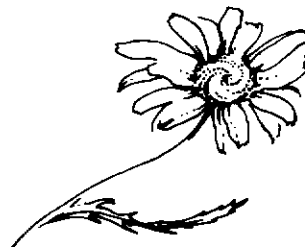


elementary treatise  
in  
**HERBOLOGY**

Dr. Edward E. Shook



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An outstanding member of the lily family, which, since ancient times, has been used in the treatment of many diseases with remarkable success, and which is also universally known as a healthful flavoring agent for foods. This is none other than GARLIC.

It is not so generally known as a remedy for chronic disease, although in recent years, it has come into prominent use medicinally, and is one of our best alteratives.

**ALTERATIVES, Continued:**

*Garlic:* Latin name, Allium Sativum.

*Natural Order:* Liliaceae.

*Parts Used:* The bulb (commonly called cloves). This most remarkable plant is so well known that no description is necessary. This Herb is so important that we are going to point out several wonderful things that have been done with it; also the wonderful things that can be done with it. In the last world war, the British Government advertised that they would buy all the garlic that they could obtain, and thousands of tons were purchased for treating wounds of injured soldiers to prevent infection and help heal the wounds more rapidly. From the thousands of wounded treated with garlic, not one case of septic poison was produced. Countless thousands of men and women living today who were wounded in the great war have testified that their wounds healed quickly with garlic. No doubt many would have died without it.

A famous English physician claims that over a period of eleven years spent treating tuberculosis, more than ninety percent completely regained their health through the use of garlic. Among many other claims made for it are the following: It lowers high blood pressure, clears up pimples, abscesses, boils, carbuncles, ulcers, tumors, skin diseases, asthma, bronchitis, ulcers of the stomach, kidney disease, snake bites and insect stings.

*Therapeutic Properties:* Stimulant, carminative, diuretic, expectorant, anti-catarrhal, digestive, antiseptic, disinfectant, germicide, vermicide, and healing.

Jopi Weed, Queen-of-the-Meadow Root, Purple Boneset, *Eupatorium purpureum*, *trifoliatum*, *maculatum*, *Eupatorium Verticillatum*, *Eupatorium ternifolium*, Hempweed.  
*Habitat*: Indigenous to North America, and is common from Canada to Florida, growing in swampy and rich, low grounds where it blossoms throughout the summer months.

*Medicinal Action*: Diuretic, nervine. Formerly the use of purple-flowered Boneset was very similar to that of the ordinary Boneset. It is especially valuable as a diuretic and stimulant, as well as an astringent tonic, and is also considered a valuable remedy in dropsy, strangury, gravel, hematuria, gout and rheumatism, exerting a special influence upon chronic renal and cystic troubles.

*FORMULA No. 40: Infusion of Gravel Root*

1 ounce Gravel Root (cut)

1 pint distilled water

Put the root into the water and allow to stand for 2 hours. Bring to a boil, then simmer 20 minutes. Cool and strain, bottle and keep in a cool place. If it is to be kept for any length of time, add 2 ounces pure glycerine to the infusion, after straining, and while still hot.

*DOSE*: 1 tablespoonful to a wineglassful 3 or 4 times a day. Children, 1 teaspoonful to 1 wineglassful, 3 times a day, according to age.

A formula for stony deposits is seldom made without this botanical making its appearance therein.

One of the most beautiful botanicals, rarely thought of by laymen, is one of our most virtuous plants in the treatment of calculous deposits. This plant is not so much noted for its ability to reduce or dissolve stones as it is to expel them from their location. The name is Hydrangea.

*Hydrangea*: Latin name, *Hydrangea arborescens* (Linn.).

*Natural Order*: Saxifragaceae.

*Synonyms*: Wild Hydrangea, Seven Barks, *Hydrangea Vulgaris*, Common Hydrangea.

*Parts Used*: Dried rhizome, roots.

*Habitat*: The United States of America.

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*Medicinal Action and Uses:* Diuretic, cathartic, tonic. The decoction is said to have been used with great advantage by the Cherokee Indians and, later, by the settlers, for calculous accumulations. It does not cure stone in the bladder but, as demonstrated to the medical profession by Dr. S. W. Butler, of Burlington, New Jersey, it removes gravelly deposits and relieves the pain consequent on their emission. As many as one hundred and twenty calculi have been known to come from one person under its use. The fluid extract is principally used for earthy deposits, alkaline urine, chronic gleet, and mucous irritation of the bladder in aged persons. A concentrated syrup with brown sugar or honey, or a simple decoction of the root, may also be used.

In overdoses, it will cause vertigo, oppressions of the chest, etc. The leaves are tonic, cathartic, diuretic and silagogue. The dose of the fluid extract is 30 to 75 drops, while that of the syrup is 1 teaspoonful 3 times a day.

#### *FORMULA No. 41: Decoction of Hydrangea*

2 ounces Hydrangea root (cut)

1 quart distilled water

Put the root into the water and allow to stand 2 hours. Bring to the boil; simmer for 30 minutes. Strain, and return the liquor to the vessel. Reduce to 1 pint; add 4 ounces pure glycerine. Allow to cool, bottle, and keep in a cool place.

*DOSE:* Adults, 1 tablespoonful in an equal amount of water 3 or 4 times a day. Children, 1 teaspoonful or more, according to age. May be given in honey water, if desired.

Since we will need an Herb that will act as a good astringent, to assist in cases of hemorrhage, such a botanical should be given here, that it may be incorporated into our antilithic formula. We will take one of the best, an Herb used for centuries for this purpose, the European Golden Rod.

*Golden Rod:* Latin name, *Solidago Virgaurea* (Linn.).

*Natural Order:* Compositae.