

in 1839. Salicylic acid is an active disinfectant used to treat various ailments, especially skin diseases like eczema. Antirheumatic, salicylic acid is said to help fever, headache, myalgia, sciatica, neuralgia.¹¹ The word aspirin owes its origin to spiraea, having been coined from *a* for acetyl and *spirin* from spiraea. The herb contains salicylic aldehyde, methyl salicylate, salicylic acid, heliotropin, and vanillin. The essential oil contains salicin, gaultherin, spiraein, spiraeoside, isosalicin, anthocyanin, anthocyanadin, quercitin, heliotropin, vanillin, benzol, ethyl benzoate, phenylethyl, phenylacetate, methylsalicylate, salicylaldehyde (up to 70%), salicylic acid, citric acid, pyrogallol, isobutylamine, and isoamylamine.³³ The leaves contain avicularin, hyperoside, filalbin, as well as the compounds listed for the flowers (except spiraeoside).

Toxicity — Classified by the FDA as an Herb of Undefined Safety.⁶² Like salicylates, in general, methyl salicylate has analgesic, antiinflammatory, and antipyretic activity, but is much more toxic. Methyl salicylate can be absorbed through the skin, resulting in fatalities. Children's fatalities can be induced by as little as 4700 mg methyl salicylate.²⁹