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GUIDE BOOK

TO THE

MEDICINE CHEST

FOR

MERCHANT VESSELS.

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NAMES  
OF THE  
MEDICINES, & C.  
CONTAINED IN THE CHEST.

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(This list applies more fully to larger chests—some articles must necessarily be left out of lower priced Chests, which should always be marked X in the following list, to prevent disappointment in looking for articles not in the Chest.)

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- No. 1. Castor Oil.
2. Epsom Salts.
3. Calomel.
4. Powdered Jalap.
5. Powdered Rhubarb.
6. Cream of Tartar.
7. Sulphur.
8. Alum.
9. Powdered Ginger.
10. Sulphate of Quinine.
11. Balsam of Copaiva.
12. Carbonate of Magnesia.
13. Olive Oil.
14. Spirits of Turpentine.
15. Laudanum.

16. Bicarbonate of Soda.
17. Tartaric Acid.
18. Goulard's Extract of Lead
19. Compound Chalk Powder.
20. Dover's Powder.
21. Essence of Peppermint.
22. Purging Pills.
23. Purging Powders.
24. Opium Pills.
25. Emetic Powders.
26. Blue Pills.
27. Sudorific Powders.
28. Simple Ointment.
29. Mercurial Ointment.
30. Bascilicon Ointment.
31. Blistering Plaster.
32. Adhesive Plaster.
33. Disinfecting Fluid.
34. Tincture of Rhubarb.
35. Opodeldoc.
36. Paregoric.
37. Fria's Balsam,
38. Spirits of Camphor.
39. Spirits of Lavender.
40. Injection powder.
41. Spirits of Hartshorn.
42. Elixir of Vitriol.
43. Powdered Nitre.
44. Sweet Spirits of Nitre.
45. Æther.
46. Blue Stone.
47. Senna Leaves.
48. Prepared Chalk.
49. Sugar of Lead.
50. Dressing Lint.
51. Syringe.
52. Glyster Syringe.
53. Lancet.
54. Scales and Weights.



# DIRECTIONS

FOR

## Administering the Medicines.

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### No. 1.—CASTOR OIL.

Two or three tablespoonsful are enough for a grown person. This medicine is particularly serviceable in pains and constipations of the bowels, and in bilious disorders. The best method of taking it, is in a glass of peppermint water or white wine.

### No. 2.—EPSOM SALT.

Is a good and easy purgative, but should not be given in cases of dysentery or looseness of the bowels. It is much improved by the addition of about one-fourth of Senna Leaves, No. 47. Two ounces of Salts, half an ounce of Senna, (and when the patient is feverish a teaspoonful of Cream of Tartar) infused in a pint of boiling water for two hours makes an excellent purgative and may be given in doses of one or two wine-glassesful every hour or two until it operates. This infusion is very suitable to administer after Calomel Pills or Powders containing Calomel. The dose of Salts is from an ounce to an ounce and a half. It may be administered in glysters, but common salt answers quite as well.

### No. 3.—CALOMEL.

Is an excellent medicine. As an alterative, it should be taken in small doses of two or three grains every night.

As a purgative for the removal of bile &c., in five to ten grain doses followed by a dose of Senna and Salts or Castor Oil about three hours after. When the stomach is much disordered six to eight grains may be taken at bed time, and worked off with Senna and Salts in the morning, (see Epsom Salts, No. 2.)

In most cases where a brisk purge is required nothing better can be used than a Calomel and Ja'ap Powder containing six grains of Calomel and thirty of Jalap. In all cases when Calomel is used care must be taken not to catch cold, and when the gums become sore from its use it must be discontinued for a time.

#### No. 4.—JALAP.

Is a powerful purge, the strength of which is increased by adding to it four to six grains of Calomel, No. 3: the dose from twelve grains to a scruple or a drachm, according to the condition and strength of the patient, to which may be added five or six grains of Cream of Tartar, No. 6. This purge is better adapted for dropsical habits and cold constitutions; but in hot bilious constitutions, and fevers where purging is requisite, Rhubarb, No. 5, ought generally to be preferred.

#### No. 5.—RHUBARB.

One of the most mild and inoffensive purgatives, particularly in disorders of the stomach and bowels, as it tends much to strengthen their tone. It is given to much advantage when mixed with Cream of Tartar, No. 6, or Magnesia, No. 12; and may be taken in the quantity of twenty to sixty grains by grown people. In fevers of continuance, eight or ten grains, with a like quantity of any of the above mentioned medicines, No. 6, or No. 12, taken once or twice a day as occasion requires, makes a very salutary and necessary evacuant

### No. 6.—CREAM OF TARTAR.

Is a very gentle aperiant, in doses from half a drachm to half an ounce; one scruple of it joined with a like quantity of Nitre, forms a useful cooling powder, which may be given twice or thrice a day, in those little inflammatory complaints, commonly called the heat in the blood, where small painful eruptions or boils are thrown out on the skin and every little cut or wound festers and becomes a sore. The above dose is meant for an adult or grown person, but for younger persons it must be decreased according to their age. It is also a good corrector of Jalap; half a drachm with a like quantity of Jalap makes an excellent purge in cases of dropsy, &c. See No. 4.

A tea-spoonful (not heaped) weighs about one drachm or 60 grains.

### No. 7.—SULPHUR.

Proves gently opening; it much promotes insensible perspiration, and is highly valued by some in the piles. Dose, a tea-spoonful, evening and morning, in milk, water, or honey. However, its great use in medicine is in the cure of the itch, in which it seldom fails. It is for this purpose made into an ointment with hog's lard or butter, and rubbed on the spots; which in a few applications will generally cure this troublesome disorder, if it has not come to a great height over the skin; in which case the whole body must be well rubbed over with the ointment every night at bed-time, and no change of linen or bed-clothes made use of until the cure is complete which is commonly the case in three or four days.

### No. 8.—ALUM.

This is very useful in sore throats. One drachm dissolved in half a pint of water, and sweetened with two or three table-spoonfuls of molasses or honey makes a good gargle.

A tea-spoonful (not heaped) of powdered Alum weighs about one drachm.

### No. 9.—POWDERED GINGER.

An agreeable stimulant; used in flatulent colic, indigestion, and gout, when it attacks the stomach. It is also a good adjunct to purgative medicines, giving warmth and preventing them from griping. Dose,—ten grains to a scruple.

### No. 10.—SULPHATE OF QUININE.

Sulphate of Quinine being a concentrated extract of Peruvian Bark is now nearly altogether used in its place. It is an almost infallible remedy for fever and ague, and very useful for strengthening the system after it has been weakened by fever or other causes.

As a strengthening medicine one or two grains three or four times a day may be taken in half a wine-glassful of water, acidulated with five drops of elixir of vitrol, No. 42

In case of fever or ague two grains should be given three times a day, commencing as soon as the hot fit is over and continuing it as long as there is any disposition to a return of the ague. In severe cases it should be given more frequently, but should not exceed twenty-five or thirty grains between the fits. If it should produce a sickness at the stomach, and looseness, a few drops of laudanum may be added to each dose.

### No. 11.—BALSAM COPAIVA.

Is given in gonorrhœa (or clap) and gleet. Dose,—twenty drops gradually increased to forty drops twice or thrice a day. As this is a nauseous medicine it should be given in a little water. Barley or gruel water must be taken rather copiously whilst this medicine is being administered. No salt or acid food, coffee or stimulating drinks to be allowed. See No. 44, Sweet Spirits Nitre.

### No. 12.—MAGNESIA.

A mild and very gentle opening medicine extremely useful where acidity and indigestion prevail. It is

very servicable in heartburns, which always proceed from acidity or a weak state of the stomach, but unless acidity, i. e. sourness, exists in the stomach it will not act as a purgative; indeed where that sourness does not exist in the stomach, it ought not be used. Grown persons take a teaspoonful or two in a cup of water, when heartburn or acidity is troublesome; it is also a good addition to the medicines, see No. 5.

### No. 13.—OLIVE OIL.

Is the best solvent for opium when it is to be used for liniment. It is much used to mix up other medicines, also for application in cases of burns or scalds as well as an antidote to corrosive sublimate. It is then given in the form of a glyster with an equal quantity of soapy water after the administration (by mouth) of other means.

### No. 14.—SPIRITS OF TURPENTINE.

Is a valuable medicine and makes a good liniment in all cases of stiff joints, rheumatism and spasms, (see also Spirits of Camphor, No. 38, and Opodeldoe, No. 35.) It is to be rubbed in with the hand or a piece of flannel; if it be too strong, which is known when the parts become red and sore, add a little Olive Oil; if too weak add a few drops of Spirits of Hartshorn, No. 41, or a very little Mustard. Against tape worm it is an excellent remedy as it kills the worm before it throws it out. For dropsy it is also useful. Dose, from ten to sixty drops made into pills with the yolk of an egg, a little sugar or honey and bread crumbs. Neither wine nor spirits should be used during the treatment, and the usual quantity of food should be diminished. The use of the remedy should immediately be discontinued if an eruption appears on the skin. In the form of a glyster it is used with benefit in colic, obstinate costiveness and worms.

## No. 15.—LAUDANUM.

Is principally given to procure rest and relieve pain. The dose is from twenty to fifty drops, as the case requires, to be given in any convenient liquid, but a warm one is preferable; it is also useful in fluxes and pains in the bowels. See Prepared Chalk, No. 48.

## No. 16.—BICARBONATE OF SODA.

A well known remedy for heart-burn, and indigestion, (see also Magnesia, No. 12,) for which, owing to its mild taste it is generally employed. Dose, ten grains to half a drachm dissolved in a wineglassful of water. The ordinary effervescing draught is made by dissolving half a drachm or thirty grains of Bicarbonate of Soda in a tumbler one third full of water, and adding twenty-five grains of Tartaric Acid, (if it has become lumpy crush it with it a spoon.) It must be stirred briskly immediately, and drank while effervescing. This is a very grateful, cooling draught, very effectual in allaying nausea and vomiting, and very useful in many kinds of fever and inflammation. A teaspoonful (not heaped) weighs about sixty grains.

## No. 17.—TARTARIC ACID. (POWDERED)

Used in the preparation of effervescing draughts, &c. A teaspoonful (not heaped) weighs about fifty-five grains. See No. 16.

## No. 18.—GOULARD'S EXTRACT OF LEAD.

Is unfit for internal use, and only to be used externally; a teaspoonful of it may be mixed with eight ounces, or half a pint of water, afterwards adding one teaspoonful of spirits; which makes the famous vegetomineral water, and may be used in all inflammations, burns, bruises, sprains, &c., especially where the skin is broken.

or chafed by the bruise or hurt. In the proportion of thirty drops to a gill of pure soft water, it makes a safe and efficacious eye-water.

Sugar of Lead, No. 49, may be used instead of the above, two drachms to be dissolved in a pint of water (and a teaspoonful of vinegar added if convenient). For eye-water eight grains may be mixed with a gill of water, and a teaspoonful of Laudanum added.

#### No. 19.—COMPOUND CHALK POWDER.

Twenty to twenty-five grains of this Powder is sometimes very useful in cases of flux or diarrhoea with half a dozen drops of Laudanum or Essence of Peppermint. If not in the Chest, see Prepared Chalk, No. 48.

#### No. 20.—DOVER'S POWDER.

A most powerful and efficacious sudorific: and when sweating is wanted, a very safe and certain medicine; to aid sweating, warmth and warm drinks are very requisite; the patient therefore ought to be in a warm bed, and from four to ten grains of this powder given every two, four, or six, hours, in a cup of warm gruel or negus, the warmer the fluid the better; should it create too violent sweating, much sickness or puking, smaller doses at more distant periods, must be the mode of giving it.

#### No. 21.—ESSENCE OF PEPPERMINT.

Is a useful carminative and good for complaints of the stomach, such as flatulencies, &c., the dose, ten, fifteen or twenty drops, on a piece of sugar, or dissolved in a glass of water, as often as occasion requires. It is also good for covering the ill flavor of any medicine, and to prevent Physic from griping.

#### No. 22.—PURGING PILLS.

Two or three of them may be taken at bed time, and will in general be found to answer very well, however,

three or four may be taken if necessary, and this may be repeated as often as needful: no confinement will be necessary when taking them as they are not intended to act violently, one or two motions is all that is expected from them; in costive habits, when an active dose of physic is wanted, see Nos. 3 and 4.

### No. 23.--PURGING POWDERS.

One of these will be found in a few hours an active clearer of the bowels. Put the powder in a wineglass with a little gugar, pour a little gruel or water on it—mix well, as Calomel is apt to remain at the bottom, and drink. It may also be given in molasses, or soft sugar with a little water. When Purging Powders are not in the Chest, Nos 3 and 4 may be substituted. See Calomel, No. 3.

### No. 24.—OPIUM PILLS.

One or two pills as a dose for an adult—each pill contains one grain of opium. The soap is added to the Opium only to keep it moist and ensure its solution in the stomach. They are taken when it is necessary to induce sleep or relieve violent pain in any part of the body. In case of bilious vomiting, one of these pills combined with two grains of Calomel will afford rapid relief. In that combination they will also be found useful in purging the bowels after irritating matter has been carried off by a dose of Castor Oil, or Rhubarb. Laudanum, No. 15, generally answers instead of these pills.

### No. 25.—EMETIC POWDERS.

Mix one of these powders in a cup of warm tea, or in a glass of water, or with some treacle—follow it by copious draughts of warm water or chamomile tea to falcitate its action. Should vomiting not be produced in ten minutes repeat the dose. This remedy is particularly useful in the commencement of fevers, the cold



stage of ague, indigestion, the beginning of diarrhoea ( or looseness of the bowels) and poisoning.

### No. 26.—MERCURIAL PILLS.

Good in venereal complaints, particularly when chancers or buboes make their appearance. As an alterative two may be taken every night and morning, observing, as soon as they make the mouth sore, to leave them off for a few days, and in the interim to take a dose of salts as directed in No. 2, at the same time it will not be improper to gargle the throat frequently with a little coarse sugar and vinegar; and when the soreness goes off it will be proper to begin the pills again, and continue their use as before, till all venereal symptoms disappear.

### No. 27.—SUDORIFIC POWDERS.

Employed in cases where it is desirable to produce perspiration and allay irritation; with this view one may be given three times a day, mixed with gruel or barley water, in coughs, rheumatism, fever, inflammatory diseases, &c., always taking care that the bowels are kept open twice a day. See Dover's Powder. No. 20.

### No. 28.—SIMPLE OINTMENT.

Serves to dress blisters, also to keep the air and dirt away from wounds, cuts, sores, &c., it keeps them in a state of moisture. It is spread on a little lint or a piece of clean linen cloth.

### No. 29.—MERCURIAL OINTMENT

Is used for dressing venereal ulcers, and putting back buboes, by rubbing it upon the parts affected; likewise cures the itch, and kills vermin, but in the two latter cases should be used with much caution. It may be very properly applied to chancers, spread on a small piece of lint.

### No. 30.—BASCILICON OINTMENT.

It is a good digestive, and should be applied to foul ulcers; it will, after a few days, excite a healthy discharge, and cause the sore to look red and clean; should any wound be received which becomes inflamed and painful foment it, apply a large poultice, which is to be repeated every twelve hours, till the pain &c., abates, when the wound may be dressed with this ointment once or twice in twenty-four hours. A roller and bandage should be always made use of, which is of great assistance in the curing of ulcers.

### No. 31.—BLISTERING PLASTER.

Blisters are necessary in most fevers which are attended with violent headache, &c., and may be applied on the neck. Also in troublesome coughs, asthmas and pleurisies; blisters applied to the breasts, between the shoulders or on the affected side afford the greatest relief. They are also serviceable applied behind the ears in obstinate inflammation of the eyes. The plaster should be spread on a piece of soft leather, coarse linen, or even brown paper. Apply to the skin and let it remain until the formation of a tack, or bladder of water; then remove the blister, prick or cut open the bladder to let the water run out, then apply a dressing of simple ointment (No. 28), which must be repeated till healed.

### No. 32.—ADHESIVE PLASTER.

This Plaster is much used, is very adhesive, and sits easy on the skin; it makes a good covering for issues, and from its particular sticking quality, is a good covering for other dressings to keep them on the part; when it is meant for covering wounds, it should be applied to the part after the lips of the wound have been carefully laid together; but this must not be done unless the wound is clean, as any dirt remaining in it would occasion the part to fester.

**No. 33.—DISINFECTING FLUID**  
(BURNEET'S SOLUTION.)

This is an excellent article for obviating bad smells, but is too bulky to be put into a Medicine Chest. It should be used according to the directions on the bottle.

**No. 34.—TINCTURE OF RHUBARB.**

In colic and windy complaints of the stomach and bowels where a warm purgative is necessary, two or three table-spoonsful may be taken by itself, or in a glass of peppermint water.

It is also very useful in looseness of the bowels, taken when the complaint first appears.

**No. 35.—OPODELDOC.**

Is a valuable remedy in violent sprains and bruises, or in rheumatic-pains, when not attended with inflammation. It must be rubbed with a warm hand on the part affected, every three or four hours, till the pain abates. In cases where there is violent pain it is much improved by the addition of a fourth part of Laudanum, No. 15.

**No. 36.—PAREGORIC.**

It is a powerful allayer of that tickling which occasions coughing, and it is supposed opens the breast, and relieves difficulty of breathing. It is therefore much and deservedly esteemed in asthmatic complaints; one, or two, or three tea-spoonsful as occasion requires, may be taken for a dose, in a little tea, barley water, or any other convenient liquor.

**No. 37.—FRIAR'S BALSAM.**

Stands highly recommended for cleansing and healing fresh made wounds. A little rag or lint dipped in it, and

applied to a fresh wound, will generally cure it, provided the wound is first well cleansed, and not too deep; however, in the healing of wounds in general, by the first intention, much depends on the application of proper bandages; it is likewise of service for inward wounds, bruises or coughs; the dose, from ten to forty, or sixty drops, in tea or any agreeable liquor, or on sugar.

### No. 38.—SPIRITS OF CAMPHOR,

Is a good application for all rheumatic pains, and stiffness in the joints, &c., to be well rubbed in on the part with a warm hand, or piece of soft flannel.

It may be used internally in doses of ten to fifty drops, in nervous disorders, and in fevers—mix it first with sugar and then add a little water.

### No. 39.—SPIRITS OF LAVENDER.

A grateful reviving cordial, much and justly used in all kinds of languor, weakness of the nerves, lowness of spirits and faintings. It has an agreeable aromatic smell and may be conveniently given by dropping from fifteen to eighty drops on a lump of sugar, and letting it dissolve gradually in the mouth. See Nos. 41 and 42.

### No. 40 —INJECTION POWDER.

#### SULPHATE OF ZINC.

Fifteen grains of this powder to be mixed with half a pint of pure water and used as an injection four or five times a day; but if the disease should not yield to this treatment in five or six days, it will then be necessary to diminish the quantity of water one fourth, and continue injecting as before, until all inflammatory symptoms entirely disappear, and the running ceases.

### No. 41.—SPIRITS OF HARTSHORNE.

Is very powerful in rousing the spirits, and supporting them in faintings, also in the palsy, and other dull and

sluggish disorders which require stimulating medicines. The dose is from ten to thirty drops in a teacupful of water, or any other convenient liquor.

N. B.—Two drachms of this Spirit, mixed with an ounce of Sweet Oil, and well shaken in a vial, makes the Volatile Liniment, which is an excellent application for a sore throat, or swelling of the neck occasioned by cold, it should be well rubbed on with a warm hand, and a piece of flannel wet with it applied to the neck; which treatment should be repeated every six or eight hours, until the swelling and inflammation disappear.

#### No. 42.—ELIXIR OF VITRIOL.

Is a strengthening and stomachic medicine, useful for grown people, in cases attended with loss of appetite and debility after fevers; give from five to fifteen drops twice or three times a day, either with or without the Quinine, in half a wineglassful of water. This Elixir possesses also the property of checking profuse perspiration, which in some complaints, is very troublesome and hurtful during the night.

#### No. 43.—NITRE. (POWDERED.)

Besides the aperient quality of neutral salts in general, it has a manifest cooling one; it allays thirst, abates feverish heat, and thins the blood and juices. Is an excellent diuretic, and much employed in gargles in inflammation of the throat. It gives great relief in suppression and heat of the urine, particularly in the scalding arising from gonorrhoea or clap; the dose from three to twenty grains dissolved in barley water or any other convenient fluid.

A teaspoonful (not heaped) of Powdered Nitre weighs about 60 grains.

#### No. 44.—SWEET SPIRITS OF NITRE.

This spirit has long been much esteemed ; it quenches thirst, promotes the secretions, and expels flatulency. It is a mild and efficacious diaphoretic and diuretic ; dose from twenty to a hundred drops in any soft fluid, as barley water, &c. It is also given in case of strangury or stoppage of urine. Twenty or thirty drops of this, with an equal quantity of Balsam Copaiva, No 11, is useful in clap, to be given three or four times a day.

#### No. 45.—ÆTHER.

In violent nervous head-ache, the forehead and temples may be rubbed with it ; from twenty to sixty drops may be taken internally ; in a glass of water, in asthmatic complaints or nervous spasms.

#### No. 46.—BLUE STONE.

Is useful for removing proud flesh. Dip the end of a piece in water and rub it gently over the excrescences once or twice a day.

#### No. 47.—SENNA LEAVES.

Two or three drachms infused in four ounces of boiling water, with a drachm of Cream of Tarter dissolved in it, makes a safe and efficacious purgative, and is particularly useful in bilious complaints, during the hot season. It is also a very proper physic for children given by spoonfuls according to their age. It may also be given advantageously with Epsom Salts No. 2, which see.

A little caraway seed, or ginger, infused with the senna tends to prevent griping.

#### No. 48.—PREPARED CHALK.

Half an ounce of this, mixed with half a pint of water, adding a teaspoonful of Laudanum, No. 15, is an excel-

lent remedy for diarrhœa or looseness of the bowels. After the bowels are divested of any irritating matter by a dose of Rhubarb, No. 5, or Castor Oil, No. 1, take half a wineglassful of the above mixture every three or four hours until relief is afforded.

#### No. 49.—SUGAR OF LEAD.

See Goulard's extract, No. 18.

#### No. 50.—DRESSING LINT.

Good for dressing and cleaning sores, or ulcers, and applying to fresh wounds; it is the softest and easiest dressing we have for that purpose.

#### No. 51.—SYRINGE.

For throwing injections into urethra (or water passage): or washing the inside of the ears with warm water and a little soap, when much filled with wax. which often occasions a dullness of hearing, by obstructing the sound.

#### No. 52.—GLYSTER SYRINGE.

These are not contained in the smaller chests, but it would be very desirable for the masters of the vessels to have one on board: very good ones, with directions for use, can be procured for 7s. 6d.

**DIRECTIONS FOR MAKING AND GIVING GLYSTERS.—**  
To make a glyster to procure stools, is only to take a tablespoonful of common salt, as much butter or oil, and from half a pint to a pint of barley water, or plain warm water; the degree of warmth to be adjudged by the patient, or the person who administers it.

A glyster to relieve pain, is only a little warm gruel, mutton broth, or any soft fluid, with ten twenty, forty,

sixty or a hundred drops of Laudanum, which is to be repeated while necessary.

### No. 53.—LANCET.

Clean and dry thoroughly every time it is used. See observations on bleeding.

### No. 54.—SCALES AND WEIGHTS.

(Characters of the Weights, with the explanation of each.)

3ii	} is	{	Two drachms or a quarter of an ounce.
3i			One drachm.
3ss			Half a drachm.
-)ii			Two scruples.
-)i			One scruple.
-)ss		{	Half a scruple.

The grains are distinctly marked; every one of the small round impressions on the thin weights stands for a grain.

### ON MEASURES.

The pound or pint	} contains	{	Sixteen ounces.
The gill			Four ounces.
The ounce			Eight drachms.
The drachm			About 100 drops.

By a teaspoonful is meant one drachm; a tablespoonful, half an ounce; and a glass or a cupful about three ounces.

### OBSERVATIONS ON BLEEDING.

It is advised that this operation should only be performed by, and with the consent of medical men; for the operation is not only dangerous in itself, but the consequences may be very disagreeable; for blood cannot be restored so easily as taken away. Should, however, none of the profession be near, you may venture to bleed in internal bruises, occasioned by severe falls, &c., in



inflammatory fevers, that is where the patient complains of head ache, and general pain, countenance full and flushed, eyes red and inflamed, pulse full and hard, oppression about the chest, with difficult breathing, and much thirst; these symptoms justify the use of the lancet: the quantity must be judged of by the strength of the patient, and repeated as circumstances demand. A person labouring under the above mentioned symptoms, after being bled, should be purged pretty freely with No. 2, Epsom Salts.

Bleeding is also recommended in obstinate coughs, attended with stitches in the side, feverish heat, &c. Persons from the age of fifteen to forty are the proper subjects for the lancet; avoid if possible, bleeding the old, as they cannot safely bear such evacuations.

### DIRECTIONS FOR BLEEDING.

Tie a ligature or bandage, moderately tight, about three fingers breadth above the elbow; choose if possible a vein of moderate size, under which you can feel no pulsation or beating; direct the patient to extend his arm, and grasp his fingers firmly together, by shutting his fist; hold the lancet steadily between the forefinger and thumb; introduce it into the vein obliquely upwards; rise the point to bring it through the skin, and when the quantity of blood judged sufficient is taken away, remove the ligature, press the sides of the orifice or wound together, lay a compress or square folded piece of linen over it, and bind up the arm. The right arm is most convenient for the operation.

The quantity of blood to be taken varies, according to the strength of the patient, from half a pint to a pint and a half.

### APOPLEXY.

Take blood from the arm, whether the pulse be full or not; place a scruple of Calomel on the tongue; give repeated doses of Senna and Salts at intervals of three

or four hours, if the patient can swallow, so as to purge the bowels briskly; shave the head and apply cold water; and put mustard poultices on the feet or calves of the legs. Permanent paralysis is a frequent consequence.

## AGUE.

**IN THE COLD STAGE.**—Apply warmth, externally, as warm blankets, warm footbath, &c., and give an emetic, No. 25.

**IN THE HOT STAGE.**—Sponge the body with cold water, remove part of the bed clothes, drink toast water, and Cream of Tartar water, see No. 46.

**IN THE SWEATING STAGE.**—Endeavor to increase the perspiration by giving 12 grains of Dover's Powder every four hours, and plenty of hot tea, barley water, &c.

When the sweating is over give 5 grains of Calomel, and in an hour or two a dose of Senna and Salts or Castor Oil. In the intermission see Quinine, No. 10.

## ASTHMA.

See No. 36 and 45, but if severe and of long continuance, a blister applied to the breast will generally afford relief.

## APPETITE—LOSS OF.

If occasioned by a foul stomach, take a vomit as directed in No. 25, likewise see, Nos. 10, 17, and 42.

## BURNS AND SCALDS.

Apply ice cold water, or spirits and water (one part spirits and three parts water), after a few hours cover the part with raw cotton or flour so as to exclude the air, &c. When the burn is large, or on the trunk, omit the cold lotions, and apply only the flour or cotton, and give a sudorific powder every four hours. See Nos. 18 and 28.

**BOILS.**

Should be poulticed till they break, and afterwards dressed with No. 30, Bascilicon, or 28, Simple Ointment.

**BLOOD—TO STOP.**

To be pressed with the fingers, or compress dipped in No. 37.

When the bleeding is considerable, apply a thick compress over the plug of lint, and bandage tightly.

**BLOOD—TO LET.**

See observations on and directions for bleeding.

**BONE BROKEN.**

Is to be reduced or set by extending the neighboring parts, so as to bring the extremities of the broken bone as near together, and as straight as possible; keep them in the same position by means of splints and bandages until the ends are firmly united, which is generally the case in about a month or six weeks after the accident; take particular care that the bandages are not tied too tight. Low living, rest, and blood letting are absolutely necessary. If it is attended with much inflammation and swelling, it must be fomented and poulticed, observing to keep the part perfectly still, to prevent a separation of the broken bone.

**BRUISES.**

If very violent, a little blood must be taken from the arm (see observations on bleeding) the patient kept quiet, and the parts fomented and poulticed as occasion requires. If slight, see Nos. 35 and 38.

**BUBO.**

A swelling that often in venereal cases makes its appearance in the groin. When it has not come to too

great a length, which may be observed by the formation of matter in the swelling; it may be well rubbed three or four times a day with a strong Mercurial Ointment, observe during the use of it to keep the patient warm, dry and quiet; this treatment may be continued for a week or two; but if it is obstinate and determined to come forward, leave off the Ointment and apply poultices till it breaks, then dress it with Nos. 30 and 28, or more properly Mercurial Ointment No. 29, observing to take two Mercurial Pills, No. 26, every day, until all venereal symptoms disappear.

### CHANCERS.

Venereal ulcers, should be kept very clean by frequent washing and dressing. See Nos. 29 and 26.

### CLAP.

See No. 40, Injection Powder, and 11, Balsam Copaiva.

### COLIC.

The bowels must be emptied with Nos. 12, 34, 5 or 4; or if sickness becomes troublesome, emetics may be used, see No. 25, and when the bowels are emptied, for relieving the pain, see No. 15, Laudanum.

### CHOLERA MORBUS.

**SYMPTOMS.**—Vomiting and purging of greenish bilious matter, great depression and anxiety, griping pains in the belly, cramps of the abdominal muscles, calves of the legs, &c., great thirst, suppression of urine, cold surface, and small weak pulse. In the Asiatic, or more violent form of the disease, the matter ejected from the stomach and bowels resembles rice-water; and there is almost invariably a purple or blue appearance in the extremities, with a very characteristic pinched up expression of countenance.

**TREATMENT.**—Bleed at the commencement in the robust and full-habited, apply heat to the surface to restore the balance of the circulation, and rub with the liniment (No. 15). Twenty grains of Calomel should be placed on the tongue, and repeated in doses of one grain every second or third hour, washing each dose down with a draught containing ten or fifteen drops of laudanum, and two tablespoonfuls of brandy in a little cold water. When the more urgent symptoms are relieved, and the body gets warm, all stimulants should be avoided. An occasional dose of castor oil and light nourishing diet must be taken during the convalescence.

The re-appearance of the urine and healthy colored stools are the best indications of approaching recovery.

### COLDS.

Arise from a stoppage of perspiration; therefore require the patient to be kept warm with additional clothing, the bowels to be kept open, and if any difficulty of breathing, oppression or weight about the chest exists, blood must be taken. See observations on bleeding.

A Dover's Powder, taken at bed time, will be very useful. See No. 20.

### CUTS.

Lint dipped in No. 37 may be applied to the part, and covered with sticking plaster, if the wound is small and trifling, but if the wound is large a compress and bandage will be absolutely necessary.

### DIAPHORETICS.

Medicines which tend to produce perspiration. See Nos. 20, 27 and 44.

### DIURETICS.

(Or medicines which promote the flow of urine.)  
Plenty of mild diluting liquor makes the best diuretic.  
See Nos. 43 and 44.

## DROPSY.

See Nos. 4 and 6.

## DROWNING.

In cases of drowning the brain is poisoned by the influx of blood, which has not undergone the process of purification in the lungs, insensibility takes place, and what is termed animal life (with which suffering is connected), ceases or is suspended. Some period elapses between the commencement of this insensibility and the total cessation of the heart's action; and it is only during this interval that any attempt at restoration can possibly be successful. As it is, however, extremely difficult to determine the exact time at which all the phenomena of life cease, it behoves us to spare no exertion, when there is even the faintest shadow of success.

The body should be carried carefully with the head raised, and the wet clothes removed as quickly as possible; it must then be wrapped in warm blankets, either before a good fire or in full sunshine, and active friction made by three or four persons over every part, especially the region of the heart; hot water in bottles, or hot bricks surrounded with flannel, ought to be applied to the feet, legs, and sides of the body. Whilst these means are being employed, one of the attendants should wipe away the mucus from the lips and nostrils, then pressing the nostrils together with his finger and thumb, blow forcibly into the mouth, so as to inflate the chest; the ribs should then be depressed, and the same operation repeated until he is tired, when another person should relieve him. All hopes of success are not to be abandoned till these means have been used for two hours, even if no signs of resuscitation show themselves.

Apoplexy and inflammation of the lungs are very apt to supervene on immersion; the patient will, therefore, require bleeding, if there be much pain in the head, or

difficulty in breathing when reaction takes place; let him have, also, a dose or two of purgative medicine, and live low for a few days.

## DYSENTERY, OR BLOODY FLUX.

**TREATMENT.**—The remedies to be employed are, blood-letting in the first instance, if the patient be young and robust; the warm bath or hot fomentations to the belly, followed by a large blister: a scruple dose of Calomel directly after the bleeding; and in an hour afterwards, two tablespoonsful of Castor Oil, with twenty drops of laudanum. One of the sudorific powders may then be given every four hours, and frequent doses of Castor Oil to prevent the retention of acrid matter in the bowels. The skin should be kept warm, and the diet consist of the mildest fluids, as barley-water, arrow-root, &c.

## EMETICS.

See No. 25.

## FAINTINGS.

See Nos. 39 and 41.

## FEVERS.

The general treatment of fever consists in evacuating and relaxing the system during the period of excitement; by blood-letting, emetics, purgatives, sponging the body with tepid or cold water, and sudorifics to promote free perspiration. When the secretions are restored to a healthy state, the appetite and strength must be augmented by means of quinine and mild nutritious food.

The greater the attention paid to cleanliness, free ventilation and quietude, the more speedy will be the recovery.

**GRAVEL.**

Ten drops of Laudanum, No. 15, mixed with a small teaspoonful of No. 44, and given every hour, for several hours, if necessary, will generally afford relief. Warm drinks should be taken frequently when there is much pain.

**GRIPING.**

The bowels should be open with Nos. 12 and 5, after the use of which see No. 15, laudanum.

**HEAD-ACHE.**

It frequently proceeds from a foul stomach; when that is the case it must be emptied by an emetic.

**HEART-BURN.**

See Nos. 12 and 16.

**ITCH.**

See No. 7, Sulphur.

**JAUNDICE.**

Exercise is of great service in this disease; emetics may be repeatedly used; at the same time it will be necessary to physic the patient frequently.

**PAIN.**

In general to relieve. See Nos. 38 and 15.

**PILES.**

See Nos. 7 and 12.



**PURGING.**

To stop. See Nos. 15, 19 and 48.

**PURGES.**

See Nos. 1, 3, 4, 12, 22, 23, 25.

**SORES.**

Should always be dressed with softest and mildest applications; much depends upon posture and poultice; see Nos. 28 and 30, for dressing; and when foul, see No. 46, Blue Stone.

**STOMACH.**

Strengtheners for. See Nos. 10 and 42.

**SPRAINS.**

See Nos. 38, 18 and 35.

**SWEAT.**

To procure and maintain.—Sweat in all kinds of fevers is of the utmost consequence; warm bed and warm liquors considerably promote this, but for medicines see No. 20.

**TESTICLES.**

When swelled, either from disease or accident, ought to be supported, either with a handkerchief or truss made for that purpose.

**THROAT, SORE.**

From cold, see No. 8; if venereal, see Nos. 26 and 29.

**URINE.**

Stoppage of. See Nos. 43 and 44.

**WORMS.**

See Nos. 3, 4, and 14.

**WOUNDS.**

Fresh wounds ought to be well washed and cleaned; then dress with lint dipped in No. 37; afterwards observe the treatment under the head of Nos. 28, 30 and 32

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