

HERBAL HANDBOOK  
FOR  
FARM & STABLE

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*by Juliette de Bairacli Levy*

Second Edition

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## CHAPTER I

### Introduction to Herbal Medicine for Farm and Stable

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A book on herbal medicine for farm and stable could become a vast undertaking, the diseases of farm animals being manifold owing to man's mismanagement and ignorance of the simple and unchanging laws of nature; and, above all, his over-commercialization of the earth and the creatures that he has domesticated. Shelley rightly stated that man's dominance over the animals was one of disease and pain, for the animals. The ailments dealt with in this book are mostly unknown amongst the wild animal species from which the domestic breeds are derived; this providing a good example of the error of over-domestication of animals, with its consequent artificial rearing methods and medical treatments.

This herbal has been written for international use. But, as it is published in England, all British and other farmers who read this book, and who will find many references to their colleagues of other countries and also to gypsy herbalists, can be confident that particular care has been taken to give only common herbal remedies that can be found wild, or readily cultivated, or easily bought. Great care has also been taken to secure accurate naming and to use popular names of wide currency.

I am not going to compile a lengthy volume of herbal medicine, for I consider that such is unnecessary; I am content to confine my book to the common animal ailments. Professor Edmond Bordeaux Szekely, the great Hungarian doctor, has taught me that in human medicine it is erroneous to be concerned with, and to treat, merely local symptoms of disease; the whole body must be given a basic treatment. For local symptoms are but an indication of disorder of the whole body (apart from

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external injuries), for when one part of the body indicates sickness, then the entire organism is likewise sick. He teaches a basic treatment for all disease, which is the internal cleansing of the body by fasting and laxative treatment, and then the rebuilding of healthy blood and tissue by careful diet and natural foods. This theory is equally applicable to animals, and is indeed instinctive to them, for the wild animal with inherent intelligence fasts itself until restored to health, partaking only of water and the medicinal herbs which it seeks instinctively for cure of the malady from which it is suffering. In the wild animals sickness is generally one of injury or wounding.

There must be reason for the present-day disuse of herbs and the popularity of chemical and vaccine therapy. Personally I think that apart from the prevalent lack of time or laziness which makes the modern farmer loath to busy himself with preparation of his own medicines, the cause is modern commercialism and the power of advertisement. The present-day farmer has been educated to consider disease as inevitable and the only scientific cure as being in the artificial remedies of the modern veterinary surgeon, who through over-rigid orthodox training and himself under the influence of advertisement is too often a mere vendor of the products of the vast and powerful chemical and serum manufacturers. For the vested interests in modern medicine are stupendous. Businessmen who have never owned an animal, fatten like breeding toads upon the ailments of farm stock which need not know sickness at all if they had daily access to the herbs of the fields. The true farmer should cultivate his own medicines in his own fields, and he should not consider himself as being a farmer if he has to resort to outside help for keeping his animals in health, and healing them when in sickness. Science is proving the ruination of true farming; the only thing that I, and countless others, have noted as flourishing alongside science, is disease!—disease of the earth, disease of crops and disease of the animals and people who feed on the diseased produce. I have made a study of the wild deer, and I have never yet met with one hind unable to rear her calf owing to mastitis of the udder, nor have I seen deer with skin disease or diseased feet. That is but one example of animal health, but everywhere in the woods one observes the wild animals rearing their young in health and freedom from sickness, whereas close

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by, the domestic animals frequently fail to breed at all, or lose their young at an early age through disease.

In his book, *Pleasant Valley*, the talented author Louis Bromfield well describes the true farmer: 'A good farmer in our times has to know more about things than a man in any other profession. He has to be a biologist, a veterinary, a mechanic, a botanist, a horticulturist and many other things. He has to have an open mind, eager and ready to absorb new knowledge, new ideas and new ideals.' Yet how many modern farmers are botanists? Few indeed.

The great doctor Paracelsus von Hohenheim forsook the medical universities of the world and lived with the gypsy and peasant herbalists in many parts of Europe in order to learn the *true* medicine. It is from such people that I have obtained much instruction in herbal medicine and the rearing of animals. From the gypsies and peasants of Mexico, France, Spain, Portugal, Israel, Turkey, Algeria, Tunisia, French and Spanish Morocco—and England. In all these countries I have sought gypsy and peasant herbal treatments. Grateful I am to my herbal teachers; they taught me far more than I ever learnt during nearly four years of scientific study at two universities. It was in thankfulness that I turned away from the places where vivisection is practised (the crying of animals in the vivisection laboratories!) and went instead, like Paracelsus, to the green fields and the woods for my medical education.

All the treatments prescribed in this book on herbal medicine are truly herbal, and all are harmless, for, as the result of careful observation, I have the strongest objection to the using of violent chemicals for the so-called cure or relief of any form of disease: chemicals, such as the sulphonamide group, which are habitually more dangerous to the delicate tissues of the animal body than are the diseases for which they are frequently prescribed as cure.

Professor Szekely had declared emphatically, that the curing of the ailments of his patients is often a simple task in comparison with the freeing of their bodies from the accumulations of chemical drugs lodged in their tissues—the drugs derived from orthodox medical chemo-therapy, and from the poisons sprayed upon fruits and vegetables by the modern farmer, or placed in tinned and bottled foods as preservatives. Many of

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his patients are Americans; and in present-day America the chemist seems to be running amok, spraying and poisoning everything edible.

In herbal medicine too, we have violent-acting substances, usually derived from the poisonous groups of plants. I have excluded them altogether, influenced perhaps by the wild animals which instinctively avoid the poisonous herbs. Also nature has provided always a gentle herb to do the work in place of the ones of violent action. Furthermore, I wanted to be able to state with absolute certainty that this is a book of safe treatments; and having excluded the poisonous herbs, I can declare so in truth. There is not one treatment in this herbal which could cause any farmer to declare that through using the prescribed herbs he lost an animal. The herbs advised are all benevolent and beneficial.

Many of the herbal treatments are my own discoveries successfully used in my veterinary work in various countries; others are purely gypsy remedies taught me by my Romany friends; others are proved treatments taken from old botany books of many lands, of which I have made a study. They have been fully tested by myself or by other experienced herbalists, and only the fully proved treatments have been included. I found much interesting lore on animal husbandry in a very ancient book that I discovered in an Exmoor farmhouse, and subsequently put this into practice; the book is without mention of any author and is called merely *Rural Life*. It is still in use on that farm, which is known for its high standard of health and the fine animals reared there—especially Exmoor sheep.

The agricultural expert of whom I am such a sincere admirer, the late Sir Albert Howard, was greatly interested in my study of gypsy herbal medicine. He urged me to learn all that was possible in that unexplored field, feeling that such medicine could prove of great benefit to the farming world. He upheld his belief in herbs by advising farmers to write to me for help in curing their disease outbreaks. Invariably success was obtained, no matter how difficult the disease, because natural medicine is truthful and consistent. Nature changes not. Nature's remedies are not abandoned annually, and new ones lauded, as with chemicals; invariably they are perennial. One success which especially pleased Sir Albert Howard, was my cure of over one

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thousand pedigree Swaledale sheep condemned as incurable by modern medicine, following the great snow of 1947. Later the Albert Howard journal *Soil and Health* published my paper, giving all details of the sheep treatment and farmers' testimony.

Sir Albert Howard, so far-sighted and knowledgeable above the agriculturists and scientists of his time, knew well that herbs grow upon the earth for good reason and are an important part of Nature's chart of wholeness. He believed, as I believe, that man's neglect of the medicinal plants is one of the basic causes of human and animal disease.

To Sir Albert Howard and Professor Edmond Bordeaux Szekely, two great men who have encouraged me in my herbal medicinal work, I record my thanks, and to my many gypsy friends in far parts of the world, including the gypsy doctor, Paul Fenet of Provence.

Finally, is there any need for a herb book such as this? Is there not already a vast assemblage of learned books on animal husbandry? I believe that there is true need, for in spite of highly developed scientific medical treatments, a very large proportion of the domestic animals in the world today are wiped out by disease each year. Through ill-health, old-established and valuable strains are lost for ever, and likewise the peasant, because he has turned from the cures of his forefathers, loses his few animals which, often enough, are his main livelihood, and essential to the existence of his smallholding. I became well aware of this in Mexico when doing veterinary work with the peasants' cattle there. Those peasants could not afford to lose their sick beasts, which gave to them their daily food and the fertility of their fields. It was after my experience in Mexico that I resolved to write my herbal for cattle and horses, and began seriously to collect all possible herbal information. When I was staying at Ensenada, Mexico, the explorer, Gaston Fleury, introduced me to the great farmer, Thomas Robertson, a farming adviser to the President of Mexico. Thomas Robertson was immediately interested in my herbal work. Whilst at Ensenada I was able to demonstrate to him the healing of the gangrenous wing of a wild pigeon which hunters had shot and left dying in the woods. I was told that the bird was beyond cure: but herbal medicine, as is general, enabled me to restore the bird to good health.

Thomas Robertson is author of a book on the subject of a



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pioneer agricultural colony in Western Mexico: *A South-Western Utopia*. He himself was reared in the colony, and grew up with the Mexicans and at an early age learnt of the famed and ancient herbal lore of Mexico. Only because my work was herbal, did he speak so surely of its success and acceptance in Mexico. For the peasants there continue to show much suspicion and dislike towards orthodox chemical medicine. The peasants are intelligent because they want to know the exact nature of the substances that are being put into their animals. They accepted eagerly all the medicines that I prescribed because they were herbal, and we had no failures. This brings me to quote from a statement written by another well-known farmer who is opposed to unnatural medicine, G. P. Golden, of Leicestershire, famed for his pedigree Shorthorn cattle and Kerry Hill sheep: 'The prevalence of mastitis, or inflammation of the udder, and so many other diseases, is evidence of the low disease-resistant powers of cows today. The use of vaccines—by which the blood of cattle is interfered with from birth—for a progressively increasing number of diseases, is gradually undermining the health of stock. In the mistaken idea of stopping one disease the way is being paved for the inroads of other troubles. The general health of cattle today is unquestionably lower than twenty-five years ago. . . . There is not a shadow of doubt that the continual injection into the animals of all manner of poisonous materials for T.B. testing, abortion, mastitis, blackleg, etc., is gradually undermining the powers of disease resistance.' (The history of T.B. testing material is not impressive, and is of a kind typical of so many lauded benefits of the scientist, rooted in the amoral practice of vivisection. This precious T.B. testing substance has once been proffered to the public as a cure for tuberculosis, discredited, and then brought forth newly as a reliable test for cattle. I have known many false results given by this testing material.—J. de B. L.) 'Unnatural methods of feeding and rearing and the maintenance of stock under intensive conditions, combined with three or four times milking, have added their share to unwise veterinary practice. These false ideas have grown and are being maintained by propaganda put forth by vested and business interests and by the hosts of officials whose interests are bound up with it. Proofs for their claims are not in evidence. On the contrary, all the main facts which condemn