

WHITE MUSTARD SEED.

The following observations on the efficacy of white Mustard seed (taken whole) are from a late British Medical Journal.

In the month of June, 1822, I made trial of the White Mustard Seed merely as an aperient; when the generally improved state of my feelings which soon followed, inclined me to give it credit for other medical properties of at least equal value. I gave it to some of the sick poor in the neighbourhood and with a success which excited my astonishment. From that time to the present I have been in the habit of recommending it very generally, and the opinion which I have always entertained is now fully confirmed, that the public are not aware of its very extraordinary powers, nor of the very great variety of cases to which it is applicable, and that in order to its adoption as a remedy for disease, its virtues require only to be known.

The White Mustard Seed is an almost certain remedy for all complaints connected with disordered functions of the stomach, liver, and bowels, and as such has been eminently successful in the following (among other) cases; viz:—In tendency of the blood of the head, headache, weakness of the eyes and voice, and hoarseness; in asthma, shortness of the breath, wheezing, cough, and other distressing affections of the stomach; in debility, uneasiness, pain and sense of tenderness and soreness in the interior, and particularly at the pit of the stomach; and pain in the sides and lower part of the body, in scanty and redundant flow of the bile, in obstructions that may lead to scirrhus liver, and other morbid affections of that organ; in deficient perspiration, gravel, scanty and unhealthy state of the urine, and other disorders of the skin and kidneys; in relaxed and irritated bowels, flatulence, and occasional and habitual costiveness; in severe colds, rheumatism, lumbago, spasms, and cramp in the body and limbs, partial and general dropsy, palsy, coldness of the limbs and feet, loss of appetite, failure of sleep, weakness of nerves, depressions of spirit, and general debility of the system, in ague, gout rheumatic fever, epilepsy, scrofula, scurvy, erysipelas, or St. Anthony's fire, in the dreadful painful affection called the *douloureux*, and in recovery from the small pox, typhus and scarlet fevers, and other severe disorders connected with the depraved state of interior, it has been taken with very considerable advantage. For the long round worms and the small white ones also it is incomparably the best remedy hitherto discovered, inasmuch as both in children and grown up persons it not only destroys those reptiles, but if persevered in long enough to restore the tone of the stomach and bowels, will prevent their recurrence in future. The following case furnishes a striking proof of the remedial power of the Mustard Seed. A very respectable Surgeon and Apothecary whom I have long known, a person of regular and rather abstemious habits, who whilst during a period of 30 years had sustained the fatigue of an extensive country practice with scarcely a day's illness, at the age of 52 was suddenly attacked with a severe pain in the left side and lower part of the body. Supposing the pain to arise from constipated bowels he had recourse to calomel, rhubarb, castor oil, and several other active aperients, but without obtaining relief. He then took an emetic, was bled largely in the arm, used a hot bath, was blistered in the part affected. Lay for seventy hours in a most profuse perspiration. By this treatment the pain gradually abated leaving him however at the end of four days extremely weak and emaciated. For the space of two years after he had frequent and severe returns of the pain; and his constitution being undermined, the stomach, liver, and kidneys, became sensibly affected, and indigestion, constipation and flatulence succeeded, with the appearance of general decay. Having consulted several professional men, and taken a great variety of medicines during this period, but to no good purpose, in November, 1822, he made trial of the Mustard Seed. It is remarkable that in a very few days after taking the Seed, the pain entirely ceased, and has never since returned. The action of the affected organs was gradually improved, digestion was restored, the bowels resumed their functions, and at different times he was relieved by the discharge of several small portions of gravel. Encouraged by these advantages he continued the use of the Seed with increased confidence. In November, 1823, he discharged with ease a large rugged oblong portion of gravel, and to use his own

expression, his health had then for some time before attained a state of wonderful improvement.

The Mustard Seed was valuable for the prevention as for the cure of the disease. Of its power as a preventive, the following case in a remarkable illustration. A friend of mine had for five or six years previous to the year 1823, been regularly attacked with hay or summer asthma, in the month of June or July, in each of those years. The attacks were always violent, and for the most part accompanied with some danger. And such was the impression made on his constitution by the disease, and the remedies resorted to, (of which bleeding and blistering were the chief,) that each illness led to a long confinement to the house extending to a period of nearly three months.

In the early part of that year he resolved to make trial of the Seed, in order to prevent if possible, a recurrence of the asthma; and in the month of March he began to use it, and thenceforward taking it regularly once a day, (a desert spoonful about an hour after dinner,) to the present time. During this long period he has not only wholly escaped the disease, but his health has never been interrupted by illness of any kind, and has been progressively improving, and he is now enjoying a greater degree of strength and activity and much better spirits than he recollects to have had before. The most formidable bodily complaints to which we are exposed, are well known to originate in colds, to which from the extreme variableness of our climate we are peculiarly liable. As a means of preventing this fruitful source of disease, the Mustard Seed has in many instances been remarkably successful. Ever since June, 1822, to the present time, I have regularly taken it once every day; and during all this time I have enjoyed an uninterrupted flow of health. A near relation of mine too, whose life for many years has been frequently exposed to imminent dangers from inflammatory affection of the chest, brought on by cold, of which he was remarkably susceptible, has happily experienced a similar advantage from it. If persons of consumptive and delicate habits, or otherwise constitutionally susceptible of cold, would avail themselves of this hint, and if all persons indiscriminately, on the first attack of disease, unaccompanied by any decided inflammatory symptoms, would have recourse to the Mustard Seed for a few weeks, the extent to which human suffering might be thus prevented, would, it may reasonably be presumed, exceed all calculations.

After what has been said, it is almost superfluous to observe that the Mustard Seed is peculiarly adapted to the case of those, whose habits, situations, and conditions in life render them more particularly liable to disordered functions of the stomach, liver and bowels, with the endless variety of distressing maladies flowing from that cause. Of this class are principally the studious and sedentary, persons whose constitutions have suffered from long residence in hot climates, mariners and sailors while at sea, manufacturers and mechanics of every description, miners and such as work under ground, the indolent and intemperate, the poor who suffer from hard labour and scanty means of support, and persons advanced in years. To children also of the age of eleven months and upwards, the Mustard Seed is highly beneficial as a remedy for worms, and as a means of obviating the extreme debility of the stomach and bowels so frequently attached to their tender years. When taken by them it occasionally throws out a considerable eruption on the skin, a result which has never failed to promote their general health. It is likewise particularly applicable to the disorders peculiar to the female sex, and is of great service after confinement, and especially after severe lyings-in; and when the mother is a nurse, it is also, through her, of singular benefit to the child, effectually correcting all irregularities of the stomach and bowels, and thus causing it to thrive in a wonderful manner.

In the Mustard Seed are combined a valuable aperient and an equally valuable tonic; and thus while it affords the most salutary and comfortable relief to the bowels, it never weakens, but on the contrary always strengthens in a very remarkable degree, both those organs and stomach, and ultimately the whole system.

Directions to be Carefully Observed.

The Mustard Seed is always to be swallowed whole, not broken or masticated, and either alone or in a little water or other liquid, warm or cold; but for children or persons who find it difficult in swallowing it, the following mode is recommended: each dose as it is wanted for use should be washed in boil-

ing water for one or two minutes, after which it may be taken in a little gruel, barley water or other smooth liquid, and if necessary a small quantity of sugar may be added to render it more agreeable to the palate.

Generally speaking three doses should be taken every day without intermission: the first about an hour before breakfast, the second about an hour after dinner, and a third at bed time or an hour before. When taken after dinner, the Seed will in some measure excite fulness and distention in the stomach; and where the distress is considerable, the second dose should be taken an hour before that meal. When the Seed is found to produce irritation in the interior which sometimes happens, the inconvenience will generally be obviated by taking it immediately before each meal. The quantity, therefore, in each dose is in all cases ascertained by trial, and must be determined by the observation and judgement of the patient. Generally speaking two or three large tea spoonfuls in each dose will produce the desired effects, and with some constitutions much smaller doses will answer the purpose; but should that quantity fail, each dose may be increased a table-spoonful; and in some instances a fourth table-spoonful may safely be added between breakfast and dinner.

When this increased quantity fails to produce the desired effect on the bowels, (a circumstance, however, which very rarely occurs,) it will be proper to assist the operation of the Seed with a little Epsom Salts, or other mild aperient taken every morning, or every second or third morning as occasion may require, instead of the first dose of the Seed, for the space of ten days or a fortnight, or such longer period as may be found necessary. And if the patient be troubled with piles it will be advisable to relieve the bowels occasionally with a small tea spoonful of milk of sulphur, and an equal quantity of magnesia mixed together in a little milk or water taken at bed time either with or after the last dose of the Seed.

I will only add that a steady daily perseverance in the use of Mustard Seed according to the directions above recommended, for the space of two, three, four or six months, and in many instances for a much shorter period, will seldom fail to convince the patient of its extraordinary efficacy and singular value, either by effecting a complete cure, or at least by affording very solid and substantial relief.

I. T.

Lincolnshire, Eng., March, 1826.

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GEO. K. LUGRIN.

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