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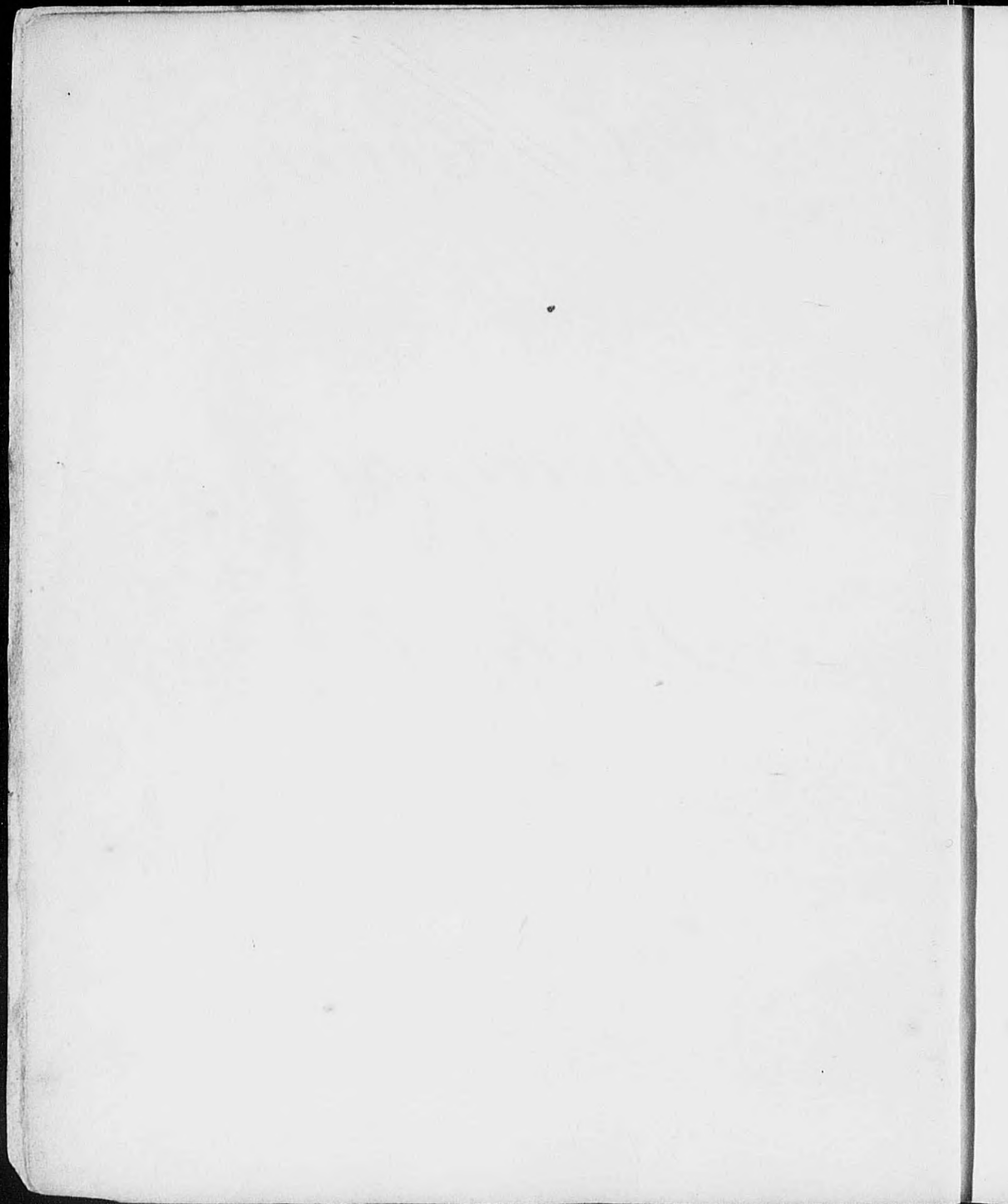
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1750

A Collection
of
Medicinal
Receipts.

for the use of
Physicians
compiled by

Sarah A. Standish



A Cordial

Make a strong tea of Poplar bark
and Boneset, add to the tea, an ounce
of myrrh & an ounce of Peach meats
pound them fine. 4 $\frac{1}{2}$ of loaf sugar
one gill of Gin to a pint and a half
of the tea. When you take of it
shake the bottle. Dose a wine glass
2 or 3 times a day.

Strengthening Syrup

Take Bitter root, Princes Pine
Spotted Alder, Black Cherry Bark
equal quantity of each, add a little
White Wood Bark & boil them well
then strain and sweeten it.
add spirits enough to keep it.

Bitters for jaundice -

Take Balmomy, Barberry & Poplar
bark equal parts - Pulverize
One ounce of the powder to a pint
of hot water & half a pint of spirits
Dose half a wine glass -
for hot bitters add a teaspoonful
of No 2. - - - - -

Wreatons Bitters

White Wood bark of the root - one table
spoonful, Bloodroot one teaspoonfull
Mandrake one tea. spoonfull
Cinnamon & Cloves as much as
you like to one Quart of spirits
shake it often - take a spoonful
one hour before meals. .

Composition Powders

Ginger root 5^{tt} - Bayberry bark of
the root 2 1/2^{tt} - the inner bark of
Hemlock 1 3/4^{tt} - Marsh Rosemary 1^{tt} -
African Cayenne 1/2^{tt} - Cloves 1/2^{tt} -
Cinnamon 12^{gr} pulverize very fine
and mix them well together.

Vegetable Bitters

Take of Poplar bark & Boneset equal parts
Wormwood 1/4 as much, make a strong
tea of them, take half an ounce of the
root of Barberry & a tea spoonful of
Cayenne (both in powder) in a bowl
with a table spoonful of sugar, strain
the tea into the bowl & stir them together
when cool add a gill of Brandy or Gin
put it into a bottle shake it a few
times & it is fit for use.

A Syrup.

Take Queen of the Meadow,
Comfrey, Yellow Dock & Burdock
root a handful of each, put into
2 Quarts of Water, simmer down
to one Quart, add a Gill of Molasses
and a Pint.

Vegetable Elixer.

Take one gallon of Cogniac Brandy
put it into a stone Jug or Glass
Demijohn, add one pound of Gum
Myrrh powdered fine and one ounce
of Cayenne pepper powdered fine
shake them well together every
day for six or seven days, and then
it is fit for use, let the myrrh
remain till the liquor is all used.

A Syrup for a Scoury Humour
Take Scoury grass, Brooklime
Water Cresses, Coolwort, Burdock
root, Sarsaparilla, Witch hazel bark
Prickly Ash bark, White Ash bark
Culivers root, Maple Willow, of each
a small handful, boil them in one
gallon of Water down to one Quart
strain and sweeten add 1 Pint of Rum

Syrup.

Take Blood root, Dandelion root
and Spikenard equal quantities.
sweeten it & add Essence of Wintergreen
to cover the taste.

Picra.

To four ounces of Aloes add $\frac{3}{4}$ oz
of Winters Bark - pulverize and
mix well together.

To strengthen & cleanse the blood
Take Solomons Seal, Sarsaparilla
Comfrey, Spikenard, Scabious, Burdock
Motherwort, Elder tops, Elecampane roots
& tops a handful of each, 5 Lts boiling water
cover it close & boil to 3 pints, add Gum & Honey
pint of each, simmer & skim it —

Strengthening Elixer

Take Gentian root one ounce, Cocineal
& Saffron each one drachm, Rhubarb
2 drachms, the lesser Cardamon Seeds
grains of Paradise, Zedoary, Snake root
one ounce of each, slice the roots and
bruise the seeds, infuse them into a
quart of French brandy, add the peel
of 4 Seville Oranges, when it has stood
8 days strain it off and add a quart
more of brandy. —

To make Elixer Pro.

Take one quart of spirits, put to it two ounces of Myrrh, let it stand in the warm Sun 4 Days, then add $\frac{1}{2}$ Oz of Succotrine aloes, 1 $\frac{1}{2}$ of Saffron, stir it let it stand 2 days then pour it off for use

Carminative Elixer

Take Angelica, Masterwort, Smellage Cariander, Parsley, Carroway, and Fennel seed one ounce of each, Sena and Culvers root 2 ounces of each put all into two quarts of French or Cider Brandy, let it steep in a warm place ten days, then strain and add to it 12 ounces brown sugar.

To make Troches of Peppermint
To 4 pounds of Sugar put 500 Drops
of Oil of Peppermint & one eighth of
an ounce of Gum Tragacanth
dissolved in half a pint of hot water
this will wet and hold them together

Hulls Cholick Physic

Take Aloe and Myrrh an ounce
of each, Cinnamon, Mace, Cloves,
English Saffron & Ginger a drachm
of each, pound and mix them well
together, dose a tea spoonful at a time
with long intermissions between
till it operates, if the patient vomits
continually and cannot keep it down
add an ounce more of Myrrh to the
above ingredients.

Liverwort Syrup.

Take Liverwort, Solomons Seal,
Kumli Cabbage, & Bingle one pound
of each, Blood root half a pound, add
a sufficient quantity of water, boil
& pour off the water until the strength
is obtained

Bitters

Take lesser Cardamon seeds, Grains
of Paradise, Zedoary & Gentian root
of each one ounce, Galangal root
2 Oz, this for 2 quarts.

Cure for Hoarseness

One drachm of fresh scraped Horse radish root
to be infused with 4 Oz of water in a close
vessel for 2 hours, & made into a Syrup
with double its weight in vinegar, a tea
spoonful has often proved effectual, a few
teaspoonfuls has never been known to fail
in removing hoarseness

Physic

Take one tea spoonful of Gallap
1 of blue Violet root, one of Senna
one of Spearmint, powder them
together, put a lump of loaf sugar
in - pour boiling water on enough
to mix, take a tea spoonful for a
portion.

Syrup of Tamarack Bark
or the Gum, I should prefer the Gum
the Bark will do & Mullein equal
parts if you use the bark, but if
you use the Gum, you must take
an ounce of Gum to a quart of liquor
add Gin enough to keep it, and
sweeten with loaf sugar -

Soot Syrup

One handfull Black Cherry Bark

One ℥ — Sweet Apple tree Bark

One ℥ — Peach tree bark

One ℥ — Barberry Bark

One ℥ — Saffron flowers

for One Quart of Syrup

One spoonful of Rock Soot to be
put in after the Syrup is finished

for a dose

One table spoonful to half a Gill
three times a day before eating

Antibilious Physic

A Sovereign remedy against all bilious, autumnal, putrid, spotted & yellow fevers; agues & Diseases in children sore throat, consumptive cases &c. it acts in bilious cases as a vomit, then as a cathartic and decides in perspiration and rest.

One dose is sufficient in any case —

(For gravel & Dysentery it is invaluable)

Take of Jalap powder	ʒviij
Coriander seed —	ʒij
Bloodroot —	ʒij
Capsic —	ʒij
Mandrake root —	ʒij
Cubers root —	ʒij
Nutmeg grated —	ʒj

Infuse the whole in one Gallon of old Brandy for 12 days shaking it daily, and filter for use. Dose for an adult one ounce or a common wine glass full upon an empty stomach; if it does not operate as a vomit in 10 minutes, take half a glass full more of the Opisc (if a vomit is necessary) drink a bowl of warm tea and thin water gruel plentifully every hour to aid the operation: for an infant 2 months old two tea spoonfulls, give it the breast or warm tea. In any inflammable complaint a glass of Lemon or lime punch will check the operation if too long continued, guard against taking cold that day. If pain in the head accompanies the disease bathe the feet in warm water & wash the body in warm vinegar & water in all cases of putrid and yellow fevers.

Anti-Scorbutic Bitters.

To purify the blood, which strengthens the nervous system, creates an appetite, and guards the stomach against infectious diseases.

Preparation.

Take ^{lb.} 1 White Wood bark of the root
1 do. Butterfly Root (White Root)
2 oz. Black Indian hemp root (small species)
2 " Angelic root or seeds
4 " Black Snake root (Sanicle)
4 " Tamarack bark.

Add Thickly Ash bark in cold cases powder all & mix.

Directions. Infuse one table spoonful in a pint of spirits three days, strain it, and take from one to three tea spoonfuls in a glass of wine half an hour before dinner.

Rheumatic Drops.

Which gives great relief in Rheumatic pains, stiff joints, ague in the face, pain in the back, stomach and side, Pleurisy &c.

Preparation. Take 1 quart spts. Turpentine 2 oz. Oil of Juniper 2 oz. Gum Myrrh - one tea spoonful of bloodroot - one root of mandrake, Infuse the three last ingredients in half a pint of high wines or more, untill strong, pour off the liquor, mix it with the turpentine & oil.

Direction for using Rheumatic Drops.

shake the phial, & take from ten to twenty drops in a glass of wine or gin, night & morning, and rub the part affected with the same warmly by the fire.

Powder for the Dysentery. which relieves in 1 hour cures in three days.

Preparation.

Take 1 lb. of White Rosin sifted

1" of Whiting --- do.

$\frac{1}{2}$ " of White Root do. Blend all together

Directions. Mix as much of the powder as will lay on the handle of a teaspoon, in a glass of port wine - or boiled milk, - give it every two hours until the disorder is checked, - 2 doses generally proves sufficient.

Let the patient drink life root tea previous & afterwards - or white root alternately. Physic first to remove the acid from

the bowels. Life Everlasting tea is also healing & pleasant.

Primbidge and Butternut Physic.

A great purifier of the blood; it destroys every species of worms in adults and children, it causes children to grow fleshy & sprightly. Most disorders in old people & children, yield to this medicine.

Preparation. Make a strong decoction of Blue Fernain tops & roots, mint, Catnep, Motherwort,

(Woneset less than the others) Blacksnake Root,
Elecampane, Butternut bark, proportionate, Primkedge
berries $\frac{1}{2}$ oz. When strained to one gallon add 2 oz mandrake
root $\frac{1}{2}$ oz, Bloodroot 4 oz, Black Indian Hemp root
in powder or 4 oz. Soudrine ~~also~~ - or quart Elder Berry
juice or blossoms, - boil it add one quart of Molasses, boil it
again to one gallon - strain it thro' a flannel bag, &
add a pint of gin whilst hot. And it is fit for use, and
safe in any case for old and young. Taken once in three
Months it preserves general health. Dose for an adult
a wine glass full, for a child a table spoon full - for
worms it should be given three mornings successively
before the full of the moon, with a cup of cold snake
root tea after it, and gruel thro' the day.

Anti Scrophula Plant.

Which destroys the effects of Mercury, and checks the progress
of consumptions, Scurvy, Kings Evil, Cancers, the Spew and
Lownorm in children.

Preparation. Take Antiscrophula Plant (called Lobelia) and
White root equal parts, the latter renders it milder.

Infuse one table spoonful in a quart of Scotland Lin
three days. Dose a wine glass full, morning noon and night,

or less if too powerful, - ones ~~which~~ generally cure the most desperate cases of fevers arising from those complaints, which generally produce Consumptions in both sexes - debility, pain in the back, Liver Complaints &c.

Give Grimhedge Physic or salts twice a week. It is highly diuretic & adapted to all cases of gravel &c.

For the Asthma.

Use the Lobelia as above directed three days - then boil goose grease & honey equal parts one pint, add a teaspoonful of the Lobelia & White Root powder, and a table spoonful of Wild Turnep powder - after sufficiently boiled strain. Dose a teaspoonful three times a day or oftener for two days. - Dip a piece of flannel in hot goose grease and apply it to the lungs or throat where the greatest structure is for two nights or more if necessary - after using the honey and grease two days; take a tea spoonful of the Digestive Medicine in two table spoonfuls of water half at a time to loosen the mucus, - next morning take a portion of Anti Bilious Physic. Continue the other medicines, and take a portion of Grimhedge once a week till cured.

Tobacco is accounted hurtful for Asthmatic people - the smoking of Juniper Berries or Stramonium Seeds is recommended - and taking Baber's Bark or Assarabana Snuff.

Digestive Medicines.

℞ 6 grains Tartar Emetic
6 " Bloodroot
6 " Lobelia
50 " Salt Petre

Digestive Medicine is prepared thus; — Take as much Tartar Emetic as will lay on the handle of a teaspoon (to a pint of Water) twice that of Bloodroot, the same of Lobelia, one teaspoonful of Salt Petre. This corrects the stomach in every case of oppression, and promotes expectoration and respiration — promotes rest & cures fevers. — Dose a teaspoonful in a wine glass of water. Taken a Table spoonful at a time every hour until relieved.

Remarks.

Twist tow lightly and wind round the arm or leg after using the Rheumatic Drops. Rubbed on common sore Throat, Linzy &c. make a gargle thus — Take Sumach Berries when sour, black snake root & sage, equal, boil it strong, to a pint, add two teaspoonfuls of Salt Petre — sweeten with honey or Molasses, gargle often, & swallow the same a spoonful at a time. If the throat or tongue swells, boil Manny bark in a little water & bind it hot round the throat once an hour —
chewing the same

Bittersweet ointment will allay all heat & swelling.

Antibilious Physic first in all fevers, Prinkedge
to restore strength to the patient & regulate the bowels.

Swellings, Agued breasts, Nanny bark or Bittersweet
Ointment. Sores, Boils &c. in the face Parsley Ointment.

Weak Eyes, Lotelia in spring water one stalk &
three buds, use it twice a day. - Sore Red Eyes, Soft Maple
bark. - Swelled Red Eyes, sweet Cicely and red Rose leaves
sinered slowly & laid on the eyes, will restore the sight &
remove all swelling and inflammation; if by poison, spiders,
cold or epidemic, proved recently.

For Whitlows, Fellows, Boils, Swelled Throats &c.
Make an Indian Meal poultice thin - blend in its
equal parts of Catnap & Mullien - boil soft & apply
it warm.

Another for Fellows & Wens. Apply the root
of Blue Flag.

Dropsies.

Take $\frac{1}{2}$ lb. of Dwarf Elder; boil it in a gallon of
Water to 2 quarts, add half a pint of gin - sweeten
with honey or Molasses; Dose a gill three times a day
Prinkedge Physic. -

Dropsy.

Another. Take three handfuls of water cresses, four white Onions, boil in three pints of water strain, add honey & Lin, Dose a wine glass full three times a day.

Dropsy on the brain - phisic first - apply on the top of the head deadly nightshade pounded or made soft any way - this removes the pain & soreness, take life root tea - Express the juice of Irish Daisy (cultivated in flower pots in most gardens) let the patient lay with his head very low pour in the nostril a spoonful of this juice mornings. Bayberry Bark snuff, or Assaraball snuff at night which operates 8 or 12 hours after. -

I have known the Dwarf Elder juice answer the same purpose - Inoanity, or melancholy - Deadly Nightshade as above - Antibilious phisic - Bittersweet tied round the neck

Salt Rheum - Scald Head.

Powdered Culver root 2 Table spoonfuls - 1 of sulphur
1 of Zinger - mix them well together - For an Infant
one year old give a tea spoonful in Molasses or any
way 4 days once pively - then omit 2 days, continue
thus until all is better. Make an ointment of rosin and

logs Lard. After the physic has been taken 4 days, apply
the ointment - Washing the part with Castile Soaps daily.

Make a Syrup of Gypsop & let the patient take
freely whilst using the above.

Remarks. In all cases of puerperation or
danger of the same; give strong Spikenard Tea sweetened
with honey - add Brandy - apply the same externally;

Parsaparilla with it is cooling. Wash the body with
hot Vinegar & water - give a decoction of Blacksnake
root & sage, a tea cupful once in 10 minutes until the
effect is answered to promote perspiration in fevers
Epidemic &c. Bathe the feet in weak life.

Cough Powders.

Take Elecampane, Licuorice Root, Senna (or Culver)
half an ounce of each powder them fine & mix them in a
pound of honey - Dose a tea spoonful 3 times a day.

Life root tea - or Crofs Wort, Princespine or
Life Everlasting to be continued is best.

Life Root if given too freely will debilitate
so rapidly as to lay dormant all the functions of life -
Use it with caution where the patient is feeble.

Nourish your patients with whatever they may require or fancy. oat Meal is healing & salutary—

Medical Coffee. good in cancerous or scrofulous habits, or where mercury has been used improperly— Take Avens root— Sweet Cicely and Spikenard 4 ounces of each, Life root one ounce— all powdered & lightly browned & taken two tea-spoonfuls twice a day— Boiled in Coffee, water, or wine, with milk & sugar to suit the palate.

Salve for Burns.

To 2 oz. Burgundy pitch, add ½ oz. Beeswax, and to that quantity an even table spoonful of hog's Lard, or any oily substance, to render it sufficiently soft, but not so as to melt with the warmth of the flesh, as in that case it would not stick fast enough, but would be liable to slip about.

Balsam of Life.

Gum Benzoin	4	℥j
Liquid Storax	—	3 ℥j
Balsam Tolu	—	1 ℥j
Aloes	—	1½ ℥j
Gum Alibannum	1½	℥j
Myrrh	—	1½ ℥j
Angelica Root	—	2 ℥j
Tops of Johns Wort	2	℥j
Alcohol	—	3 Jints

Digest in a moderate heat 4 weeks
shake once a day

Elder Berry Sazeris.

Take 10 Gallons of the juice of
Elder Berries 20 Gallons Water
2th Ginger 1th All Spice 1/2th Cloves
Bruise them & boil them gently for
half an hour, and when blood warm
stir them all together, toast a piece
of bread and put some good yeast upon it
then put it in the liquor, when it
has stood 30 hours, Cask it up. -

Secreting Organs.— Those vessels of the body which draw off certain portions of the blood & change it into a new form, to be employed for service or to be thrown out of the body, are called secreting organs. The skin in this sense is a se^{cr} secreting organ, as its perspiration tubes secrete the bad solid portions of the blood & send them off.

Of the internal secreting organs the liver is the largest. Its office is to secrete from the blood any excess of carbon. For this purpose a set veins carry the blood of all the lower intestines to the liver, where the excess of carbon is drawn off in the form of bile, & accumulated in a reservoir called the gall-bladder. From thence it passes to the stomach, & there mixes with the food, & aids in preparing it for use. Then it passes through the long intestines, & is thrown out of the body through the rectum. The liver also has arterial blood sent to nourish it, & corresponding veins

to return this blood to the heart. So there are two sets of blood-vessels for the liver, one to secrete the bile, & the other to nourish the organs itself.

The kidneys secrete from the arteries that pass through them all excess of water in the blood, & certain injurious substances. These are carried through small tubes to the bladder, & thence thrown out of the body. — The pancreatic juice, which unites with the bile from the liver in preparing the food for nourishing the body.

There are certain little glands near the eyes that secrete the tears, & others near the mouth that secrete the saliva or spittle.

These organs all have arteries sent to them to nourish them, & also veins to carry away the impure blood. At the same time they secrete from the arterial blood the peculiar fluid which it

is their office to supply.

All the food that passes through the lower intestines which is not drawn off by the lacteals or by some of these secreting organs passes from the body through a passage called the rectum.

Learned men have made very curious experiments to ascertain how much the several organs throw out of the body. It is found that the skin, or probably — about three or four pounds a day. The lungs throw off one quarter as much as the skin, or a pound a day. The remainder is carried off by the kidneys & lower — intestines.

There is such a sympathy & connection between all the organs of the body, that when one of them is unable to work, the others perform the office of the feeble one. Thus, if the skin has its perspiration tubes closed up, then all the poisonous matter that would have been thrown out through them, must be

emptied out either by the lungs, kidneys or bowels.

When all these are strong & healthy, they can bear this increased labour without injury. But if the lungs are weak, the blood sent from the skin by the chill engorges the weak blood-vessels, & produces an inflammation of the lungs. Or it increases the discharge of a slimy mucus substance, that exudes from the skin of the lungs. This fills up the air-vessels, called coughing, which throws off this substance.

If on the other hand, the bowels are weak, the chill on the skin, produces inflammation there, or else an excessive secretion of mucous substance, which is called a diarrhoea. Or if the kidneys are weak, there is an increased secretion & discharge from them, to an unhealthy & injurious extent.

This connection between the skin & internal organs is shown, not only by the effects of a

chill on the skin, but by the sympathetic effects on itself when these internal organs suffer. For example, there are some kinds of food that will irritate & inflame the stomach or the bowels, & this, by sympathy, will produce an immediate eruption on the skin.

Some persons, on eating strawberries, will immediately be affected with a nettle-rash.

Others can not eat certain shell-fish without being affected in this way. Many humors on the face are caused by a diseased state of the internal organs with which the skin sympathizes.

This short account of the ~~skin~~ construction of the skin, & of its intimate connection with the internal organs, shows the philosophy of those modes of medical treatment that are addressed to this portion of the body.

It is on this powerful agency that the steam

doctors rely, when, by moisture & heat, they stimulate all the innumerable perspirations tubes & lymphatics, to force out from the body a flood of unnaturally excited secretions; while it is "kill or cure" just as the chance may meet or oppose the demands of the case.

It is the skin also that is the chief basis of medical treatment in the Water Cure, whose slow processes are as much safer as they are slow.

At the same time it is the ill-treatment or neglect of the skin which, probably, are the causes of disease & decay to an incredible extent.

Animal Heat.

It has been stated that the lungs & skin are ^{organs} organs which provide & regulate the warmth of the body. The method by which this is done will now be explained.

There is an invisible agent called caloric or heat, which is the cause of warmth to the body, & every thing else. Color is simply the want of this heat.

Caloric tends to diffuse itself equally; that is, whenever bodies have different degrees of heat, the caloric is constantly passing from the warmer to the colder substances, till they all come to the same temperature.

Thus, when we go into air colder than our bodies, the caloric passes from us to surrounding atmosphere. But when we are surrounded by air, or touch any substance that is warmer than our bodies, the caloric passes from it to us. Clothes serve to prevent the heat from passing from our bodies to the air.

When water changes to ice, it gives out the caloric that kept it in a fluid state; & when it

^{melts,}
~~melts,~~ & changes back to water, it takes the caloric
required from the air or from objects that are around.

This is the reason why it is so chilly often in a
thaw. The caloric needed to melt the ice & snow is
taken not only from the sun's rays, but from the
air around.

When water changes to vapor, it gives out the
caloric that held it in the vapor form. This, then, is the
general rule in regard to changes made by caloric.

When a more solid body changes to a thinner
or less dense one, caloric is absorbed; but when it
changes from a less dense to a more solid form,
caloric is given out.

There are certain changes that are made in combin-
ing one body with another that produces heat.

Thus when cold water is poured into aqua fortis,
or sulphuric acid, heat is produced by the
sulphuric mixture

When oxygen combines with combustible bodies, heat is produced, & sometimes light. Thus, when a candle burns, the light & heat are produced by the union of the oxygen of the air with the carbon of the tallow. So, when wood or coal are burned, the heat are made by the union of the oxygen of the air with the carbon of the wood & coal.

When we blow a fire it burns faster, because more air is thus furnished, from which the oxygen is ^{taken} —

The burning of any substance is its union with oxygen, & those bodies that can be thus burned are called combustibles. — Our bodies are composed chiefly of carbon, hydrogen, & nitrogen, which are combustibles; & also of oxygen, which unites with the other three. This union always produces heat.

The blood, before it passes through the lungs it takes its supply of oxygen. Then it passes to the capillaries, & there the oxygen

unites with the decayed portions of the body,
thus changing them to carbonic acid & water.

This is a process of combustion the same as when
oxygen unites with wood or coal. The oxygen
of the new blood burns up a portion of the carbon
& hydrogen in the capillaries, & heat is
given out. At the same time the fresh-
chyle is deposited in the place of the parti-
cles that are consumed.

The carbonic acid, formed by the combu-
stion in the capillaries, & thrown out of the lungs
& skin, is similar to the smoke of burning-
wood. Another product of this combustion,
which is drawn off from the blood by the kidney^s,
is similar to ashes. Thus our bodies are
kept warm by myriads of little fires in
the innumerable capillaries.

In this process of warming the body,

The stomach provides the fuel to burn, the lungs provide the oxygen to consume it, & the arteries carry the fuel & fire to the capillaries, where the combustion takes place. The veins then carry off the carbonic acid, which, like smoke from a chimney, pours out of our mouths & nose & through the skin, while the kidneys empty out the ashes.

By this process of combustion in the capillaries the body is always kept nearly at a uniform temperature, which is about 98° by the thermometer. This is as warm as is the air in some of the hottest summer weather.

The air is usually cooler than our bodies & is thus drawing off the caloric constantly. Clothing is useful only as it prevents the passing off heat faster than the capillaries can keep up the supply.

We will now attend to the method by which the body is kept sufficiently cool.

It has been shown that the skin is filled with little perspiration tubes which are constantly sending off carbonic acid & water from the blood. The carbonic acid passes into the air, but much of the water is retained on the skin. Here the warmth of the body changes it to a vapor. In this ^{change} ~~change~~ it abstracts its caloric from the body, & thus cools it. Thus the more heat is made in the capillaries the more perspiration is exhaled; & this being turned to vapor cools the body as fast as the capillaries heat it.

It is owing to ~~a~~ ~~the~~ this cooling process by the changing of perspiration to a vapor, that persons can stay in ovens hot enough to cook potatoes without being burned. The heat generates perspiration; this turns to vapor, & thus the body is cooled by the evaporation. *

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