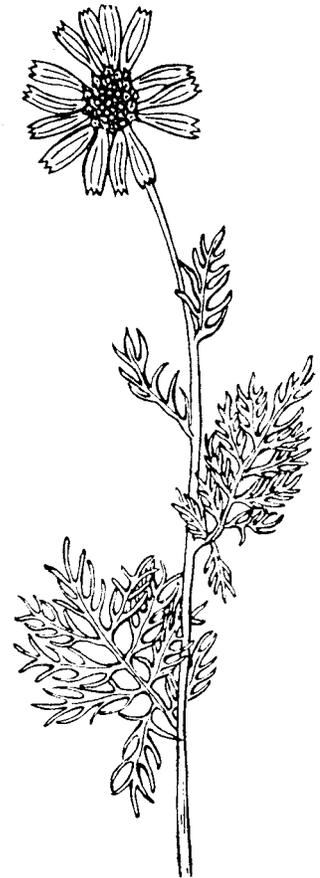
Especially useful in the extract form for sick headache, convalescence after fevers. The infusion is often used by asthmatics to induce sleep.

The fresh flowers and leaves bruised are a safe vesicant when applied to the skin. A poultice is useful for piles.

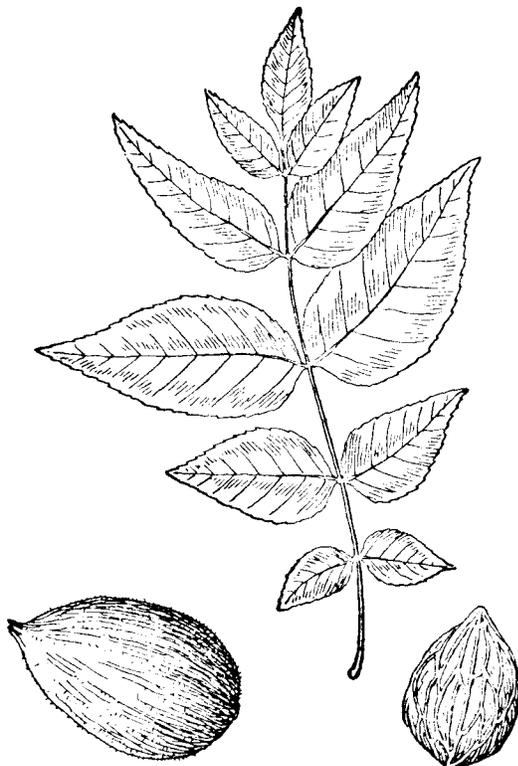
Dose: Infusion: 1 to 4 fl. ozs.

### No. 218—Butternut—*Juglans Cineria*

COMMON AND FOREIGN NAMES: Oil Nut, White Walnut, Lemon Walnut, Kisky Thomas Nut, Oil Nut Bark, Butternuss, Noyer Gris, Graue Wallnuss rinde.



Mayweed



Butternut

HABITAT: U. S. A.

PARTS USED: Bark of the Root, the bark and leaves.

CHIEF CONSTITUENT: Juglandic acid.

PROPERTIES AND USES: **Cat. Alt. Ton. Ant. Ast. Cho.**

Butternut is especially valuable in chronic constipation and liver congestion. It does not constipate after its use. It is also valuable in dysentery, syphilis, old sores and worms. The oil of the fruit is used to expel tapeworms. For tetter and chronic skin diseases use the tincture internally as well as externally. Used with Bitter Root (apocynum) it is said to be good for T. B. and for expelling thread and pin worms. Dose: 1/4 to 1/2 grain. The persistent use of large doses is liable to produce inflammation.

Doses: Fl. Extr.: 1 to 2 drs;  
Solid Extr.: 5 to 10 grains;  
Juglandine: 2 to 5 grains.

### **No. 219—Cubeb—Piper Cubeba**

COMMON AND FOREIGN NAMES: Java Pepper, Cubeben, Tailed Cubebs, Tailed Pepper. Poivre a Quene, Kubeben, Pepe Cubebe, Semilla de Cubeba.

HABITAT: Java, East Indies.

PARTS USED: Unripe Fruit, Oil.

CHIEF            CONSTITUENTS:  
Volatile Oil, Resin, Amorphous  
cubebic acid, Cubebin.

PROPERTIES AND USES: **Sti.**  
**Diu. A-syp. Pur. Aro. Car. Sto.**

Cubeb work directly on the bladder and urethra and has cured many old cases of gonorrhoea and gleet. Dose: One teaspoonful of the powder three times a day. It is also used with great results for scalding urine in women and burning and irritation of the vulva. Also very useful in cystitis, urethritis, leucorrhoea, abcess of the prostate gland, piles, chronic bronchitis, atony of the stomach



Cubeb

and bowels, colic. It is successfully used in small doses for debility and irritation of the reproductive organs, crawling sensations about the anus and scrotum. It stimulates the mucous membranes. For relaxed conditions of the throat use it in the form of lozenges.

Note: Never use cubebs in cases of active inflammation.

Doses: Infusion: one oz. to a pint of water. Powder: 1/2 to 1 dr. oil: 5 to 30 drops. Fl. Extr.: to 1 dr. Tinct.: One, teaspoonful.

### **No. 220—Figwort—*Scrophularia Nodosa***

COMMON AND FOREIGN NAMES: Heal All, Knotty-rooted Figwort, Figwort Root, Kernelwort, Carpenter's Square, Scrofula Pliant, Square-stalk. Braunwurz, Wurmkraut, Sauerwurz, Herbe de Siege, Scrofulaire.

HABITAT: Europe, U. S. A.

PART USED: Plant.

PROPERTIES AND USES: **Vul. Dep. Emm. F-com. Exa. Diu. Ano. Alt.**

Figwort is excellent for scrofula and earned the name of Scrofula Plant. It is also highly beneficial in liver diseases, dropsy and glandular obstructions and can be used for this purpose as a tea or as a syrup. The decoction of the root is used for suppressed and painful menstruation. The seed is used to expel worms (4 grams of the powdered seed). The plant mixed with pepper, myrrh and wine is said to cure sciatica. For itch, ringworm, scald head, piles and other skin trouble make an ointment from the juice of the roots and leaves. Mix the juice with olive oil and wax. Fomentations for sprains, swellings, wounds, scrofulous sores and gangrene bring excellent results. The bruised leaves are also used for burns and swellings.

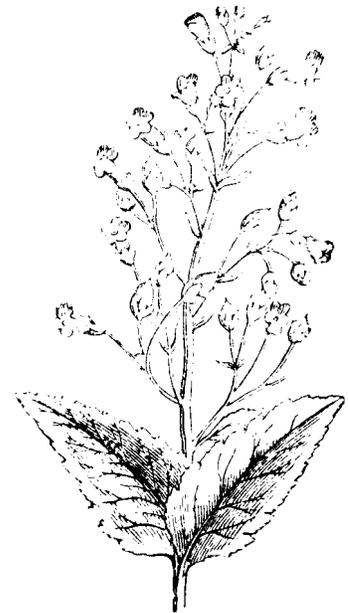
Doses: Infusion: One teaspoonful to a wineglassful.  
Fl. Extr.: 1/2 to 1 dr.

### **No. 221—Kousso—*Brayera Anthelmintica***

COMMON AND FOREIGN NAMES: Cossoo, Kooso, Cusso, Banksia Abyssinica, Koso Flores, Drayerae Flores, Flos Consi, Kosobluethen, Kosso.

HABITAT. Abyssinia.

PARTS USED: Flowers and Unripe Fruit.



Figwort



Kousso

**CHIEF CONSTITUENTS:** Kosin, Proto Kosin and Kosotoxin, Coussin, Cosine.

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

Used especially for tapeworm. Dose: 1 to 4 ozs. in water, or use it in capsules. Use on an empty stomach. It is the surest remedy for tapeworm, destroying both kinds of tapeworm, the taemia solium and bothriocephalus latus.

If it does not act on the bowels within two hours it should be followed by a dose of castor oil or a saline cathartic.

In large doses it causes nausea, vomiting and excessive heat in the stomach.

Doses: Powdered flowers: 4 to 5 drs.;

Fl. Extr.: 2 to 4 drs.

Infusion—1/2 oz. to a pint of boiling water taken in 4 oz. doses.

**No. 222—Logwood—Haematoxylon Campechianum**

**COMMON AND FOREIGN NAMES:** Blockwood, Campeachy Wood, Jamaica Logwood, Honduras Logwood, St. Domingo Logwood, Blutholz.

**HABITAT:** Tropical America.

**PARTS USED:** Wood, Bark and Fruit.

**CHIEF CONSTITUENTS:** Volatile oil, Quercitin, Tannin, Haematein.

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

Useful in weakness of the bowels following cholera infantum. Also useful in chronic diarrhoea and dysentery, hemorrhages from the womb, the lungs and bowels. It is incompatible with lime water. The infusion is used as a spray for polypus in the nose. The bark decoction is used to produce perspiration. The fruit is used in poultices for rheumatism.



Logwood

Doses: Decoction: 2 to 4 fl. ozs.  
Solid Extr.: 2 to 5 grains.

**No. 223—Wild Carrot—  
Daucus Carota**

COMMON AND FOREIGN  
NAMES: Bee's Nest Plant,  
Bird's Nest Root, Garden Carrot,  
Queen Anne's Lace. Karotte.  
Gelbe Ruebe.

HABITAT: Europe, U. S. A.

CHIEF        CONSTITUENTS:  
Pyrrolidine, Daucine, Volatile Oil,  
Peptic acid, Carotene, Albumen.

PARTS USED: Root and Seed.

PROPERTIES AND USES: **Sti.**  
**Diu. Car. Deo.**

An infusion of the whole herb is very useful in kidney and bladder diseases, dropsy and gout. Use one oz. to a pint of water. A very strong decoction is excellent for gravel, stones and flatulence.

The seeds are used for colic, hiccough, dysentery, jaundice and coughs. The seeds steeped in wine are good for stitch in side, dropsy and suppressed menses. A poultice of the leaves mixed with honey is used for running sores and ulcers. The herb tea removes lithic acid and gouty conditions. For dropsy use the following tried recipe: One part Pellitory of the Wall, 1/2 part each of Wild Carrot, Parsley Piert, Broom Tops, Senna and Juniper Berries..

The Garden carrot has similar properties. For coughs mix one pint of carrot juice with 60 g. or more rock candy. Make into syrup. It's very good. A poultice of carrots is very good for ulcers, cancerous or scrofulous sores. Seeds, roots and leaves cooked in water and placed on abdomen drives out the afterbirth. Carrot juice cooked purifies the blood and is good for gallbladder trouble. 1/2 teaspoonful of carrot seed mixed with honey and taken several times a day is excellent for dropsy in the chest and feet.



Wild Carrot

## No. 224—Ma-Huang—Ephedrina

COMMON NAMES: Ephedrin, ~~Mormon Valley Herb~~,<sup>1</sup> Epitonin.

HABITAT: China, Europe, ~~U. S. A.~~

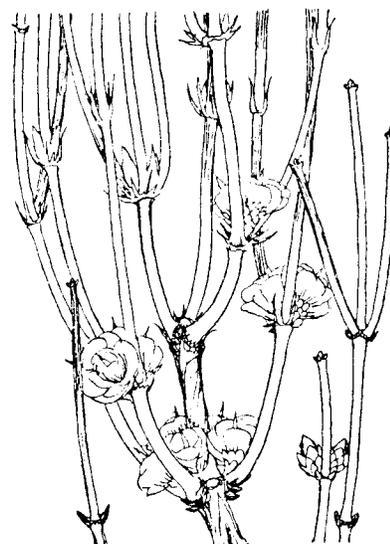
CHIEF CONSTITUENT: Ephedrine.

PART USED: Twigs.

PROPERTIES AND USES: **Sed. Sti. Ton. Dia. A-spa.**

Used especially for asthma, hayfever, whooping cough, rheumatism and coughs in general. It acts as a stimulant upon the peripheral endings of the sympathetic nerves, thus contracting the arteries and bringing on an increase of blood pressure. It also increases the blood sugar. It relieves swellings of the mucous membranes, relaxes the bronchial and intestinal muscles. It is valuable in low blood pressure in influenza, pneumonia, etc.

Dose: Ephedrine: 1/2 to 1 grain.



Ma Huang

## No. 225—Small Spikenard—Aralia Nudicaulis



Small Spikenard

COMMON AND FOREIGN NAMES: American Sarsaparilla, Wild Sarsaparilla, False Sarsaparilla, Wild Licorice, Rabbit's Root, Aralie.

HABITAT: U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Resin, Oil, Tannin, Albumen, Mucilage.

PROPERTIES AND USES: **Aro. Alt. Pec. Dep. Dia. Sud.**

Small Spikenard is a great blood purifier and is very useful in skin diseases, dropsy, shingles, indolent ulcers and pulmonary ailments. The Cree Indians use it for syphilis. It is very useful as an external

<sup>1</sup> Studies done between 1927 and 1933, since disproved, claimed that the alkaloid ephedrine, derived from Eurasian Ephedras, could be found in North and South American Ephedras. Deschauer was simply echoing the conventional wisdom of the day that the "Mormon Teas" (the Americas) could be used the same as the "Ma Huangs" (Eurasia).

application to recent wounds.

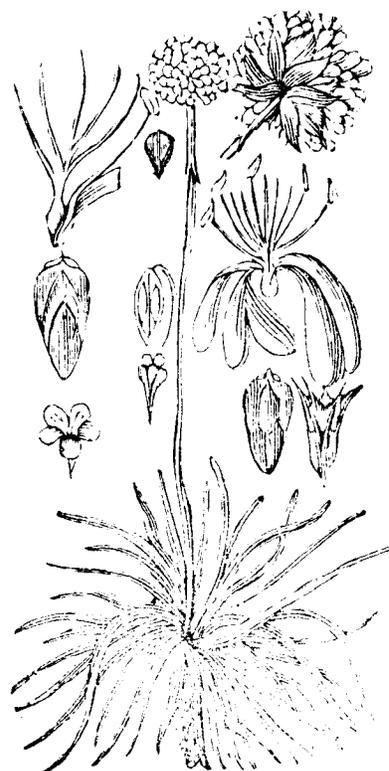
Doses: Decoction: 2 tablespoonfuls 3 times a day.  
Fl. Extr.: 1/2 to 1 dr.

**No. 226—European Marsh Rosemary—  
*Ameria Vulgaris***

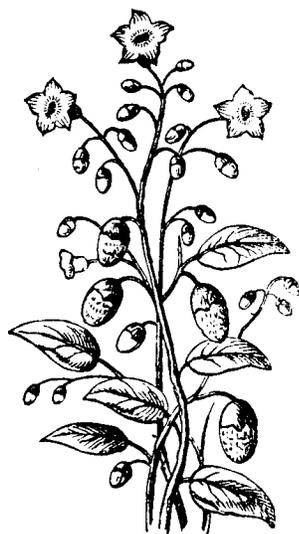
COMMON AND FOREIGN NAMES: European Thrift. Grassnelke.

PART USED: Root.

PROPERTIES AND USES: Ast. Ton. Used especially in diarrhoea and for excessive menstruation. It is good for hemorrhages of any kind. Externally it is used quite often as a gargle if there is excessive phlegm present.



**No. 227—Aya Pana—  
*Aya Pana Eupatorium***



*Aya Pana*

COMMON NAME:  
Eupatorium Lungwort.

European Marsh Rosemary

HABITAT: South America.

PARTS USED: Leaves and Flowers.

CHIEF CONSTITUENTS: Resin, Gum, Balsam, Mucilage.

PROPERTIES AND USES: **Pec. Exp. Cor. Sti.**

Very efficient in lung and bronchial troubles, coughs, colds, and T. B. Invigorates the arterial and venous system, expells carbonic acid from the air cells and pulmonary vessels.

**No. 228—Burdock—*Arctium Lappa***

COMMON AND FOREIGN NAMES: Clotbur, Grass Burdock, Bardana, Burr Seed, Hardock, Hareburr, Hurr Burr, Turkey Burr Seed, Bazzies. Bardane, Glouteron, Klettenwurzeln, Lampazo.

PARTS USED: Roots, Seeds, Leaves.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Inulin, Lappin.

PROPERTIES AND USES:

*Root: Alt. Diu. Dep. Dia.*

*Seed: Alt. Diu. Dem. Relaxant.*

*Leaves: Mat.*

Burdock is an excellent blood purifier. It is used for scrofula, liver trouble, skin eruptions and rheumatism. A decoction of the roots is fine for arthritis, stones and gout. The root canned in sugar is used especially for dysentery and stones. A decoction of the roots is very useful for pains in the joints and for sprains. For pus in the eyes and for running eyes powder the root and mix with the white of an egg and bind it on the back of the neck. If you want a good preparation for growing hair boil the root in 1/2 water and 1/2 vinegar and wash the head with it 3 to 5 times a week.



Burdock

The powdered roots mixed and boiled in lard make a fine ointment for goitre, psoriasis, prurigo, acne, eczema and boils. Use with it Burdock tea internally.

The decoction of the leaves is used for indigestion, inflammation of the stomach, and ulcers of the stomach. The tea is also very useful in syphilis, scrofula, scurvy, rheumatism, and gout. For asthma drink this tea cold. The fresh leaves, mashed, are for swollen feet, inflammations, swellings, tumors and scaldhead. Use as a poultice. If bitten by a mad dog mash the leaves with salt and apply. For sores, ulcers, etc., wash them with the juice of the leaves and cover the parts with bruised leaves. In fever bind the leaves to the feet. The mashed leaves make an excellent poultice for tumors, gouty swellings, bruises and inflammations.

An excellent burn salve is made by boiling the fresh leaves and roots in butter. The Burdock Seeds are very good for kidney troubles, stones, dysentery, nervousness, epilepsy in children and dizziness. Burdock oil is good for falling out of the hair.

Doses: Fl. Extr. Root: 1/2 to 2 drs.

Solid Extr.: 5 to 15 grains.

Fl. Extr. Seed: 10 to 30 drops.

**No. 229—Mercury Herb—Mercurialis Annua**

COMMON AND FOREIGN NAMES: Garden Mercury, French Mercury.

Bingelkraut, Merkurkraut, Schweissmelde.

HABITAT: Europe, U. S. A.

PART USED: Leaves.

PROPERTIES AND USES: **Det. Pur. Res. Emo. Poi.**

The French make a syrup from the fresh leaves and use it as a purge. The dried herb was used -as an injection for the same purpose. Putting the boiled leaves over the abdomen will bring on a bowel movement.

This herb is poisonous and should be used only in small doses.

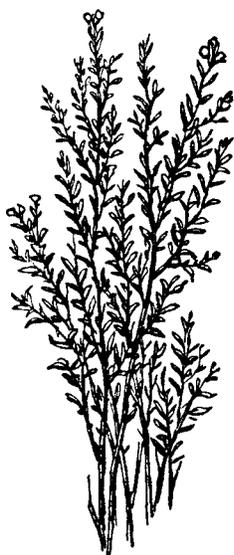
Madame Fouquet du Laureus' Life or Wonder Syrup is made as follows:

Take 4 lbs. of the juice of the Mercury Herb, 1 lb. juice of Borage, 90 roots of the white flowering Iris, 60 grams Gentian, 6 lbs. of honey, 1 1/2 lbs. of white wine. Marcerate the roots in the wine for 24 hours, filter without pressing them out. Then bring the juices and the honey on a low fire close to the boiling point; filter it. Mix both juices and cook down to a syrup. Will keep you healthy and strong if used every morning on an empty stomach in tablespoonful dose.



Mercury Herb

### No. 230—Rock Rose—*Helianthemum Canadense*



Rock Rose

COMMON AND FOREIGN NAMES: Frost Weed, Frost Plant, Frostwort, Scrofula Plant, Sun Rose. Canadisches Sonnenroeschen, Mirrenkraut, Herbe de Heliantheme de Canada.

PART USED: Herb.

HABITAT: Eastern U. S. A.

CHIEF CONSTITUENTS: Volatile Oil, Wax, Fatty Oil, Tannin.

PROPERTIES AND USES: **Alt. Aro. Ton. Ast. A-sco.**

Used especially in scrofula. Best results are obtained if it is mixed with Queens Delight and Turkey Corn. Has been used with success in this combination also for secondary syphilis. It is of great benefit also in diarrhoea and dysentery and in skin diseases. It makes an excellent eye wash in scrofulous ophthalmia. A poultice of the leaves is used on scrofulous tumors and ulcers. Locally it is useful as a wash in purigo. It is said that the oil of this plant is helpful in cancer. Overdoses often produce nausea and vomiting.

Doses: Extr.: 2 grains.

Fl. Extr.: 1 fl. dr.

## No. 231—Stillingia—Stillingia Sylvatica

COMMON AND FOREIGN NAMES: Queens Root, Yaw Root, Queens Delight, Silver Leaf, Marcory.

PART USED: Root.

HABITAT: U. S. A.

CHIEF CONSTITUENTS: Sylvacrol, Starch, Tannin, Calcium Oxalate, Stilligin.

PROPERTIES AND USES: **Alt. Res. Diu. Sti. Ton. A-syp. Exp.**

The decoction of Stillingia Root is a very fine alterative if used in small doses. Large doses are emetic. It is more efficient if mixed with Burdock or Yellow dock. The decoction is of great benefit in syphilitic, scrofulous and hepatic affections. it is also used in leucorrhoea and tetter. The Fl. Extr. mixed with oil of Anise is very beneficial for chronic bronchitis and laryngitis, also for the so-called clerygman's throat. The oil can be used also for croup, one drop on the -tongue 3 to 4 times a day. For syphilis always use the fresh root and mix the decoction with iodide potassium.



**Stillingia**

Dose of the decoction: 1/2 to 1 wineglassful.

Doses: Tincture: 1/2 to 1 dr.

Decoction: 1 to 2 fl. ozs.

Powdered Root: 6 to 10 grains.

Solid Extr.: 2 to 5 grains.

Stilligin: 1 to 3 grains.

Fl. Extr.: 20 to 30 drops.



**Black Root**

## No. 232—Black Root—Leptandra Virginica

COMMON AND FOREIGN NAMES: Culver's Root, Leptandra, Culver's Physic, Tall Speedwell, Tall Veronica, Bowman's Root. Leptandra Wurzel, Veronique de Virginie,

PART USED: The Root.

HABITAT: U. S. A.

CHIEF CONSTITUENTS: Leptandrin, Verosterol and several acids.

PROPERTIES AND USES: **Lax. Cho. Ton.**

The fresh root is very irritant and is sometimes used as a decoction in intermittent fever. As a rule only the dried root should be employed because the fresh root may cause bloody stools and abortion. The dried root has been employed successfully in chronic liver ailments, dyspepsia, dysentery, diarrhoea, leprosy, Hodgkin's disease and other cachetic diseases. It is a fine laxative in febrile diseases. Mixed with cream of tartar it is great help in dropsy. Leptandrin promotes the secretion of bile without irritating the bowels or purging. It is used very effectually in the cure of pleurisy. Given in moderate doses it is a very fine cathartic in dysentery. In such cases it should be combined with rhubarb. Dose: 3 to 4 tablespoonfuls every 3 hours until it operates. Leptandrin is almost a sure cure for bloody flux. Use 1 grain and repeat in 8 to 12 hours. In dyspepsia, torpid and diseased liver use the following formula: One oz. Black Root, 10 ozs. Golden Seal, 2 ozs. Senna to one quart of water. Boil down to one pint. Dose: 1 to 2 tablespoonfuls 3 to 4 times a day.

Doses: Leptandrin: 1/4 to 2 grains.  
Powdered Extr.: 4 grains.  
Fl. Extr.: 15 mins.

### **No. 233—Meadow Sweet—Spiraea Ulmaria**

COMMON AND FOREIGN NAMES: Queen of the Meadow, Bridewort, Sweet Meadow, Meadow Queen, Spiraea, Pride of the Meadow. Reine des pres, Spiree Ulmaire, Wiesenkoenigin, Ecthes Maedesuess, Spiere, Ulmaria, Regina dei prati, Pie di becco, Earbe de Cabra.

PART USED-Herb.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Spiraeaic acid (now recognized as salicylic acid). Root: Tannic and Gallic acid.

PROPERTIES AND USES:

*Leaves: Ast. Diu.*

*Flowers: A-spa. Aro. Ton. Diu.*

*Root: Ast.*

Meadow Sweet is an anti-acid remedy. It restores elasticity to the muscles. Roots, leaves and flowers make a good tea for fevers and for debility. Roots are very useful in diarrhoea, use 5 to 20 grains. A decoction of the roots in white wine is excellent in fevers. The tea is good for strangury, dropsy, lumbago, indigestion and is almost a specific in children's diarrhoea.

Meadow Sweet Beer: Take 2 ozs. each of Meadowsweet, Betony, Raspberry leaves and Agrimony. Boil in 2 gallons of water for 15 minutes. Strain and add 2 lbs. of sugar.



Meadow Sweet

Meadowsweet beer does not require yeast.

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

Root: 5 to 20 grains.

## **No. 234—Witch Hazel—*Hamamelis Virginica***

COMMON AND FOREIGN NAMES:

Spotted Alder, Snapping Hazelnut, Winterbloom.  
Hamamelis de Virginie, Feuilles de Hamamelis,  
Hoja de Hamamelis.

HABITAT: U. S. A.

PARTS USED: Bark and Leaves.

CHIEF CONSTITUENTS: Leaves: Tannic acid,  
Gallic acid, Hamamelin. Bark: Tannin, resin, fat,  
physterol.

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

Leaves can be used in fresh or dried condition; bark only in dried form. Witch Hazel is excellent for all internal bleedings, as bleeding from the stomach, the bowels. Use in teacupful doses. Poultice of the bark very good for painful inflammations. Decoction for piles. Use internally and externally as an enema. The enema is also fine in diarrhoea, dysentery, mucous discharges, leucorrhoea. The decoction is very good for incipient phthisis, gleet, ophthalmia, menorrhagia. For falling of the womb use injections, also for catarrh of the vagina. Witch Hazel facilitates the passage of venous blood. It is very useful in catarrh, tonsillitis, chronic laryngitis and all passive hemorrhages. A gargle is used for sore mouth and throat. It is often used for varicose veins. Keep bandage soaked in Witch Hazel extract, moist all the time. Drink the tea internally at the same time. Diluted extract is used for inflammation of the eyelids. The extract is used externally for insect bites.

Doses: Decoction: 1 to 2 tablespoonfuls three times a day.

Tincture: 30 to 60 minims.

## **No. 235—Wild Sunflower—*Helianthus Anus***

COMMON AND FOREIGN NAMES: Garden Sunflower, Comb Flower, Marigold of Peru. Sonnenblume.

HABITAT: Europe, U. S. A.





Wild Sunflower

**PARTS USED:** Leaves and Seed.

**CHIEF CONSTITUENTS:** Helianthitanic acid, Levulin, Carbonate of potash.

**PROPERTIES AND USES:** **Diu. Exp. Pec.**

The seed, 5 g. to a pint of water is an excellent remedy for coughs due to a cold. They are also used for bronchitis, laryngitis, colds, whooping cough and febrile conditions. For whooping cough the seed should be first browned in an oven and then made into an infusion. Another way to use the seeds for whooping cough and asthma is to make a syrup of the seeds and red clover.

In some places the leaves are used for malaria, by moistening the leaves with milk and wrapping the patient in it, repeating until the fever has ceased. The tincture is often used for intermittents and ague instead of quinine. The tincture of the flowers and leaves is used for bronchiectasis. For colds the following preparation is of great value: Boil the

ground Sunflower seed and Flaxseed, equal parts, down to half. Use freely.

The oil possesses similar properties and can be administered in doses of 10 to 15 drops two or three times a day.

**No. 236—Globe Flower—  
*Cephalanthus Occidentalis***

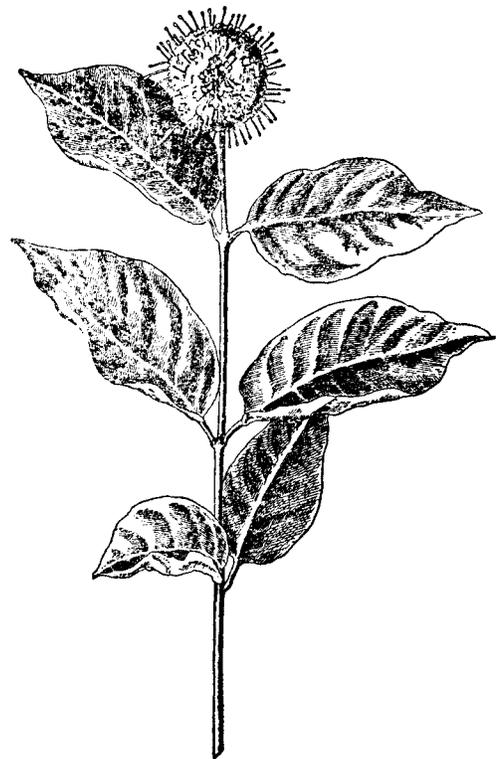
**COMMON AND FOREIGN NAMES:** Mountain Globe Flower, Button Bush, Crane Willow, Pond Dogwood, White Ball, Swampwood, Little Snowball, Buttonwood shrub.

**HABITAT:** U. S. A.

**PART USED:** Bark.

**CHIEF CONSTITUENTS:** Cephalin and Cephaletin.

**PROPERTIES AND USES:** **Ton. Lax. Febr. Ape.**



Globe Flower

Used in periodical fevers. Is a good laxative. Also used in coughs and gravel. It should be used very carefully as the bark contains a poisonous substance which has the power of dissolving the blood corpuscles. The poisonous substance is known as Cephalanthin. Best way to use this plant is in decoctions or infusions.

### No. 237—Balmony—*Chelone Glabra*

COMMON AND FOREIGN NAMES: Snakehead, Turtlebloom, Turtlehead, Bitter Herb, Salt Rheum Weed, Fishmouth Shell Flower.

HABITAT: U. S. A.

PART USED: Leaves.

CHIEF CONSTITUENT: Chelonin.

PROPERTIES AND USES: **Bit. Ton. Cat. Ant. A-bil. Det.**

Balmony has a peculiar action on the liver. The tea is largely used in T. B., dyspepsia, jaundice, debility of the digestive organs, piles, boils, sores, to promote appetite and during convalescence from febrile and inflammatory diseases. For dyspepsia use with sugar of milk. The ointment made from the fresh leaves is used for inflamed tumors, irritable ulcers, inflamed breasts and piles.



Balmony

Doses: Decoction: 1 to 2 fl. ozs.

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

Powder: 1 dr.

Tincture: 1 to 2 fl. drs.

Chelonin: 1 to 2 grains.

### No. 238—Foam Flower—*Tiarella Cordifolia*

COMMON NAMES: Coolwort, Mitrewort, Gem Fruit.

HABITAT: U. S. A.

PART USED: Herb.

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

Used especially in strangury, Of great value in



Foam Flower

gravel and bladder diseases. Very useful as a tonic in dyspepsia and weakness of the digestive organs. Also a great liver medicine. It corrects acidity. Can be taken freely.

**No. 239—Spikenard—  
Aralia Racemosa**

COMMON AND FOREIGN NAMES: American Spikenard, Petty Morrel, Life of Man, Spignet, Indian Root, Aralia Bark, Old Man's Root. Nard Americain, Amerikanischer Nard.

HABITAT: U. S. A., New Zealand, Japan.

PART USED: Root.

CHIEF CONSTITUENTS: Volatile oil, Resin, Tannin.

PROPERTIES AND USES: **Sti. Bal. Dia. Alt. Pec.**

Very good for pulmonary affections, such as coughs, colds, asthma, bronchitis. Also useful in female weaknesses. Very good for rheumatism and syphilis. The Indians use the bruised roots as a poultice to all kinds of wounds and ulcers.

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

Infusion: Wineglassful doses. Use oz. to pint of water.



Spikenard

**No. 240—Pleurisy Root—  
Asclepias Tuberosa**

COMMON NAMES: Butterfly Weed, Wind Root, Tuber Root, Asclepias, White Root, Flux Root, Orange Swallow Wort, Silk Weed, Canada Root, Orange Milkweed.

HABITAT: U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Asclepiadin, Several Resins,

PROPERTIES AND USES: **Exp. Diu. Dia. Car. Ton. A-Spa.**

Very valuable in all chest complaints, especially in pleurisy and pulmonary catarrh, shortness of breath, It breaks up colds and fevers. Also used with good results



Pleurisy Root

in diarrhoea, dysentery, acute and chronic rheumatism, flatulent colic, indigestion, eczema. etc. Mixed with Wild Yam and taken warm very fine for colic. It also has been found of great value in uterine troubles, nervous headaches and difficult breathing. It is a very good sweat producing medicine.

Doses: Decoction: 2 to 3 ozs.  
 Fl. Extr.: 1/2 to 1 dr.  
 Powder: 30 to 60 grains.

**No. 241—Herb Robert—Geranium Robertinum**

COMMON AND FOREIGN NAMES: Red Shanks, Rock Weed. Stinkender Storchnabel, Roberts-kraut, Blutkraut, Gichtkraut.

HABITAT: Europe, U. S. A.

PROPERTIES AND USES: **Bit. Ast. Feb. Nep.**

The decoction is excellent in fevers, cancerous sores, inflamed breasts, jaundice, erysipelas. The fresh juice is used to clean ulcers and hasten their healing. For fistula the fresh juice is of great help. The powder is used as a snuff to stop nosebleed. To ease the fever



Herb Robert

and heat of the body mix the juice of this herb with vinegar and a little salt and bind on the bottom of the feet. It gives quick relief. A very useful fever drink is made from 30 grams each of Herb Robert and Devil's Bit. Steep in quart of water. Take in three doses. For intermittents the tincture is the best. The tincture can also be used for inflammation of the kidneys, kidney stones, bloody urine and bad ulcers.



Milkweed

**No. 242—Milkweed—Asclepias Cornuti**

COMMON AND FOREIGN NAMES: Silkweed, Silky Swallow Wort, Swallow Wort, Seidenpflanze.

HABITAT: Europe, U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Asclepione, Gum, Sugar, Caoutchouc, Acetic acid.

PROPERTIES AND USES: **Ton. Diu. Alt. Pur. Eme. Ano.**

The root made into a tea is fine for asthma, also for typhus fever with catarrh. It loosens phlegm and helps expectoration. The leaves are used as a poultice for ulcers and certain skin diseases. The tea of the roots also relieves cough and pain. It is sometimes used for scrofula. The milky juice is applied to warts to destroy them.

### **Swamp Milkweed—*Asclepias Incarnata***

COMMON NAMES: Flesh-colored *Asclepias*, Swamp Silkweed, Swamp Milkweed.

HABITAT: U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Asclepiadin, Pectin, Glucose, etc

PROPERTIES AND USES: **Eme. Ant. Stom. Diu. Cor.**

Strengthens the heart the same way as digitalis. Is used successfully in dropsy, coughs, inflammation of the lungs, rheumatism, diarrhoea, skin eruptions, erysipelas, asthma and difficult breathing. For worms use 10 to 20 grains.

Doses: Infusion: 1/2 oz. to pint of water.  
Powder: 15 to 60 grains.

### **No. 243—Swamp Beggar's Tick— *Bidens Frondosa***

COMMON AND FOREIGN NAMES: Cuckhold's Marigold, Bur Marigold, Beggar's Ticks, Harvest Lice, Stickseed, Cow Lice. *Zweizahn*.

HABITAT: Europe, U. S. A.

PART USED: Herb.

PROPERTIES AND USES: **Exp. Emm.**

An excellent herb for coughs and colds. Used especially with marked success in cases of laryngitis, bronchitis and croup. Also very good for palpitation of the heart. It also promotes and regulates menstruation.

### **No. 244—Herb Barbara— *Barbarea Vulgaris***

COMMON AND FOREIGN NAMES: Winter Watercress, Winter Cress, Yellow Rocket Herb. *Barbarakraut*.



Swamp Beggar's Tick

HABITAT: Europe, U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS: Volatile oil rich in nitrogen, iodine, iron, phosphates, potash.

PROPERTIES AND USES:

*Plant: A-sco. Pec. Det.*



Sundew



Herb Barbara

*Seed:*  
**Acr. Lit.**

Excellent for creating an appetite. The herb purifies the blood, is good for scurvy and promotes urination. The tea is also used to wash wounds and ulcers. Used internally to kill worms. The juice will clear the face from blotches. A decoction of the seeds is very valuable for gravel and stones in kidneys or bladder. The herb is often used in the form of a salad. It is said that if eaten a handful every morning on an empty stomach, that it will be a great help in ailments of the lungs..

Herb Barbara should not be taken by women who are in the family way.

Dose: Juice: 1 to 2 fl. ozs.

### **No. 245—Sundew—Drosera Rotundiflora**

COMMON AND FOREIGN NAMES: Long-Leaved Sundew, Round-Leaved Sundew, Dew Plant, Lustwort, Youthwort, Long Sundew. Rosee du Soleil, Sonnentau, Herba Rosellae, Rosollis.

HABITAT: Europe, U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS: Citric and Malic acid.

PROPERTIES AND USES: **Acr. Det. Rub. Pec. Aph.**

The tea of the leaves is of great value for chronic cramps in the chest, for dropsy, jaundice, dysentery, arterio sclerosis, early stages of T. B. attended with an harrassing cough without expectoration. Also very useful in coughs during the measles.

The juice applied to warts or corns will remove them. The diluted juice is used for freckles. The juice will curdle milk. The tincture is used for whooping cough, spitting of blood, chronic hoarseness, intermittents, laryngophthisis, chronic bronchitis, asthma attended with dryness of the mucous membranes and irritable states of the nervous system. It will increase the sexual desires. The plant is very good for old people.

Recipe for inflamed eyes and for films on the eye: 24 grams each of Sundew leaves, Rose leaves, Blue Centaury, and Larkspur; 15 grams each of Red Poppy, Eyebright, Ribwort, and Yarrow; 12 grams of Celandine. Put over it one quart of brandy. Let stand in the sun for four weeks. Filter and add Rosewater 1/10 of a quart. Rub over eyelids from nose toward the temples and let a few drops get into the eye. Do not dry, but let it dry on the eyelids.

Doses: Tincture: 2 fl. drs. in 4 drs. of water;  
teaspoonful,

Fl. Extr.: 10 to 20 drops.

Solid Extr.: 2 to 5 grams.

### **No. 246—Cinchona Bark.— Cinchona Succirubra**

COMMON AND FOREIGN NAMES: Peruvian Bark, Red Bark, Jesuit Bark, Jacket Bark, St. Ann's Bark. Scorce de Quinquina. China Rinde, Quina, China.

PART USED: Bark.

HABITAT: Tropics.

CHIEF CONSTITUENTS:  
Quinine, Chinchonidine.

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



**Cinchona**

Cinchona is used with great success for fevers and all ailments due to weakness of the nerves, lungs and intestines. Excellent in debility, dysentery, scurvy, whooping cough, anemia, stomach weakness, colic, uterine ailments, spermatorrhoea, intermittents, etc. Of special value in spleen troubles attended with sharp pains and swollen knees. For excessive menstruation of long duration use Cinchona wine, two teaspoonfuls morning and evening. Also of great help in influenza, neuralgia, and after all ailments attended with long continued secretion of pus.

For stomach cramps: Put 60 grams of Chinchona and 8 grams each of Chamomile and Caraway into a quart of Madera wine. Use as needed in tablespoonful doses.

The liquid extract of Cinchona cures drunkenness.

Large doses of Cinchona may cause nausea and vomiting.

Doses: Decoction: 30 grams to pint of water. Boil 10 minutes; Dose to 2 fl. ozs.  
Tincture: 1/2 to 1 fl. dr. Wine: 1/2 to 1 fl. oz.



Indian Turnip

### No. 247—Indian Turnip— *Arum triphyllum*

COMMON AND FOREIGN NAMES: Jack in the Pulpit, Dragon Root, Wake Robin, Three-Leaved Arum, Wild Turnip, Dragon-Turnip, Starch-Wort, Pepper Turnip, Bog Onion, Mars Turnip, Meadow Turnip, Swamp Turnip, Priest's Pintle, Lords and Ladies, Memory Root. Gouet a trois feuilles, Dreiblaetteriger Aron.

HABITAT: North and South America.

PART USED: Root.

CHIEF CONSTITUENTS: Acrid principle, Starch, Gum, Sugar, Lignin, Potassium, Calcium.

PROPERTIES AND USES: **Acr. Sti. Exp. Car. Dia.**

Used in bronchitis, croup, whooping cough, asthma, stomach troubles, chronic laryngitis, pains in chest, chronic catarrh, flatulence, chronic rheumatism, low stages of typhus fever. Mix the grated root with honey or syrup and take 8 to 10 grains three times a day. For coughs and colds use the tincture of the root in vinegar. Use 1 to 2 teaspoonfuls three times a day. For scrofulous tumors, scald head and other diseases of the skin mix the powdered root with honey or syrup and apply as a poultice. Only the dried root should be used.

Dose: Powder: 10 grains two to three times a day.

## No. 248—Rice—*Oryza Sativa*

COMMON AND FOREIGN NAMES: Paddy, Reis.

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

PART USED: Seed.

PROPERTIES AND USES: **Dem. Ref.**

Rice water is very good in lung troubles. Roasted rice is excellent for dysentery and stubborn diarrhoea. Dose: Teaspoonful at a time as needed. Ricewater (from unpolished rice) is excellent in febrile and inflammatory diseases and dysuria. Also useful as an enema. A poultice of rice flour is useful for burns, scalds and erysipelas.



Rice

## No. 249—Cranberry—*Vaccinium Oxycoccus*



Cranberry

COMMON AND FOREIGN NAMES: American Cranberry, Fenberry, Fengrape, Mossberry, Sourberry, Sowberry, Swamp Redberry, Cranesberry, Moosbeere, Kronsbeere.

HABITAT: U. S. A.

PARTS USED: Fruit, Leaves.

PROPERTIES AND USES:

*Fruit* **Aci. Ref. Con. A-sco.**

*Leaves*: **Diu.**

The berries are the best cure for recent erysipelas ever known. Put the bruised berries in a cotton cloth and apply over the entire diseased surface and soon the inflammation will subside. Internally use at the same time a decoction of Poke root. Use milk in preparing the decoction. Drink a pint during the day.

Cranberries are also good in all kinds of other inflammations and for scurvy. A poultice is very good for quinsy. A decoction of the leaves is very efficient in retention of the urine.

**No. 250—Cowslip Primrose—  
Primula Veris**

COMMON AND FOREIGN NAMES: English Cowslip Primrose, Paigle Tea, St. Peter's Wort, Tree Primrose. Herb Peter, Polyanthus. Schluesselblume, Primel, Himmelsschluessel.

HABITAT: Europe, U. S. A.

PARTS USED: Flowers, Roots and Leaves.

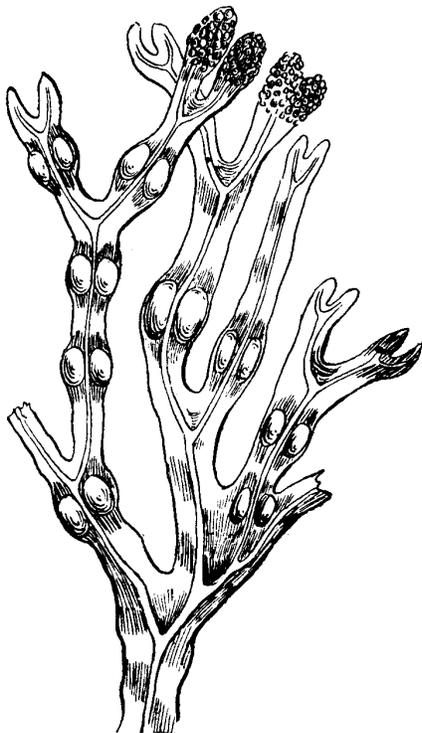
CHIEF CONSTITUENTS: Volatile Oil, Mannite-Saponin.

PROPERTIES AND USES: **Ton. A-spa. Ano. Exp. Sed. Sud.**

The whole herb, flowers, root and leaves, are excellent for gout, rheumatism, dizziness, migraine and chest troubles. Use 10 grams to a quart of water.



**Cowslips.**



**Gulf Wrack**

The juice of the flowers extracted with water and made into a syrup is very good for coughs. A tea made from the flowers alone, strengthens the nerves and the brain and is very useful in restlessness and insomnia. A syrup or tea made from the flowers and leaves is of great value in nervousness, shaking of the hands, dizziness, kidney and bladder trouble, rheumatism, gout, joint rheumatism and especially for paralysis. Use also externally for migraine, gout, joint rheumatism, wounds and swellings. The root steeped in vinegar and snuffed up through the nose will relieve toothache. The root is also used to expel worms.

Dose: 6 to 7 grams to a pint of water.

**No. 251—Gulf Wrack—  
Fucus Versiculosus**

COMMON AND FOREIGN NAMES: Sea Wrack, Bladder Fucus, Seaweed, Sea Oak, Bladder Wrack,

Black Tany, Kelp (the weed burned in open air), Kelpware, Blacktang, Cutweed. *Fucus vesiculoux*, Blasentang, Seetang, Meeriche.

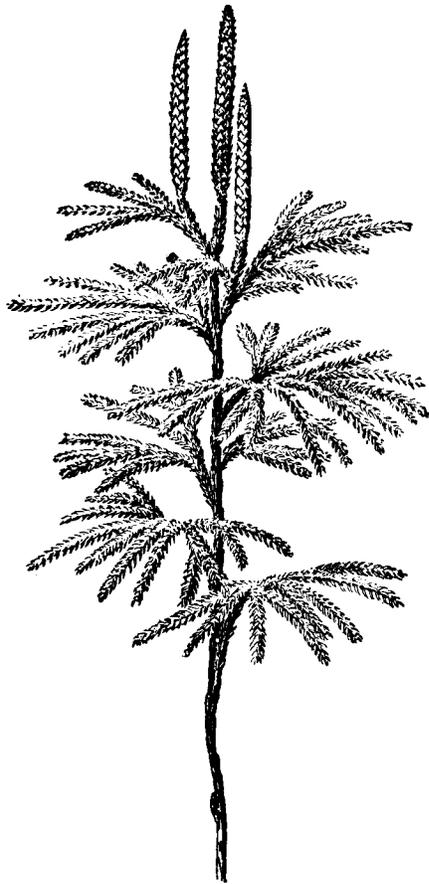
HABITAT: North Atlantic Ocean.

CHIEF CONSTITUENTS: Algin, Volatile Oil, Iodine, Mannitol, Fucose (a sugar).

PROPERTIES AND USES: **Alt.** Ant.

Charcoal derived from the kelp has been used for goitre and scrofulous swellings. Has also been used for certain kinds of obesity due to thyroid gland deficiency. It also has been used for expelling worms.

Dose: Fl. Extr.: 15 to 30 minims.



**Club Moss**

**No. 252—Club Moss—  
*Lycopodium Clavatum***

COMMON AND FOREIGN NAMES: Vegetable Sulphur, Wolf Claw, Foxtail, Staghorn, Vegetable Brimstone, Vegetable Powder, Lycopodium Moss. Soufre Vegetal, Schlangenmoos, Baerlappkraut, Blitzpulver. Leucopodio.

HABITAT: Europe, U. S. A.

PART USED: The pollen,

CHIEF CONSTITUENT: Lycopodic acid.

PROPERTIES AND USES: **Sto. Diu. Ner.**

The infusion is used in rheumatism, lung and kidney ailments. The whole plant is used for dropsy, irritability of the bladder. Steeped in wine it helps to dissolve kidney and bladder stones. Some recommend the powder for dysentery and diarrheas. For this use 4 grams of the powder and 125 grams of Fennelwater and 3 to 5 tablespoonfuls of syrup. Externally the powder is used for eczema, erysipelas and in chafing of infants. It is also used in the manufacture of pills, to prevent their adhesion.

Dose: 15 to 60 grains.

**No. 253—Iron Weed—  
Vernonia Fasciculata**

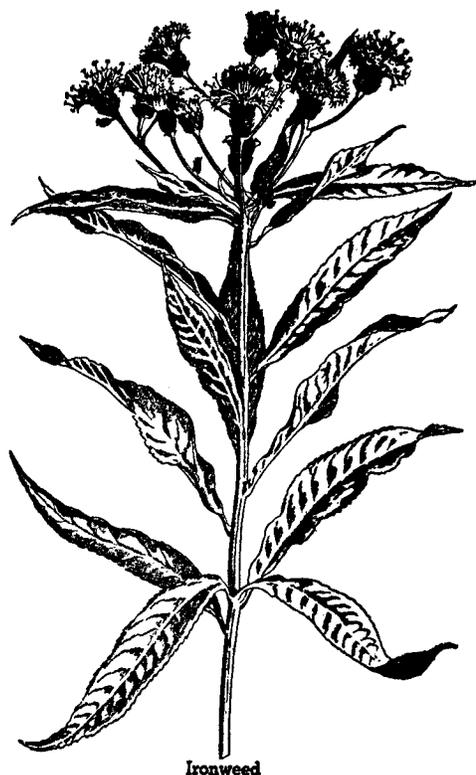
HABITAT: U. S. A.

PARTS USED: Roots and Leaves.

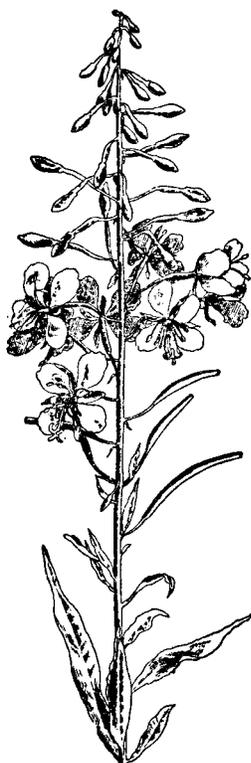
PROPERTIES AND USES: **Bit. Ton. Deo. Alt. F-com.**

This plant is very useful in female complaints. It is also of great value in chills, intermittents, bilious fevers, scrofula, skin diseases and in constitutional syphilis. Also of great use in dyspepsia. The infusion makes a fine gargle for sore throat. Locally the powdered leaves or powdered roots are used to open up tumors.

Doses: Decoction: One-half wineglassful.  
Tincture: 2 to 3 teaspoonfuls.



**No. 254—Willow Herb—  
Epilobium Angustifolium**



COMMON AND FOREIGN NAMES: Wickopy, Fireweed, Rose Bay, Wickup, Mare's Tail, Flowering Willow, Indian Wickopy, Blood Vine, Blooming Sally. Herbe de St. Anotine, Weidensroeschen, Antoinskraut.

HABITAT: Europe, U. S. A.

PARTS USED: Roots and Leaves.

CHIEF CONSTITUENTS: Mucilage, Tannin.

PROPERTIES AND USES: **Dem. Ton Ast. A-spa.**

Used as an intestinal astringent. Useful in whooping cough, hiccough and asthma. Kaporie tea is made from the Willow herb and is used in Russia as a beverage.

Dose: 30 to 60 grains.

**No. 255—Jewel Weed—  
Impatiens Pallida**

COMMON AND FOREIGN NAMES: Quick in the Hand, Slippers, Snapweed, Pale Touch me Not, Wild Celandine, Slipperweed, Balsam Weed, Weathercock, Touch Me Not, Wild Lady's Slipper. Springkraut, Balsamine.

HABITAT: Europe, U. S. A.

PART USED: Plant.

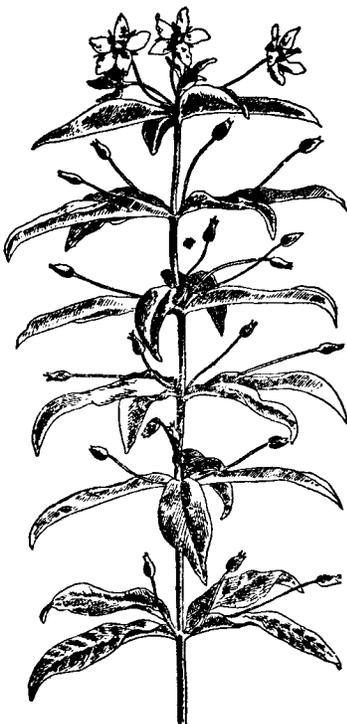
CHIEF CONSTITUENT: Tannin.

PROPERTIES AND USES: **Diu. Em. Alt. Cat. Vul.**

The fresh leaves used internally cause vomiting if used in large doses. Used in small amounts the infusion is valuable in strangury, constipation. If mixed with other alteratives, it makes a good blood purifier. The infusion also is used as a wash for wounds. An ointment made from the fresh leaves is excellent for piles. The fresh juice is very efficacious in the treatment of rhus poisoning.



Jewel Weed



Crosswort

**No. 256—Crosswort—  
Lysimachia Quadrifolia**

COMMON NAMES: Yellow Balm, Four-Leaved Loosestrife.

HABITAT: U. S. A.

PART USED: The whole herb.

PROPERTIES AND USES: **Ast. Sto. A-Per. Exp.**

Can be used with good results in coughs and colds. Prepare the tea with honey. This tea facilitates the removal of phlegm from the throat, lungs and stomach. Also used with good results in indigestion and catarrh of the stomach. Stops bleeding internally as well as externally. Has been used for malaria.

## No. 257—Wild Ginger—*Asarum Canadense*

COMMON AND FOREIGN NAMES: Canada Snake Root, False Coltsfoot, Snakeroot, Indian Ginger, Black Snakeweed, Catsfoot, Vermont Snake Root, Heart Snakeroot, Coltsfoot Snakeroot, Broad-leaved Asarabacca, Southern Snakeroot. Asaret de Canade, Canadische Haselwurz, Schlangenzwurz.

HABITAT: U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Asarin, Volatile Oil, Mucilage, Camphor-like substance.

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

Used in cases of dropsy where albumen is present in the urine. Also in tightness of the chest, painful spasms of the bowels and the stomach. Taken hot it produces copious perspiration. Also used as an aromatic adjuvant to tonic mixtures.

Doses: 1/2 oz. of the powder to a pint of water.  
Powder: 20 to 30 grains,



**Wild Ginger**



**Traveller's Joy**

## No. 258—Travellers Joy—*Clematis Virginia*

COMMON AND FOREIGN NAMES: Virgin's Bower, Waldrebe.

HABITAT: Europe, U. S. A.

PART USED: Leaves.

CHIEF CONSTITUENT: Clematine.

PROPERTIES AND USES: **Acr. Ves. Sti. Diu. Sud. Dia.**

The bruised leaves -and flowers irritate the eyes and throat, causing copious flow of tears and coughing. Applied to the skin they produce local

inflammation. Used as an infusion internally a swell as externally for all kinds of ulcers. Used often for affections of the eyes, gonorrhoea and other inflammatory conditions.

Doses: 1 to 2 grains of the extract once a day. 30 to 40 grains of the leaves in infusions to be used once a day.

### **No. 259—Blazing Star—*Liatris Scariosa***

COMMON AND FOREIGN NAMES: Gay Feather, Rattlesnake's Master, Devil's Bit, Spike Gay Feather, Prairie Pine, Saw Wort, Rough Root, Backache Root.

*Liatris Scariosa* is a variety of *Liatris Spicata* (Button Snake Root.)

HABITAT: U. S. A.

PART USED: Root.

CHIEF CONSTITUENT: Coumarin.

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

A fine herb for chronic rheumatism, dropsy, colic, ague, female troubles gonorrhoea, gleet and Bright's disease. Of great advantage as a gargle in sore throat. Also used for snake bites.

The herb is often used to flavor tobacco. Keeps the moths away from clothing.

Dose: Two ozs. three times a day.

### **No. 260—Blessed Thistle—*Cnicus Benedictus***

COMMON AND FOREIGN NAMES: Holy Thistle, Spotted Cardus, Bitter Thistle, Blessed Cardus, Cursed Thistle, Spotted Thistle. Benediktenkraut, Bitterdistel, Kardobenediktenkraut, Cardon Benit.

HABITAT. Europe, U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS: Cnicin, Volatile Oil.

PROPERTIES AND USES: **Ton. Dia. Bit. Feb. Sti.**



**Blazing Star**



**Blessed Thistle**

## **Emm. Em.**

Excellent in fevers, inflammation of the lungs, asthma, gastric fever, constipation, nervousness, jaundice, gravel, dropsy, melancholy and liver troubles. Used in steam baths it will promote menstruation. Compresses and washes are used with great results on venereal ulcers. The fresh juice is very helpful when applied to smallpox and poisonous bites. The cold infusion is used for weak stomach and loss of appetite. The hot infusion for intermittents. The infusion purifies the blood and increases the circulation. The powdered leaves are used to expel worms. The tea also increases the milk in nursing mothers. Large doses produce vomiting. The infusion strengthens the digestive organs and removes mucus from the stomach, the bowels and the lungs. It is of special value for weak stomach, general debility, diarrhoea due to weakness and for all ailments of the liver.

Doses: Infusion: Half a teacupful three times a day, cold.

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

Tonic dose of the infusion, 1/2 to 1 dr.

## **No. 261—Liverwort—*Hepatica Americana***

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

HABITAT: U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS:  
Tannin, Sugar, Mucilage.

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

A most valuable curative in disorders of the liver, kidneys, indigestion, coughs, bleeding from the lungs, chest troubles and in fevers. The seed cooked in water or wine expels gravel and increases urination. A poultice of the herb is very useful in hernia, skin diseases and bladder trouble. The tea is used externally for freckles.



**Liverwort**

Dose: 30 to 120 grains.  
Fl. Extr.: 1/2 to 1 dr.  
Infusion can be used freely.

### No. 262—Carline Thistle—*Carlina Acaulis*

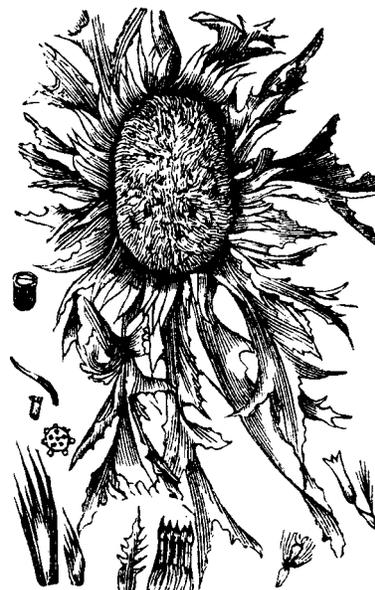
COMMON AND FOREIGN NAMES: Ground Thistle, Southernwood Root. Eberwurz, Wetterdistel, Rosswurz, Silberdistel.

HABITAT: U. S. A., Europe.

PART USED: Root.

PROPERTIES AND USES: **Ton. Sud. Emm.**

The infusion has been used with great success in catarrh of the urinary organs, for kidney and stomach troubles and mucous conditions of the chest. It is a great blood purifier. It is also an excellent herb for dropsy, gases and worms, and women will find it a great help during the periods. The powder acts the same way as the infusion. 4 to 5 gr. taken in wine will help to remove a tapeworm. The root boiled in vinegar is fine for skin diseases. The root boiled in half water and half wine makes an excellent wash for wounds and ulcers. The root used to be chewed as a remedy for toothache. Carline Thistle tea strengthens the stomach and removes phlegm. Infusion can be taken freely.



**Carline Thistle**



**Chickweeds**

### No. 263—Chickweed—*Stellaria Media*

COMMON AND FOREIGN NAMES: Starwort, Stichwort, Adder's Mouth, Satin Flower. Huehnerdarm, Sternmiere, Vogelmiere, Stellaire.

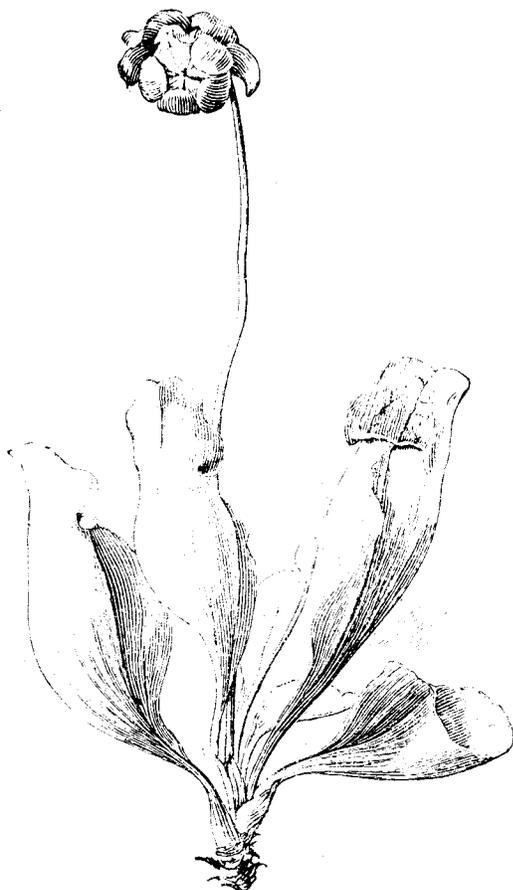
HABITAT: Europe, U. S. A.

PART USED: Plant.

PROPERTIES AND USES: **Ref. Dem. Muc. Dis. Alt.**

The infusion is very good for vomiting of blood, hemorrhoids, mucous conditions of the kidneys and bladder, and especially of the lungs. The tea is also a good blood purifier, fine for loss of appetite -and

stomach troubles. The juice of the plant mixed with honey brings excellent results. The tea is also very good as an eyebath to clear the cornea. The fresh bruised leaves are used for indolent ulcers and acute ophthalmia. The poultice is used for erysipelas and other forms of ulcerations. The poultice is about tilde best for carbuncles and old sores.



**Pitcher Plant**

### **No. 264—Pitcher Plant— Sarracenia Purpurea**

COMMON AND FOREIGN NAMES: Smallpox Plant, Eve's Cup, Saddle Plant, Huntsman's Cup, Forefather's Cup, Side-Saddle Flower, Fly Trap, Watercup. Sarracenie, Kannenkraut.

HABITAT: U. S. A.

PART USED: Plant.

CHIEF CONSTITUENTS: Lignin, Resin, An acid salt of lime, Sarracenic acid in the root.

PROPERTIES AND USES: **Bit. Ast. Sti. Ton. Diu. Lax.**

North American Indians have used this plant with great success as a specific for smallpox. It not only cures but also avoids pitting. This plant is also very useful for torpid liver, stomach troubles and uterine affections.

Doses: Tincture: 1 fl. dr.

Fl. Extr.: 10 to 20 minims.

Powder. 10 to 30 grains.

### **No. 265—Olive Tree—*Olea Europaea***

COMMON AND FOREIGN NAMES: Olive Gum, Lucca Gum, Olive Bark, Olive Leaves, Olive oil Tree, Sweetoil Tree. Huile d'Olive, Oelbaum, Olio de Olivas.

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

PARTS USED: Bark and Leaves and Fruit.

CHIEF CONSTITUENTS: The gum-resin contains benzoic acid and olivile. The green and unripe fruit and the green leaves, Mannite.

**PROPERTIES AND USES:**

*Bark and Leaves: Feb. Ast. A-sep.*

*Oil: Dem. Lax.*



**Olive Tree**

The bark and the leaves are very useful in fevers.

The oil has many uses, Used externally, it relieves pruritis. Mixed with -alcohol it makes a very good hair tonic. For stomach cramps and abdominal dropsy, massage the abdomen with warm olive oil. In scarlet fever, cover the body with olive oil. For easy child birth take for several weeks before this event a few teaspoonfuls of olive oil and massage the abdomen with goose or chicken oil. Olive oil is the best laxative for babies. It is often used in enemas. Used internally it is very effective in inflammation of the stomach and the bowels. It is also very useful for coughs and catarrhs. For coughs and colds try the following: Mix two yolks of egg with olive oil and rock sugar. Take several times a day a teaspoonful. For snake bite use the oil internally and externally. Take a tablespoonful every 10 to 20 minutes until 10 doses have been taken. Massage part externally. For burns: Use olive oil first, then cover with a bandage dipped in limewater that has been mixed with olive oil. A sure way to get rid of a tapeworm: For three days

live only on light soups, in other words, do a little fasting. On the fourth day take 2 to 3 tablespoonfuls of olive oil. After 10 minutes take an enema with fresh lukewarm milk. Have lukewarm water in the toilet bowl. The worm will pass out. During the waiting time drink plenty of water.

Dose: Laxative dose: 1 to 2 fl. ozs.

**No. 266—Poke Weed—  
Phytolacca Decandra**

COMMON AND FOREIGN NAMES: Red Weed, Red Ink Plant, Poke, Garget, Pigeon Berry, Scoke, Coakum, Skoke, Virginia Poke, Pocan Bush, Cancer Jalep, American Nightshade. Racine de Phytolaque, Kermeswurz.

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



**Pokeweed**

**PARTS USED:** Fresh Root, Berries.

**CHIEF CONSTITUENTS:** Berries: Phytolaccic acid and Tannin; Root: Sugar, Formic acid.

**PROPERTIES AND USES:** **Alt. Res. Deo. Det. A-syp. A-sco.**

Pokeweed is a great blood purifier. It increases the glandular action of the body. Very useful in rheumatism, syphilitic, scrofulous and cutaneous diseases. Fine for liver, bowel and skin diseases. Used as a cathartic in paralysis of the bowels, in headache and leucorrhoea. Poultice good for felons. Ointment for parasitic skin diseases. Use one dr. to the ounce. The fresh root is used as a decoction for all kinds of enlarged glands, such as goitre, orchitis, hardened spleen and liver, etc.; also for bony enlargements. Berries are useful in obesity. For rheumatism use the following: 1/2 pint of the juice from the berries and 1/2 pint of strong decoction of Rattle Root. Add 4 ozs. of good brandy. Dose: 1 to 2 tablespoonfuls three times a day. The juice of the berries dried in the sun is used for plasters on cancers. Valuable in cancers is the following: Take 3 ozs. of the fresh root and one oz. of the tincture. Mix and use one table-spoonful to three pints of tepid water. Bathe the parts. For cancer of the breast: Fl. Extr. Poke 2 ozs., Gentian one oz., Dandelion one oz. Make syrup of the roots, add the extr. to make one pint. Dose: Teaspoonful after each meal.

The fresh. roots roasted in embers and made into a poultice will scatter tumors and felons. The juice of the leaves, it is said, will cure itch and ringworm.

Doses: Emetic: 10 to 30 grains.  
Alterative: 1 to 5 grains.  
Fl. Extr. of the berries: 1/2 to 1 dr.  
Fl. Extr. of the root: 1/4 to 1/2 dr.

### **No. 267—Blind Nettle— Lamium Album**

**COMMON AND FOREIGN NAMES:** Stingless Nettle, Nettle Flowers, White Nettle, White Archangel. Weisse Taubnessel, Zauberkraut, Wurmnessel.

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

**PART USED:** Plant.

**CHIEF CONSTITUENT:** Hemolytic saponin.

**PROPERTIES AND USES:** **F-com. Sty. Alt.**



**Blind Nettle**

The tea is blood-purifying and is used especially in skin eruptions of children; also in anemia, scrofula, dysentery, hemorrhages, leucorrhoea, urinary trouble, spleen and menstrual disorders. Tincture is used as the tea. Steam useful for ear trouble. The plant produces a rise of the arterial pressure. The extract causes firm and lasting contraction of the uterus. Tea is very good for catarrh. The decoction is used externally for hardened ulcers. For hard breathing try this tea. For hemorrhages from the uterus take the saturated tincture (25 to 40 minims) every 2 or 3 hours.

## No. 268—Horehound—*Marubium Vulgare*

COMMON AND FOREIGN NAMES: White Horehound, Weisser Andorn, Helfkraut, Mutterkraut, Andorn, Marvel, Marrube Blanc.

HABITAT: Europe, U. S. A.

PART USED: Herb.

CHIEF CONSTITUENTS: Volatile oil, Resin, Tannin, Marrubin.

PROPERTIES AND USES: **Bit. Ton. Aro. Dia. Exp. Pec.**



**Horehound**

The tea is excellent for chronic catarrh of the lungs, whooping cough, liver troubles, jaundice, chlorosis, insufficient menstruation (mix with Dandelion Root), bronchitis, cardialgia, asthma, colds, coughs and croup. Sometimes employed for the removal of worms and for mercurial salivation. In large doses it is a gentle laxative. Taken cold it is fine for dyspepsia. A tea of the leaves is effectively used for eczema of the head. For earache mix the juice with oil of rose. Two or three teaspoonfuls of the Juice drives out the afterbirth and purifies the womb. Mixed with honey it heals and cleanses ulcers and wounds, and if used internally it heals internal ulcerations. Mixed with licorice and fennel and steeped in wine it is very valuable for retention of the urine. The tea makes an excellent wash for all kinds of skin diseases. The leaves boiled in lard are used as an ointment to heal wounds.

A good recipe for most of the ailments mentioned above is made as follows: Boil down in a quart of water to 1

1/2 pints 1/2 oz. each of Horehound, Rue, Hyssop, Licorice and Marshmallow. Take 1/2 teacupful every 2 or 3 hours.

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

Syrup: 2 to 4 drs.

Solid Extr.: 5 to 15 grains.

## No. 269—Evan Root—*Geum Virginianum*

COMMON AND FOREIGN NAMES: White Avens, Throat Root, Chocolate Root, Bennet, Cure All, Herb Bennet, Nelkenwurz.

PART USED: Root.

HABITAT: U. S. A.

PROPERTIES AND USES: **Ast. Ton. Feb. Sed. Sto. Sty. Sud. A-sep.**

Very useful in dyspepsia, bleeding of the lungs, consumption, diarrhoea, dysentery, colic, sore throat, leucorrhoea, ague, chills, intermittents, gastric irritations, headache and general debility. Used in passive and chronic hemorrhages. Also a good spring medicine. An excellent compound tincture for most of the described ailments is made as follows. Marcerate in a quart of good brandy Evan Root 11/2 ozs., Angelica and Tormentil one oz. each, Raisins without stones 2 ozs. Let stand for 30 days in a warm place. Dose: 1/2 oz.

Doses: Infusion: One pint daily.

Powder mixed with honey: 2 to 3 teaspoonfuls.



**Evan Root**

## No. 270—Copaiva—*Copaifera Officinalis*

COMMON AND FOREIGN NAMES: Balsam Copaiva Tree, Copaiva Tree, Copahu, Baume de Copahu, Copaiwabalsam, Balsamo di Copaive.

HABITAT: Brazil.

PART USED: Oleoresin.

CHIEF CONSTITUENTS: Volatile oil, Resin, Amorphous resin acids.

PROPERTIES AND USES: **Sti. Diu. Cat. Pec. Ast. Car.**

Often effective in leucorrhoea, gonorrhoea. In such cases it is usually combined with Sweet Spirits of Nitre, oil of almonds, and spirits of Turpentine, equal parts. Dose: One teaspoonful 3



**Copaiva**

to 4 times a day. Also effectually employed in chronic dysentery, bladder irritation and bronchitis. Dose: 20 to 40 drops three times a day. Excellent in dropsy. Very useful in croup, especially membranous croup, chronic catarrh and painful piles. Externally very useful in fistulous ulcers, chilblains and indolent ulcers. Also useful in cystitis, diarrhoea and hemorrhoids.

Large doses cause nausea, vomiting, strangury, bloody urine and fever. Do not use in severe and acute inflammations nor in very chronic forms.

Doses: Oil: 5 to 20 drops.

For dropsy: 15 to 20 grains three times a day.

### **No. 271—Indian Hemp Apocynum Cannabinum**

COMMON AND FOREIGN NAMES: American Indian Hemp, Black Indian Hemp, Bowman's Root, Indian Physic, Amy Root, Wild Cotton, Rheumatism Weed, Choctaw, Black Silkweed, Canadian Hemp. Chauvre du Canada, Canadische Hanfwurzel.

PART USED: Root.

HABITAT: U. S. A.

CHIEF CONSTITUENTS: Symarin, Cynotoxin.

PROPERTIES AND USES: **Eme. Cat. Ste. Diu. Sud.**

Use only with greatest caution. Fine in dropsy due to heart ailments and cirrhosis of the liver. It is an infallible cure for thread or pinworms. For this purpose use 20 drops of the tincture three times a day for three succeeding days. Then use an enema with cold water. Indian Hemp can be used instead of digitalis.

Doses: Decoction: Tablespoonful three times a day.

Extr.: 4 to 5 grains.

### **No. 272—White Cohosh—Actea Alba**

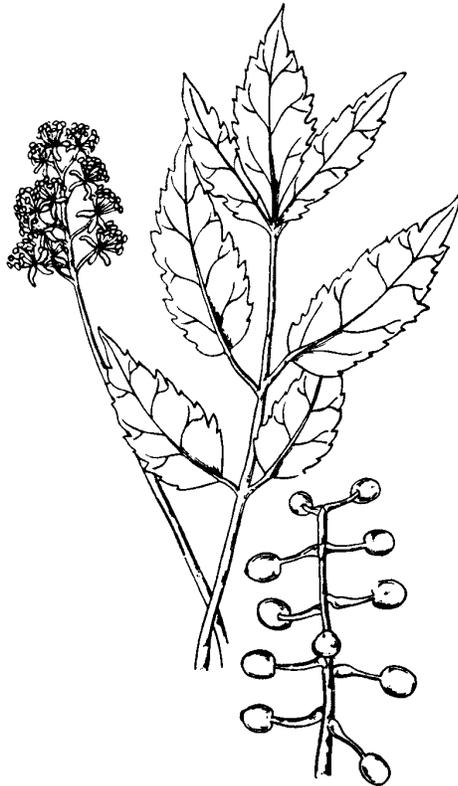
COMMON AND FOREIGN NAMES: White Baneberry, Necklace Weed, White Beads, White Berry Snakeroot.

HABITAT: Europe, U. S. A.

PART USED: Root.



**Indian Hemp**



**White Cohosh**

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

It is said to be a specific in the control of afterpains. Useful in neuralgia of the womb, painful menstruation and leucorrhoea from congestion of the womb.

Formerly used for asthma and goitre.

The tincture is made from 8 ozs. of the root to one pint of alcohol, 96 proof.

Dose: Tincture: 15 drops 3 times a day.

**No. 273—American Senna—  
Cassia Marilandica**

**COMMON AND FOREIGN NAMES:** Locust Plant, Wild Senna, Sene Americain, Amerikanische Senna.

**HABITAT:** U. S. A.

**PART USED:** Leaves.

**CHIEF CONSTITUENT:** Chrysophanic acid.

**PROPERTIES AND USES: Cat. Ver. Diu.**

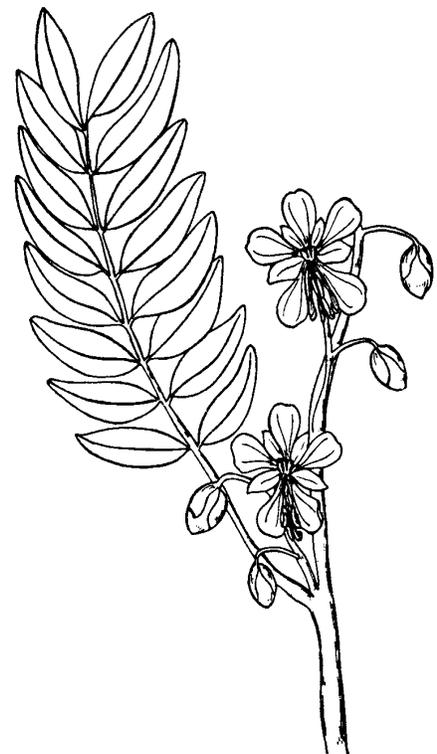
Acts like Senna but is weaker. Combine with aromatics.

**Doses:** Infusion: One oz. of the leaves and one dr. Coriander to one pint of water. Take 4 to 5 fl. ozs. Powder: 1/2 to 2 1/2 drs.

**No. 274—Bitter Root—  
Apocynum Androsaemifolium**

**COMMON AND FOREIGN NAMES:** Dogsbane, Milkweed, Honeybloom, Milk Ipecac, Flytrap, Wandering Milkweed. Catchfly, Bitter Dogsbane, Western Wallflower, Wall Flower. Hundsgift.

**HABITAT:** U. S. A.



**American Senna**

PART USED: Root.

CHIEF CONSTITUENTS:  
Apocynamarin, Cymarin.

PROPERTIES AND USES: **Eme.**  
**Cat. Diu. Sud. Exp.**

A cardiac tonic that slows down the pulse. Very useful in dropsy due to heart ailments and dropsy due to cirrhosis of the liver. Used also in syphilis, rheumatism and scrofula. The Indians regarded it as an infallible cure for venereal diseases. Very effective in dyspepsia, nervous headache and rheumatic gout in the joints. It is a good wash for scald head and ulcers.



**Bitter Root**

Doses: Powder: 20 to 30 grains;  
as an alterative for liver and dyspepsia: 10 grains twice a day.  
Extr.: 5 to 6 grains.  
Fl. Extr.: 10 to 20 drops every 4 hours.

### **No. 275—Cancer Root—Epifagus Americanus**

COMMON AND FOREIGN NAMES: Beech Drops, Broom Rape, Fir Rape, Cancer Drops. Orbanche de Virginie, Krebswurz.

HABITAT: U. S. A.

PARTS USED: Tops, Stems and Root.

CHIEF CONSTITUENT: Chlorogenic acid.

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

Used internally for different bowel affections. Also very useful for erysipelas, sore mouth, diarrhoea and especially for asthma. It is said that it has been successfully used for cancer by taking it internally and externally. They used the tops and the roots for an infusion and took a wineglassful three times a day. Using a strong decoction externally. The infusion acts very strongly upon the capillary system the same way as the tincture of iron.



**Cancer Root**

Doses: Powder: 12 to 15 grains.

Decoction can be used freely.

### **No. 276—Satan's Apple—Atropa Mandragora**

COMMON AND FOREIGN NAMES: Mandrake (not to be confused with the American Mandrake), Satan's Apple belongs to the Nightshade family. Alraun.

HABITAT: Southern Europe, Levant.

PARTS USED: Herb and Root.

CHIEF CONSTITUENT: Mandragorine.

PROPERTIES AND USES:

*Herb: Ano. A-spa. Soporific.*

*Root: Eme Purg.*

From the leaves a pain soothing ointment is made which can be used freely. If you boil the leaves in milk you will have an excellent external



**Satan's Apple**



**Yellow Dock**

preparation for indolent ulcers, The bark of the root, expressed or used in an infusion has been used for melancholy, convulsions, rheumatic pains and scrofulous tumors. It is used as an anodyne in cases where pain is continuous. For chronic rheumatism the roots are scraped and mixed with brandy. The tincture is used as an antispasmodic and considered by many superior to either belladonna or hyoscyamus. One gram of the root mixed with honeywater drives out the bile from the gallbladder and removes the phlegm from the system. The bruised leaves applied locally are fine for scaldhead. The berries soaked in olive oil for 4 days, then boiled and strained and applied to the temple brings rest to the body and stops excessive heat in the body.

It is dangerous to use this plant. Use only in small doses.

### **No. 277—Yellow Dock—Rumex Crispus**

COMMON AND FOREIGN NAMES: Sour Dock, Garden Patience, Narrow Dock, Curled Dock. Radix Lapathi, Krauser Ampfer, Grindwurz.

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Rumicin, Chrysarbolin.

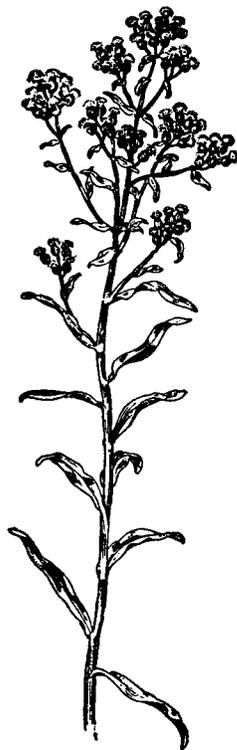
PARTS USED: Roots and Seed.

PROPERTIES AND USES: *Root: Alt. Ton. Dep. Ast. A-sco. Lax.*

The decoction of the roots is used with great effect for rheumatism, bilious complaints, bleeding from the lungs, ulcers, leprosy, scurvy, scrofula skin diseases, syphilis, jaundice, glandular swellings and general debility. Yellow Dock is an excellent blood purifier. A strong decoction of the root in milk is the best for bleeding at the stomach. The bruised root is used with great success as a poultice for bad ulcers and hard tumors. The seeds used in an infusion are very effective in diarrhoea and dysentery. The infusion from the seeds is very useful in cancerous conditions and is of great service in the cure of the itch. For chronic skin diseases use the infusion internally and externally. An ointment made from the root made into pulp. Boil the pulp in vinegar and mix all with unsalted butter or lard.

Doses: Fl. Extr.: 50 to 60 drops.  
Solid Extr.: 5 to 15 grains.  
Rumin: 3 grains.

### No. 278—White Balsam— *Gnaphalium Polycephalum*



**White Balsam**

COMMON AND FOREIGN NAMES: Live Forever, Indian Posy, Sweet Balsam, Sweet Scented Life Everlasting, Old Field Balsam, Life Everlasting, Field Balsam, Chafe Weed, Balsam Weed, Poverty Weed, Everlasting, Katzenpfoetchen.

HABITAT: U. S. A., Europe.

PART USED: Plant.

PROPERTIES AND USES: **Ast. Dia. Pec. Feb.**

White Balm is of great service in ulcerations of the throat and mouth, intestinal and pulmonary catarrhs and quinsy. Drink the infusion warm and freely of it. Fomentations from this herb bring great relief to bruises, tumors, diseases of the bowels and hemorrhages. The fresh juice- is anti venereal and anti aphrodisiac. The cold infusion is effectual in expelling worms. If your mouth is sore try this plant by chewing the leaves. The infusion is also a great help for bleeding at the lungs, diarrhoea, dysentery, and even ulcers of the lungs.

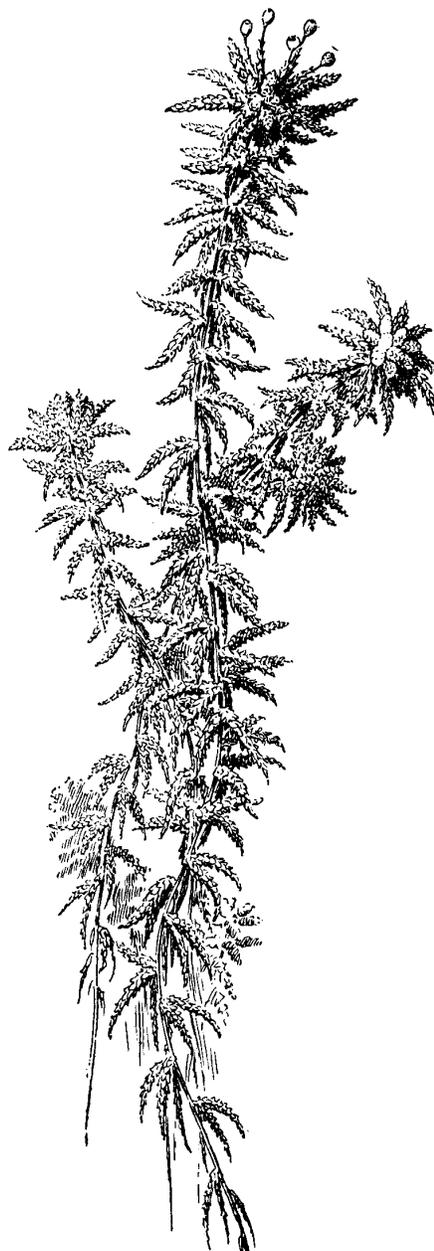
**No. 279—Sphagnum Moss—  
Sphagnum Cymbifolium**

COMMON NAMES: Bog Moss, Peat Moss.

HABITAT: Scotland, Ireland, Wales.

This moss is not used internally but we mention it here because it possesses great qualities. It makes the finest surgical dressings due to its power of absorption. A 2 oz. dressing can absorb up to two pounds of moisture, twice as much as surgical cotton. It also absorbs the discharge of wounds evenly and does not require to be changed frequently. The finest dressing is made from the raw juice of garlic, diluted with water and put on swabs of sterilized Sphagnum Moss.

It is also used for packing green bulbs.



**Sphagnum**

**No. 280—Compass Weed—Silphium  
Lacinatum**



**Compass Weed**

COMMON  
NAMES: Compass  
Plant, Pilot Weed,  
Polar Plant, Rosin  
Weed, Turpentine  
Weed.

HABITAT:  
U. S. A.

PART USED:  
Plant.

PROPERTIES  
AND USES: **Eme.**  
**Feb. Ton. Alt.**

A peculiarity of this plant is that the large leaves of it have a tendency to point to the north. Hence it is called Compass Weed. Internally as a medicine it is very useful in liver and spleen troubles, fevers, internal bruises, debility and ulcers. The gum of this plant is stimulant and antispasmodic. Gum is also used to make chewing gum.

Doses: Decoction: Four ozs. of the powdered root.  
Powder: 20 grains,

**No. 281—Fever Root—  
Triosteum Perfoliatum**

'COMMON NAMES: Wild Ipecac, Horse Gentian, Wild Coffee, Tinker Weed, Horse Ginseng, Feverwort, White Ginseng, White Gentian.

HABITAT: U. S. A.

PART USED: Root.

PROPERTIES AND USES: **Eme. Dia. Ton. Lax. Feb.**

Used with great benefit for inflammatory fevers and as a laxative bitter tonic. Large doses should not be used as they produce vomiting and excessive perspiration. As a general rule use a teaspoonful of the herb to the cup of boiling water.

Doses: 20 to 30 grains.  
Extr.: 10 to 15 grains.



**Fever Root**

**No. 282—Stramonium—Datura Stramonium**

COMMON AND FOREIGN NAMES: Devil's Apple, Mad Apple, Thorn Apple, Stink Jamestown Weed, Apple Peru, Jimson Weed, Stinkwort, Devil's Trumpet, Jamestown Lily, Stechapfel.



**Stramontum**

HABITAT: Europe, U. S. A.

CHIEF CONSTITUENTS: Same as Belladonna but not as strong and causing no constipation.

PARTS USED: Plant, Leaves and Seeds.

PROPERTIES AND USES: **Poi. Sti. A-spa. Sed. Ano. Nar.**

Used especially in asthma powders and asthma cigarettes. The atropine in Stramonium paralyzes the endings of the pulmonary branches, thus relieving bronchial spasms. For this purpose Stramonium can be mixed with Belladonna, cubebs, sage and tobacco. When dryness of throat and mouth appears, discontinue the

use of such a smoke as it indicates that you have used too much of this dope. An ointment can be made from Stramonium to be used for muscular rheumatism, neuralgia, painful piles, fistula, abscesses and other local inflammations. For burns apply the fresh leaves but remove same as soon as the pain has left. For slow menstruation use one drop of the tincture at night. For inflammation of the eyes drop one or two drops of the juice of the leaves in the ear opposite to the inflamed eye. For nervous headache, migraine with blood congestion to the head and palpitation of the heart take one drop of the tincture twice a day. For deafness and nervous earache take one drop of the tincture twice a day.

Doses: Powdered Leaves: 1/10 to 5 grains;  
 Fl. Extr. Leaves: 1 to 3 drops;  
 Fl. Extr. Seeds: 1 to 2 drops;  
 Tincture from Leaves: 5 to 15 drops;  
 Powdered Extract: 1/5 grain;  
 Solid Extr.: 1/4 to 1 grain.

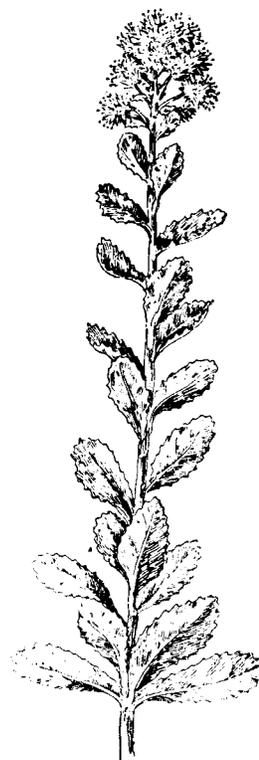
### No. 283—Orpine Livelong—Sedum Telephium

COMMON AND FOREIGN NAMES: Orpine, Live-Forever, Aaron's Rod, Purse Plant. Herbe aux Charpentiers.

HABITAT: U. S. A., Europe.

PART USED: Plant.

CHIEF CONSTITUENTS: Mucilage, Lime, Sulphur, Ammonia.



**Orpine Livelong**

PROPERTIES AND USES: **Ast. Vul.**  
**Irr. Ref.**

A useful herb in diarrhoea. If boiled in milk and taken in small doses internally it stimulates the action of the kidneys. This herb also has an anti-cancerous reputation. A syrup made from this plant is valuable for sore throat and quinsy. Dose: One teaspoonful several times a day. Applied externally, the herb cools inflammations. Round around the throat it is very good for quinsy. The juice mixed with olive oil is fine for burns. Formerly it was used externally to cicatrize wounds and internally for dysentery and bleeding of the lungs.



**Meadow Salsify**

### No. 284—Meadow Salsify— Tragopogon Pratensis

COMMON AND FOREIGN NAMES: Star of Jerusalem, Noonday Flower, Noon Flower, Noontide, Goat's Beard, Jack-

Go-to-Bed at Noon. Salsifis, Bocksbart, Barba di Beco, Barba Cabruma.

HABITAT: Europe, U. S. A.

PART USED: Root.

PROPERTIES AND USES: **Diu.**

The root made into a tea is the best dissolvent of bile that has become too thick. The same decoction is also valuable for loss of appetite, heartburn, liver congestions and gravel. It is also very useful for asthma, cough, stitch in side and consumption. The roots can be used like asparagus. The whole plant boiled and strained and mixed with olive oil is excellent for strangury.

### **No. 285—Galangal—Alpinia Galanga**

COMMON AND FOREIGN NAMES: Catarrh Root, East India Catarrh Root, Kassamah, China Root, Galangall, Galangale, Amazon Root, Chinese Ginger, India Root. Galanga Mineur, Galantwurz, Galanga Minore.

HABITAT: China, Java.

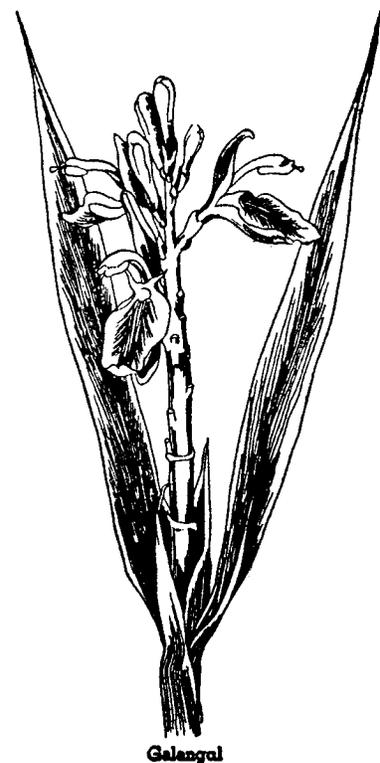
PART USED: Root.

CHIEF CONSTITUENTS: Volatile oil, Resin, Galangol, Kaempferid, Galanin, Alpinin.

PROPERTIES AND USES: **Aro. Sti. Sto. Cor. Car.**

Only the small root is used in medicine. Internally Galangal is used as an infusion for flatulence, dyspepsia, vomiting, loss of appetite, seasickness, delayed menses, colds in the stomach and intestines and melancholy. For internal nervousness, fainting spells and dizziness mix the powdered root with the juice of Plantain leaves. Dose: 1 1/2 teaspoonful every hour. The powdered root is used as a snuff for headache, toothache, catarrh in the head and nose and eye trouble. The root soaked in olive oil for 3 or 4 days makes an excellent rub for colds in the bladder and other places.

Doses: Powder: 15 to 30 grains;  
Infusion: 30 to 60 grains;  
Fl. Extr.: 30 to 60 minims.



## No. 286—Sarsaparilla—Smilax Ornata

COMMON AND FOREIGN NAMES: Sarsaparill, Amerikanische Stechwinde. Sarsepateille, Sarsapariglia, Zarzaparilla.

HABITAT: U. S. A., Brazil, Spain.

PART USED: Root.

CHIEF CONSTITUENTS: Sarsa-saponin, Parillin, or Smilacin.

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

It has been greatly recommended for venereal diseases, bad ulcers, cancers, chronic rheumatism, arthritis, neuralgia, scrofula, chronic skin diseases, passive dropsy, gravel and general debility. To get best results it is often mixed with Guaicum, Sassafrass, Licorice, Roots of Juniper, Burdock and Bittersweet.



Sarsaparilla

For all cases of debility due to nervousness, hypochondria, hysteria, etc. It is a great blood purifier. The smoke of the root is useful as an inhalant in asthma.



Swamp Dogwood

Doses: Powdered root: 1/2 to 1 dr.

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

Solid Extr.: 12 to 20 grains.

Infusion: 4 fl. ozs.

## No. 287—Swamp Dogwood— Cornus Sericea

COMMON AND FOREIGN NAMES: Osier, Silky Cornel, Female Dogwood, Red Willow, Rose Willow. Kinnikinnik, Cornouille, Welde, Vinco, Minbrera.

HABITAT: U. S. A.

PARTS USED: Root, Bark of Root.

CHIEF CONSTITUENTS: Like Peruvian Bark but richer in mucilage and less rich in resin, quinine and tannin.

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

Very useful in jaundice and other liver complaints. It is used in periodical and typhoid fever. It increases the pulse and raises the body temperature. The powdered root is a fine tooth powder.

Doses: Powder: 1 to 2 ozs.  
Fl. Extr.: 1/2 to 1 dr.

**No. 288—Coriander—  
Coriandrum sativum**

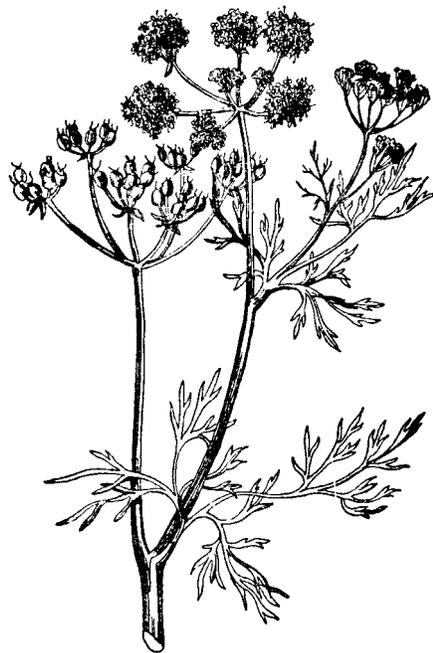
COMMON AND FOREIGN NAMES: Coriandre, Koriander, Coriandro Cilantro.

HABITAT: Europe, U. S. A.

PART USED: Seed.

CHIEF CONSTITUENTS: Volatile oil, Malic acid, Tannin.

PROPERTIES AND USES: **Aro. Sti. Car. Pun. Cor. Sto.**



Coriander

Coriander helps digestion if used in small amounts. Large doses will cause headache and dizziness. If steeped in sweet wine, the decoction will expel worms and bring on delayed menses. Coriander is often used to cover the taste of other medicines or to correct their griping qualities and make them acceptable to the stomach. Candied Coriander is excellent for indigestion, mucous conditions of the stomach and the intestines, colic, diarrhoea, dizziness, intermittents and as a preservative for apoplexy. Dose: 1/2 teaspoonful after meals. The herb is used externally for inflammations, carbuncles, etc.

Doses: Powder: 10 to 60 grains,  
Fl. Extr.: 3 to 30 drops.

**No. 289—Sweet Broom—  
Ruscus Aculeatus**

COMMON AND FOREIGN NAMES: Kneeholly, Jew's Myrtle, Pettigree, Kneeholy, Kneeholm. Fragon Piquant, Buis pointu, Petit-houx, Echter Maeusedorn, Brusco, Rusco pungente.



Sweet Broom Root

HABITAT: Europe.

PARTS USED: Leaves and Berries.

PROPERTIES AND USES: **Dia. Diu. Deob. Ap.**

The decoction of the root is very useful for jaundice, gravel, pulmonary diseases, dropsy, many kidney ailments, gout and constipation. For scrofulous tumors take one dr. of the decoction every morning. The decoction with honey relieves difficult breathing and clears the chest of phlegm. A poultice of the berries and leaves knits broken bones.

### **No. 290—Butterbur—Petasites Vulgaris**



Butterbur

COMMON AND FOREIGN NAMES: Plague Flower, Langwort, Umbrella Plant, Butterdock, Flapperdock, Blatterdock, Dog Rhubarb, Capdockin, Bogshorn. Herb aux teigneux, Pestwurz, Bardana, Erba dei tignosi.

HABITAT: Europe.

PART USED: Root.

PROPERTIES AND USES: **Diu. Cor. Ner.**

A very good heart stimulant. The decoction is of great help in fevers, asthma, colds, urinary troubles, dropsy, obstinate neuralgia in the small of the back and the loins. Also very useful for gout, suppressed menstruation and epilepsy. Externally it is used for bad tumors.

Dose: A wineglassful several times a day.

### **No. 291—Myrrh—Balsamodendron Myrrha**

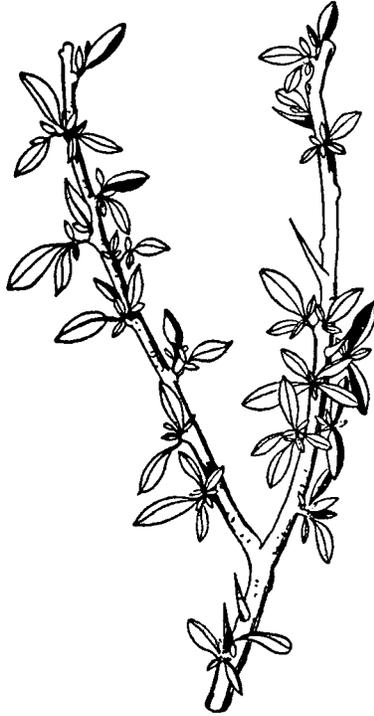
COMMON AND FOREIGN NAMES: Didthin, Bowl, Bal, Bola, Didin. Abre a Myrrhe, Myrrhenbaum, Balsambaum, Alebero del Mirra, Arbol de Mirra.

HABITAT: Arabia.

PART USED: Gum.

CHIEF CONSTITUENTS: Volatile oil, Myrrhin, Gum, Sulphates, Benzoates, Malates, Acetates of potassa.

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



Myrrh

Do not use Myrrh internally when fever is present, nor during menstruation, nor when there is internal inflammation. Myrrh is a wonderful medicine for the weak. It is of great service in chronic catarrh, chlorosis, amenorrhoea, bronchitis, laryngitis, humoral asthma, leucorrhoea, obstruction of the liver, poor circulation. It is a great tonic in dyspepsia and loss of appetite. It stimulates the mucous tissues and the flow of gastric juices and is of great value in mucous conditions of the stomach, the intestines, the womb and bladder. It also has been used as a vermifuge. Externally, it is used for spongy, unhealthy gums, ulcerated throat. The tincture is used for indolent gangrenous ulcers. For this purpose mix 40 to 60 drops of the tincture with Arnica tea.

*For pyorrhoea use the following:* Powdered Myrrh 15 grams dissolved in 60 grams of alcohol. Add 30 grams each of Scurvy Grass tincture, Blackberry leaves, Sage and Balm Mint and 30 grams of wine vinegar. Let stand for 2 to 4 days. Strain and wash gums with it.

*A fine plaster* is made from 1 1/2 ozs. each of Myrrh, Camphor and Balsam of Peru. Add to this 32 ozs. of melted lead plaster.

*A reliable gargle:* 20 to 30 drops of tincture Myrrh mixed with honey and water.

*An ointment for gangrenous and cancerous sores:* Dissolve in alcohol 4 grams of powdered Myrrh, add powdered charcoal and lard.

Doses: 10 to 30 grains.

Fl. Extr.: 5 to 30 mins.

Tincture: 1 dr.

## **No. 292-Figtree-Ficus Carica**

COMMON AND FOREIGN NAMES: Figs, Figue, Feigenbaum, Fichi, Higos.

HABITAT: U. S. A., Smyrna.

PART USED; Fruit.

CHIEF CONSTITUENTS: Dextrose, Gum, Ficin.

PROPERTIES AND USES: **Lax. Dem. Mat. Edi.**

Figs boiled in vinegar are excellent for coughs, dropsy, epilepsy, painful urination, gravel and stones. Steeped in milk or water and applied externally are fine for

gumboils. For excessive salivation chew the seeds. The milky juice of the stalk will remove warts. Used internally the juice purges, drives out worms and the enzyme ficin digests the worms. For cancer and bad ulcers try the following: Mix bruised figs with garlic and yeast. Apply this as a poultice or plaster and renew every morning. To soften hard tumors use three parts of figs and one part of vinegar. Let stand for a while and pour off the juice and use the bruised figs as a poultice. Figs are often mixed with senna and some carminatives as a laxative.

The Elixir of Figs for children and delicate persons is an excellent laxative and is made as follows: Compound tincture of rhubarb, liquid extract of senna, compound spirit of orange, liquid extract of cascara and syrup of figs.



**Figtree**

**No. 293—German Pellitory—  
Anacyclus Officinarum**

FOREIGN NAMES: Kreisblume, Bertramswurzel.

HABITAT: Europe.

PART USED: Root.

CHIEF CONSTITUENTS: Pelletonin, Potassium sulphate and carbonate.

PROPERTIES AND USES: **Sia. Sti. Acr.**



**German Pellitory**

Has been used for paralysis of the tongue with marked

success Also a great help in obstinate intermittents and other fevers. Excellent in rheumatism and neuralgia. For toothache insert a piece of the root into the hollow of the tooth. The use of the herb promotes the free flow of saliva in cases of dryness of the mouth. For palsy of the tongue chew the root and swallow the juice. For catarrh of the head snuff the powdered root.

Dose: Tincture: 18 to 30 drops daily.

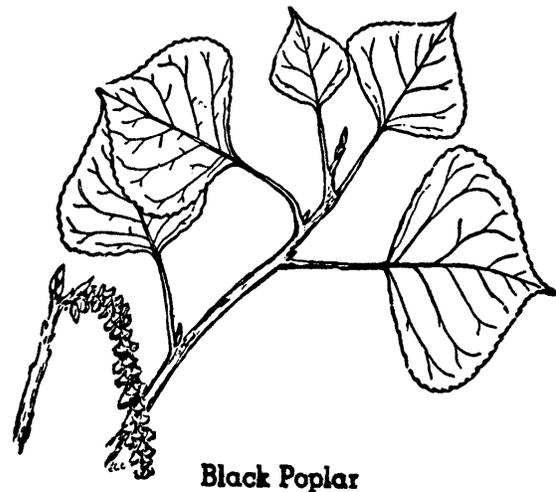
### **No. 294—Black Poplar— Populus Nigra**

COMMON AND FOREIGN NAMES: Poplar Buds. Echte Pappel, Penplier Nois, Yema de Alama Negro, Salbenbaum.

HABITAT: Europe, U. S. A.

PARTS USED: Buds, Wood.

CHIEF CONSTITUENTS: Salicin, Populin.



**Black Poplar**

PROPERTIES AND USES: **Vul.**

Poplar Ointment is very healing and of great service in inflammations, burns and hemorrhoids. To make the ointment use one part of buds and two parts of lard. Steep until all moisture is out, then strain through a cloth and it is ready for use. The tincture is used externally for sprains and internally for hemorrhages and ailments of the bladder and chest. The tincture is prepared from one part of buds and four parts of 70 proof alcohol. Let stand for 8 days. Filter. The charcoal from poplar wood is used for heartburn, headaches, vomiting and colic, due to an upset stomach. A pomade for dandruff is made by mixing the ointment with wax, tallow and oil of rose.

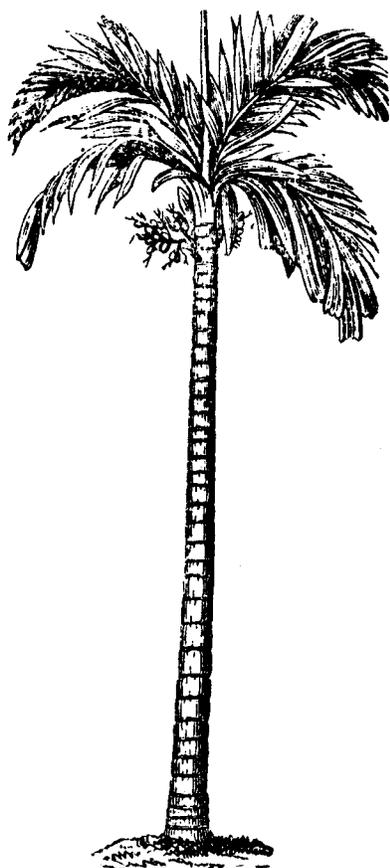
### **No. 295—Areca Palm—Areca Catechu**

COMMON AND FOREIGN NAMES: Areca Nut, Betel Nut tree, Betel Nuts, Pinang. Noix de Arec, Areka Palme.

HABITAT: East Indies.

PARTS USED: Nuts and Seeds.

CHIEF CONSTITUENTS: Tannin, Gallic acid, Oilgum,



**Areca Palm**

Lignin. And the alkaloids: Arecoline, Arecain, Guracine.

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

Yields imitation Gum Catechu. A decoction of the outer covering of the fruit is excellent for retention of the urine. The extract of the fruit is useful for debility, bloody and mucous discharges, diarrhoea, dysentery, ulcers and scurvy. The powdered nuts taken in 1 to 2 teaspoonful doses will expel tapeworm. Arecoline increases the secretions of the salivary glands and improves the intestinal peristalsis.

Doses: Fl. Extr.: 1 dr.

Arecoline: 1/10 to 1/15 grain.

### **No. 296—Indigo Plant—Indigofera Anil**

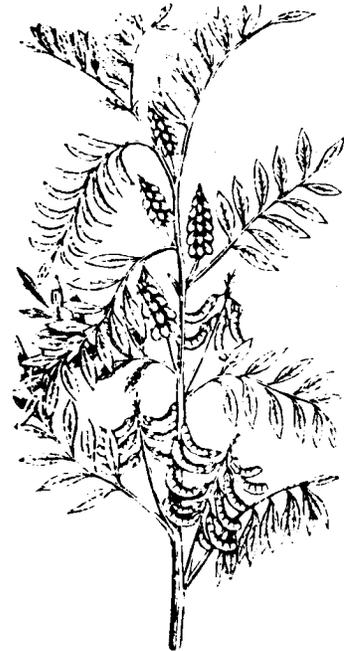
COMMON NAMES: Devil's Dye, Anil.

HABITAT: East India.

PARTS USED: Roots and Leaves.

PROPERTIES AND USES: **Hep.**

Rarely employed but the roots are said to be used for gravel and stones and for syphilis. The leaves are used as a poultice for sprains, inflammations, tumors, skin diseases and cancerous sores. Internally also for asthma.



**Indigo**

### **Wild Indigo—Baptisia Tinctoria**

COMMON NAMES: Horsefly Weed Rattlebush, Baptisia.

HABITAT: U. S. A.

CHIEF CONSTITUENTS: Gum, Albumen, Starch, Resin.

PARTS USED: Roots, Leaves and Bark.

PROPERTIES AND USES: **Purg. Em. Sti. Ast. A-sep. Ins. Vul. A-ep.**

Mostly used as an antiseptic. Also in form of a decoction or syrup for scarlatina and typhus.

Doses: Decoction: One tablespoonful;

Fl. Extr.: 1/4 to 1/2 dr.

Baptisin: 1 to 3 grains.

**No. 297—Alcornoque Bark—  
Alchornea Latifolia**

COMMON AND FOREIGN NAMES: Alcornoque,  
Alkornokbaum.

HABITAT: Jamaica, Guiana.

CHIEF CONSTITUENT: Alcorein.  
PART USED: Bark.

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

Used in T. B. and general weakness of the lungs and especially useful in asthma. It expels the phlegm from the lungs. Also of great service in fevers and rheumatism.



**Alconorque**

**No. 298—Saffron—Crocus Sativus**

COMMON AND FOREIGN NAMES: Krokos, Safran, Crocus, Zafferano, Azafran.

HABITAT: Greece, Spain.

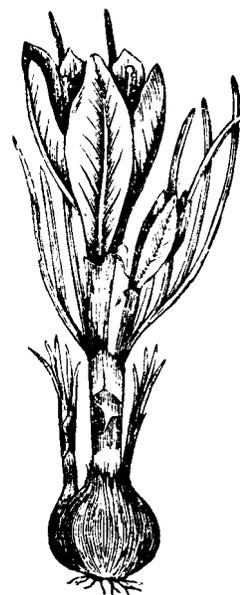
PART USED: Flowers.

CHIEF CONSTITUENT: Crocin.

PROPERTIES AND USES:

Use only in doses as given below. It is very useful for nosebleed, spitting of blood, delayed menses, hysteria, chlorosis, irregular menstruation. It brings out the measles, scarlatina and chickenpox. For whooping cough use the tincture 2 to 6 drops. The tincture is also used in doses of 4 to 6 drops for weak nerves, palpitation of the heart, dizziness, fainting, cramps during gestation, indigestion, constipation, melancholia, hardening of the liver, retention of the urine and in jaundice.

Externally it is of great value for swellings, hardened and inflamed breasts. For inflamed fingers mix with olive oil and the white of an egg; for swollen feet paint them with 4 grams of saffron and 60 grams of olive oil every hour; child birth is made much easier if the mother takes some saffron or Cinnamon and mixes it with warm wine or beer. Should be taken while warm. For frozen parts, paint the parts with equal amount of saffron tincture and Spirits of Camphor.



**Saffron**

Doses: Tinct.: 2 to 6 drops.  
Powder: 30 to 100 cg.  
Infusion; 2 to, 3 g.  
Extr.: 60 to 160 cg.

### **No. 299—Field Scabiose—*Scabiosa Arvensis***

COMMON AND FOREIGN NAMES;

Scabiose, Grindkraut, Apostelkraut, Blaue Kornrose.  
HABITAT: Europe: U. S. A.

PART USED: Leaves.

PROPERTIES AND USES: **Dep. Exa. Pec. Exp.**

This plant has great virtue in healing wounds and ulcers. Mixed with honey it is used for all ailments of the chest. The tea promotes perspiration, loosens phlegm from the chest, purifies the blood, is excellent for asthma, stitch in side, cough, lung troubles and T. B. The tea also drives out the measles and chickenpox. The fresh juice heals old ulcers, skin diseases and fistula Use externally. Mixed with Elm Dark it will heal the scurf. For carbuncles apply the green herb.



**Field Scabiose**

### **No. 300—Solomon's Seal—*Polygonatum Multiflorum***

COMMON AND FOREIGN NAMES: Lady's Seal, St. Mary's Seal. Scean de Solomon, Solomonsiegel, Weisswurz.

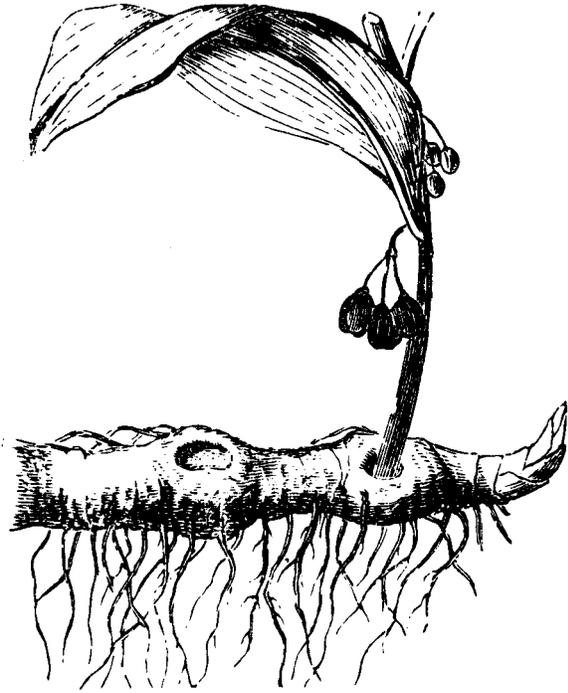
HABITAT: Europe, U. S. A.

PART USED: Root.

CHIEF CONSTITUENTS: Convallarin, Aspargin, Gum, Sugar, Pectin.

PROPERTIES AND USES: **Sti. Cep. Ste. Ton. Ast. Dem.**

For poisoning of the poison vine drink freely of the decoction. The decoction is also of great service in inflammation of the stomach and bowels, piles, chronic dysentery, affections of the lungs, whites, menorrhagia, female weakness, neuralgia, itch, and all local inflammation. It also helps to knit broken bones. A strong decoction taken every 2 or 3 hours will cure erysipelas quickly if applied at the same time externally. Four grams of the powdered root taken in wine makes a strong diuretic. It is also used internally in bleeding of the lungs and in T. B., but usually mixed with other herbals.



**Solomon's Seal**

The powdered roots make a fine poultice for bruises, piles, tumors, sprains, etc. You may use a strong decoction and apply locally. The bruised root mixed with cream will remove discoloration of a black eye. The powdered flowers and roots can be used as a snuff to induce sneezing and thereby relieving affections of the head.

A fine pile remedy is made as follows: Take 4 ozs. of Solomon's Seal, two pints of water and one pint of molasses. Simmer down to one pint. Evaporate to a thick fluid extract after straining. Then add 1/2 to 1 oz. of powdered resin. Dose: One teaspoonful several times a day.

Dose: Decoction: 1 to 2 wineglassfuls 3 to 5 times a day.

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