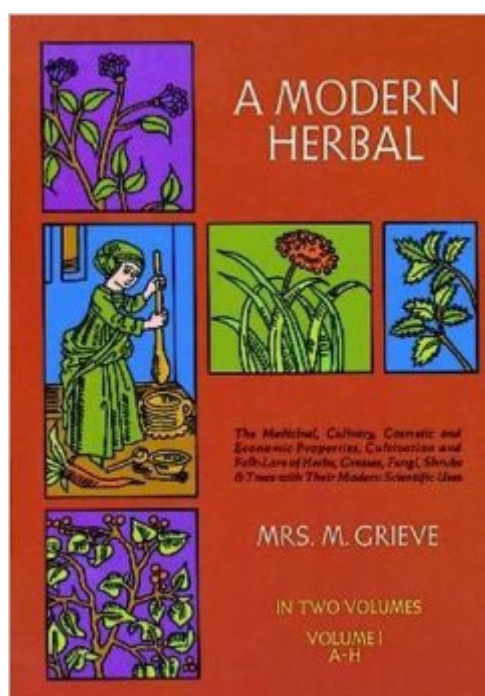


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# A Modern Herbal (Volume 1, A-H): The Medicinal, Culinary, Cosmetic And Economic Properties, Cultivation And Folk-Lore Of Herbs, Grasses, Fungi, Shrubs & Trees With Their Modern Scientific Uses



## Synopsis

"There is not one page of this enchanting book which does not contain something to interest the common reader as well as the serious student. Regarded simply as a history of flowers, it adds to the joys of the country." — B. E. Todd, *Spectator*. If you want to know how pleurisy root, lungwort, and abscess root got their names, how poison ivy used to treat rheumatism, or how garlic guarded against the Bubonic Plague, consult *A Modern Herbal*. This 20th-century version of the medieval Herbal is as rich in scientific fact and folklore as its predecessors and is equally encyclopedic in coverage. From aconite to zedoary, not an herb, grass, fungus, shrub or tree is overlooked; and strange and wonderful discoveries about even the most common of plants await the reader. Traditionally, an herbal combined the folk beliefs and tales about plants, the medicinal properties (and parts used) of the herbs, and their botanical classification. But Mrs. Grieve has extended and enlarged the tradition; her coverage of asafetida, bearberry, broom, chamomile, chickweed, dandelion, dock, elecampane, almond, eyebright, fenugreek, moss, fern, figwort, gentian, Hart's tongue, indigo, acacia, jaborandi, kava kava, lavender, pimpernel, rhubarb, squill, sage, thyme, sarsaparilla, unicorn root, valerian, woundwort, yew, etc. — more than 800 varieties in all — includes in addition methods of cultivation; the chemical constituents, dosages, and preparations of extracts and tinctures, unknown to earlier herbalists; possible economic and cosmetic properties, and detailed illustrations, from root to bud, of 161 plants. Of the many exceptional plants covered in *Herbal*, perhaps the most fascinating are the poisonous varieties — hemlock, poison oak, aconite, etc. — whose poisons, in certain cases, serve medical purposes and whose antidotes (if known) are given in detail. And of the many unique features, perhaps the most interesting are the hundreds of recipes and instructions for making ointments, lotions, sauces, wines, and fruit brandies like bilberry and carrot jam, elderberry and mint vinegar, sagina sauce, and cucumber lotion for sunburn; and the hundreds of prescriptions for tonics and liniments for bronchitis, arthritis, dropsy, jaundice, nervous tension, skin disease, and other ailments. 96 plates, 161 illustrations.

## Book Information

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## Customer Reviews

The name sounds good. You are looking for today's information on herbs. After all, only the latest and greatest will do. And, here it is on Mountain Valley Growers recommended book site. What could be better? Not much! But, this is not a book hot off the presses. This two volume encyclopedia goes back 60 years, when two women put their individual skills together to create a work that should be on every herb gardeners shelf. The writer Maud Grieve and her faithful editor Hilda Lyle created a work that has not been duplicated since. We use this book at least once a week here. Each plants many common names are listed as well as the part used and its habitat. They give us a growth description, talk about the chemical components of each herb and advise us on the medicinal action of these components and how they are used. If other species of the same genus are used that is included. Every time I pick these books up I learn something new and I have been reading and studying herbs for 20 years. Two of my favorite sections are on lavender and hops. See for yourself why.

This "Modern" Herbal is anything but, and thank god for that. A lay herbalist for many years, I've thumbed through countless books that censor themselves for fear of legal action. Their listings for certain "toxic" herbs saying nothing more than two sentences on how a particular herb should be avoided at all costs. In A Modern Herbal, we get a peek at a pre-litigious era, where herbs were used and studied with caution, but certainly not discarded entirely. I particularly enjoy cross-referencing herbs I enjoy (melissa, st. john's wort) in both this book and modern books (Susun Weed, Michael Tierra, et al) to get a fresh perspective on the tried and true. Beyond the wealth of information, I've also enjoyed the writing style. I've read passages out loud to my sweetheart for a good chuckle.

This is Volume I (A-H) of a two part paperback version of Mrs. Grieve's book. The text is tiny and it is a REFERENCE book -- but one that can prove useful for those interested in learning more about

the many uses of herbs. If you're a serious herbalist, this is the dictionary. Many herbs (leaves, roots, fruits) were used for medicinal purposes by traditional people, and plant extracts still make up a large share of the inventory of modern pharmacies. Owing to a virtual monopoly on plant sources, big pharmaceutical companies charge the average customer \$\$ (mucho dinero) for plant extracts our grandparents cultivated and harvested from their kitchen gardens for relatively little or no cost. If you have the space, you might grow some herbs --especially those used for food. Also, farmer's markets and community food co-ops are good sources. Although I live in an urban area, a food co-op 5 blocks away carries many of the holistic medicines and herbal remedies I use--at much less cost than I would incur at the local grocery or health food store. Check it out!

If you just have a love of herbs and plants or are a serious student of herbal lore and research you need these books. (both volumes I & II) I don't know how many times I have been pulling my hair out, from trying to find a specific herb and what its either used for or what it was used for, only to end up with going to one of the two volumes by Maud Grieve and finding them. Silly me, for not checking with these two books first when I started getting stumped. The research done in the books is extensive, some of the medicinal uses are outdated, or the plants aren't used anymore. For a set of books to last and be reprinted, and still be in print after 50+ years is astounding. Ok its astounding to me, you might not be so astounded, just slightly impressed. Not only do you get the plant descriptions within these books, the plants that are poisonous are marked as such. Virtually everything you might think you need to know about a specific plant is here. Exceptions being the modern research. One great thing I have found though is, once you have located the elusive plant of your desire, it makes it 100% easier to track down its modern uses if there are any. If you don't have these books, regardless of your interest in plants, you should. The price is wonderful, the information fantastic.

I have several shelves of herbal books in my den, and I have to say that none are as complete and informative as this two-book set by Maud Grieve. As a relatively new student to phytotherapy (herbal therapy), I am finding these books to be the reference that I go back to again and again for the most comprehensive information. These books not only describe the medicinal uses, chemical compositions and harvesting techniques of the herbs, but also the useage history and everyday (aka non-medicinal) recipes and useages. It should be noted, however, that these books are from England, and the focus of harvesting locale is often unrelated to my own North American terrain. As well, they are several years old and may not reflect the most up-to-date studies. Nonetheless, I

would HIGHLY recommend this set to anyone who has even a cursory interest in the herbal area, as an integral part of your reference library!

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