

**The paraclete, or, family oracle; an important collection of ... recipes; most of which were given / by Henry Jenkins who lived to the ... age of 169 years.**

**Contributors**

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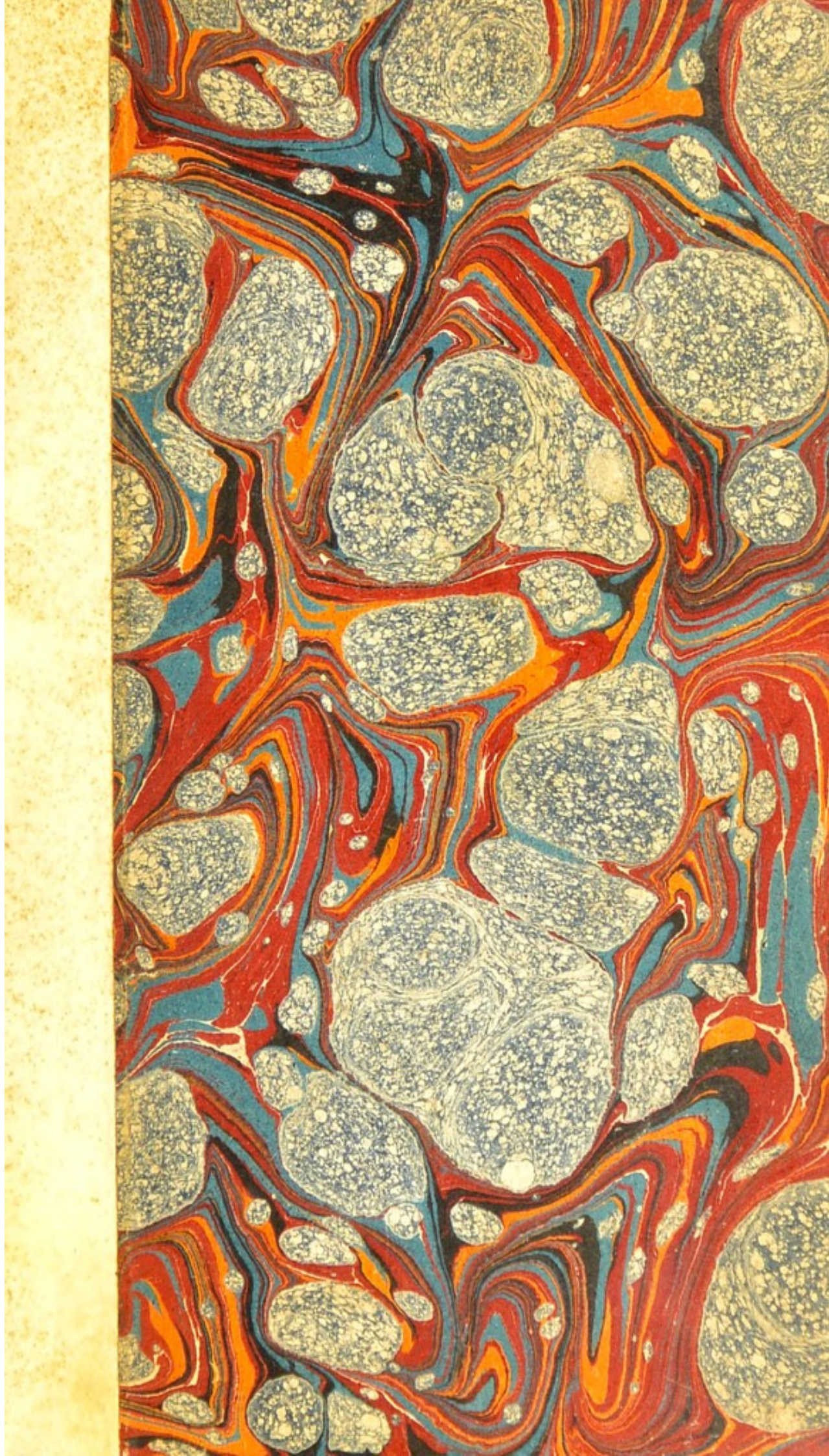
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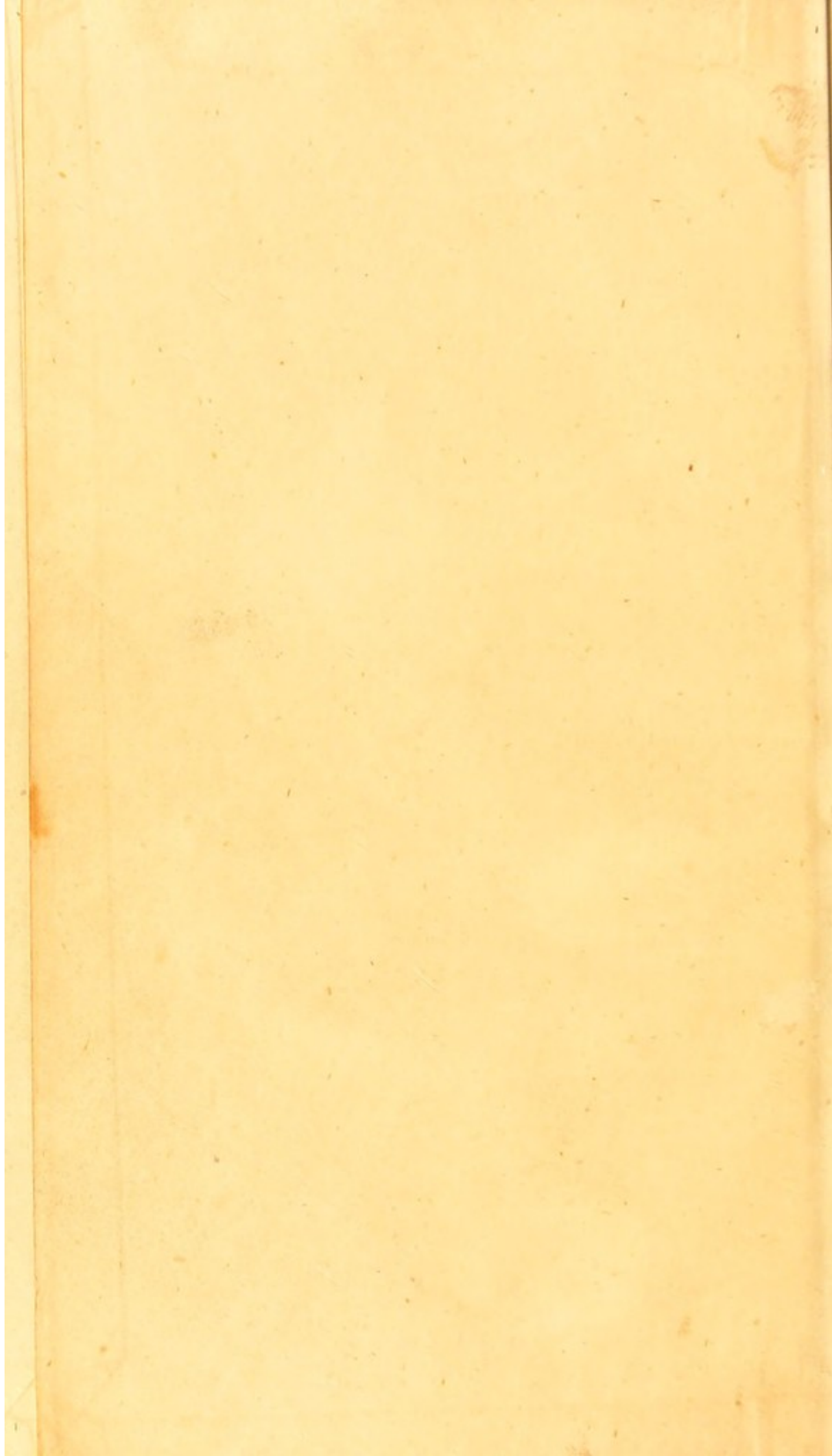
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THE  
PARACLETE,  
OR  
*FAMILY ORACLE;*

AN IMPORTANT  
COLLECTION OF VALUABLE AND USEFUL  
**RECIPES;**

Most of which were given by that wonderful and surprising man

**HENRY JENKINS,**

Who lived to the amazing age of

ONE HUNDRED AND SIXTY-NINE YEARS.

---

London:

J. FORD & SON, 21, CLOTH FAIR, WEST SMITHFIELD.

ONE SHILLING.







## MEMOIR OF HENRY JENKINS.

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WHEN I came first, says Mrs. Saville, to live at Bolton I was told many particulars of the great age, and astonishing cures performed by that surprising man, Henry Jenkins. An old lady who resided in the neighbourhood, hearing of my arrival, paid me a visit, and observing the state of my health, said, I am happy, madam to see you at Bolton, for there is one Henry Jenkins living in the neighbourhood, who has performed many cures.

But I am now madam, said I, forty-seven years old, which I fear will be an obstacle to my restoration. Not at all, she replied, for he has cured many that greatly exceeded your age; and when I came first to Bolton, I had myself been afflicted with an inveterate cancer for more than twenty years, which he made a perfect cure of in a few months.

The old lady had scarcely finished her story, when a gentleman, who lived in the neighbourhood, and who was nearly 100 years old, paid me a morning visit. He corroborated what the old lady had stated, and added that Jenkins had cured him, when he was turned of seventy, of an inveterate asthma, of more than fifteen years standing, in about fifteen months, by only drinking half a pint of tar water, prepared as he directed, twice a day.

I asked the old gentleman where I could see Jenkins; he replied, he should see him the next day.

As the gentleman had promised, Jenkins called on me the next day; and said, I perceive, madam, you are afflicted with a complication of disorders; but I hope, with the blessing of God, soon to be enabled to remove them all. This he duly performed, for in less than twelve months I was as well, and perhaps better than I had ever been in my life. For the dropsy he recommended me to eat about an ounce of hard biscuit, or hard crust of bread every morning fasting, about two hours before breakfast;—for the asthma, tar water; and for the consumption I took morning and evening a tea-spoonful of white rosin powered and mixed with honey. Exercise and cheerful company he particularly recommended.

The above are the only medicines I ever took, and are such as I would recommend to all persons who are afflicted with the same complaints, being fully convinced that none can exceed, and few equal them.

After he had attended me for some time, and I found myself daily gaining health and strength, I asked him to tell me truly how old he was, he replied, 163 years last May.

As I now, says Mrs. Saville, depended solely on Jenkins for my cure, I requested him to call on me as often as he could, I one day asked him if he had any objection to give me some further particulars of his life, &c. he replied that he had not, and



immediately began thus:— I was born the 17th of May, 1500, at Ellerton upon Swale, in Yorkshire; at the time I was born, my father, mother, grandfather, grandmother, and great grandmother were all living under the same roof, in a cottage of their own building.

My mother and grandmother were styled village doctresses, the neighbours and country people, used to apply to them when seized with any complaint, and having had so much practice, they seldom failed in removing the malady.

I asked Jenkins how a set of illiterate country people could possibly come to the knowledge of removing complaints. He told me his grandmother had a brother, who when he was about eleven or twelve years old, was taken to sea by a ship surgeon, who taught him to be an excellent scholar, and, it appeared, (for he was several years from home,) that he became on the death of his master, surgeon in his room, and was reputed to be exceedingly clever in the profession; he remained abroad for many years, and when he came home, being very fond of his sister, (my mother's mother) he would have her to live with him as his housekeeper, she assisted him in the medical department. He could not however, content himself, for having been so long at sea, and after remaining a few years at home he sailed again to the East Indies.

He remained abroad for nearly thirty years, and we all supposed him to be dead; but to our great surprise, without any previous notice, he at length returned home.

My grandmother then prevailed on him once more to remain at home, and re-establish his professional business, and she again lived with and assisted him in it as before.

After remaining at home a few years, he once more embarked for the East Indies. Previous to his departure, he gave my grandmother all his drugs and medical apparatus, and likewise left her many valuable recipes for different complaints, and it was in consequence of the practice she had with her brother, that the country people hastened to her when any thing ailed them, and likewise to my mother after her death.

Says Mrs. Saville, I asked Jenkins if he had any of the recipes by him which his uncle, the surgeon, had given to his grandmother. He replied that he had and if I wished it he would give them to me. I told him, I should be very glad of them; he brought them the next time he came, and having taken some refreshment resumed his narrative.

I then inquired, as himself and family lived to such great ages, whether he used any particular means for that purpose; he said Yes, they always drank tar water, and nettle soup, or the decoction of nettles. I asked him how he prepared the tar water; he said, I should find it among the recipes he had given me, and that his uncle said they were the greatest renovators of strength that could be, they corrected and purified the blood, and caused it to flow or circulate freely; he used often to say, the blood is the life, and by keeping that in a proper state of circulation, you



prevent almost every disorder, and persons who use these precautions live much longer, and enjoy a much better state of health than others. I am now, madam, said Jenkins, 163 years old, and scarcely ever knew what it was to be ill.

The tar water and nettle soup, (I mostly eat the boiled nettles with the soup,) keep the body gently open, and prevent the disorders arising from costiveness. I had almost forgot to mention another great preserver of health and longevity, viz. to swallow occasionally a raw new laid egg in a morning; this was my uncle's common rule, and he conceived it to be a great means of his living so long, he being exposed to so many changes and variations of climate.

Being the only son, says Jenkins, my mother took particular care of my health; as soon almost as I was born she made me waistcoats of new fleecy flannel, these, she said, were an antidote to many disorders incident to children, and I am fully convinced, that were mothers in general to pursue this simple plan, they would avoid many a heavy expence. When I was able to go alone my mother made me worsted socks, or rather half stockings, which with a flannel petticoat, and high shoes reaching above my ancles, (which are a great support, and prevent their growing out) infallibly prevented my limbs taking cold, rendering my feet, legs and thighs, warm and comfortable; those seeming trifling precautions, (which had for many years been used by our family) she considered as the chief cause why none of us ever had the gout or rheumatism, and under Providence, the cause of their living to such great ages.

The whole of my dress certainly could not suit every one, but I advise all those who value health, to wear flannel next their skin, and to change it at least every fortnight, for it will certainly be the means of rendering them healthy and comfortable in old age. Those who wear flannel should never leave it off winter nor summer, nor will they feel any inclination so to do, when they have worn it for any length of time; it imbibes the perspiration, keeps the body cool, and prevents the spasms, gout, rheumatism, and many other bodily complaints.

With regard to my usual diet, it consisted mostly of common food, as bread and cheese, or cold meat with onions, salad, radishes, &c. All our family were fond of onions, which I consider extremely wholesome, either raw, boiled or roasted, but they should not be over-dressed; taken raw, they have the same effect internally as flannel has externally; and are, besides, if eaten raw for supper, an infallible preventive against all windy complaints; we seldom supped in winter without them, and I always found them promote sleep, and warm the system.

I seldom drank any thing but water, or small beer, but when I worked harder than usual, I never found a pint of strong beer hurt me. And following the maxims of old Parr, I never eat but when I was hungry, nor drank till thirsty.

I usually took my supper about seven o'clock in winter, and eight in the summer, and walked about for half an hour to digest



it. Some people condemn suppers as altogether unwholesome, but I am of opinion, if they are light, and taken an hour or two before bed-time, they are quite the reverse.

Persons who dine late, and live sumptuously, are certainly much better without them, but I think every hungry person who goes supperless to bed, will get little sleep.

Our usual time of going to bed was nine o'clock in winter, and ten in summer; and of rising, five in summer, and seven in winter, and I always drank half a pint of cold water every morning as soon as I was out of bed.

When, says he, I was about twelve years old, I began to feel a dislike to my father's business, or rather to his temper, which was hasty and violent, so much so, that when any thing displeased him, the word generally followed the blow. I went about jobbing for myself for about two years; when a gentleman, whose name was Mills, who lived in the neighbourhood, took me into his service to look after his horses, assist him in the garden, and do other jobs. When I had been with him about three or four years, an unlucky accident got me and all the other servants discharged without characters.

My master was a very early riser, and on his going down stairs one morning early, he found the front and back doors on the spring latch, and not a lock or bolt forced, and yet every thing of any value, that was portable, was taken out of the house.

He immediately rang the bell furiously, and summoned all the servants before him into the parlor, saying, he was confident some of them must have been concerned in this robbery, as not a lock or bolt had been forced, and therefore the robbers must have been let in by some person in the house, having secured all the doors and windows after they were gone to bed. We all protested our innocence, notwithstanding which, he declared, that unless we confessed, we should all be discharged immediately. It was in vain that the neighbours remonstrated with him, he was inflexible, and insisted we should all quit his house that very day, with which we were obliged to comply, and I went about jobbing as before. But the cook-maid having lived several years with Mr. Mills, obtained a situation in the neighbourhood immediately, but some of the other servants were not so fortunate.

It is proper here to observe, that on the very night Mr. Mills's house was robbed, the cook who slept with the house-maid, on getting into bed, made use of an expression not very consistent with decorum, for which her bed-fellow, who was of a serious turn of mind, severely rebuked her, and in such a way, that she declared it was the first time she had ever used the expression, and it should be the last.

When the cook had been a few months at her new place, she happened to go to a neighbouring shop for some article, which was kept in another room, as soon as the shopkeeper went out of the shop to fetch it, a man, who followed her into the the shop to purchase some article, repeated the same expression she had made use of to the house-maid the very night Mr. Mills's house



was robbed. She appeared to take no notice at the time, but as soon as she was served, she ran directly to Mr. Mills's house, which was close by, and told him (he happened to be standing at his door) that the man who had robbed his house was at a neighbouring shop. Mr. Mills went with her immediately, and had the man secured. Before the magistrate he denied all knowledge of the robbery, but the cook naming the expression she had used to the house-maid and what had passed between them on the occasion, in which the house-maid perfectly agreed, he was fully committed for trial, the magistrate saying he must have been secreted in the room at the time. After conviction, he confessed having been under the bed at the time, and said he had nearly betrayed himself by laughing, and when they were all asleep he had opened the door to his accomplices, who ransacked the house.

This circumstance, says Jenkins, I mention chiefly to shew how requisite it is for all persons to look under their beds, and in their closets, before they go to bed, and likewise to shew the impropriety of persons discharging their servants too hastily without proof. Mr. Mills, on this confession, was extremely hurt at the treatment his servants had received from him, and either sent for or called on each of them to make them some recompense; and I being the only one that was out of a situation at the time, he took me directly into his house as footman, and soon after made me his butler, in which situation I remained till he died, which was about twenty years after; and from the excellent character he gave me, I soon after obtained the situation of butler to the Lord Conyers. After I had been several years with his Lordship, an unlucky occurrence, somewhat similar to Mr. Mills's affair, induced his Lordship to discharge me, and all the rest of the servants, in one day. He had a very elegant and valuable snuff-box, enamelled and set with pearls. This snuff-box he always carried in his waistcoat pocket. Being at one time very ill, and obliged to keep his bed-chamber, on rising in the morning he missed his snuff-box, he knew he had it when he went to bed, and not having been out of the room since, he concluded it must have been dropped down in the room, he immediately rang the bell, and ordered the servant to search for it, which he did for a long time, but could not find it. His Lordship was in a great rage, and declared that unless the snuff-box was found, every servant in his house should be discharged, saying, some of them must have taken it out of the room, for he was confident he had it in his hand just before he got into bed, and he had not been out of the room since. The room was searched again and again to no purpose, the snuff-box could not be found, and notwithstanding we all protested our innocence, every one of his Lordship's servants were discharged, and when he was applied to for their characters, he always related the story of the snuff-box, so that it was not without great difficulty they obtained fresh situations.

This Lord Conyers (who was the last of that name) died without issue, in the reign of Phillip and Mary I., A. D. 1557. Soon



after his Lordship's death, this same snuff-box was found, by a relative of his, in one of the pockets of a pair of black silk velvet breeches which hung up in his wardrobe, where it is supposed it was deposited by mistake, instead of the waistcoat pocket, for it was recollected by one of the servants that his Lordship wore them when he was taken ill but never after. As I was so much about his Lordship's person, I really believe, from their looks and gestures, that most of the servants suspected me, and indeed I afterwards heard that some of them had said so; but be that as it may, I remained out of a situation a long time, when happening to meet an old acquaintance, who obtained his livelihood by fishing in the neighbouring streams, I agreed (at his earnest solicitation) to join him in his profession, and have continued in that trade, enjoying the best of health, till about two years ago, when some of the neighbouring gentry (especially those whom I have cured of various complaints) have thought proper to support me in the manner you are acquainted with, considering me now too old to work.

You are now, madam, says Jenkins, in possession of the chief particulars of my life, for as to what has passed since I took to the fishing trade, it is not worth relating. I thanked him for his life, &c. and dismissed him with a present, desiring him to call on me as often as convenient, which he continued to do till he died, which was about five years after. Jenkins had scarcely left the house, when the old gentleman, my neighbour, who first sent him to me, called in, when I immediately read the account Jenkins had given of himself to me. After a short pause, I believe, Madam said he, every word he has related to you is perfectly correct, at least I have heard the greater part of it related by others, who knew him well for years, but I believe I can inform you of a few facts which he has thought proper to conceal.

A few years ago, the present king Charles II. being informed of his great age, &c. desired to see him in London, and ordered a carriage to be provided for him for that purpose; Jenkins, however, refused to get into the carriage, choosing rather to go on foot, and he actually walked to London by easy journies, a distance of nearly two hundred miles. On his arrival in London, being introduced to his Majesty, he inquired minutely about his occupation, manner of living, &c. and observing nothing very particular in that, he asked how it was he contrived to live so much longer than other people. Sir, said Jenkins, I always kept a cool head, and a warm foot, and never was fond of women nor wine; the king, who it is well understood was fond of both, did not seem much pleased with this answer, and dismissed him, and I have been credibly informed, allows him a pension. This, however, Jenkins has never told to any one that I have heard of, but remains silent, or shifts the conversation when the question is put to him.

Mrs. Saville conceiving there was hardly sufficient in the account Jenkins had given of himself to make a volume, after expatiating on the salubrity of the air, and healthiness of that part,



of Yorkshire where Jenkins lived, which is frequently called the Montpelier of England, proceeds to give a pleasing and entertaining description thereof; but as many alterations and improvements have been made since her time, it will probably be more satisfactory to give my readers a brief account thereof, as given by a more modern tourist of eminence and his friend. He proceeds thus:—This is an exceeding healthy county, and the inhabitants live to a great age. A father and son lately gave evidence at the assizes at York, when it was proved the father was 140, and the son 190 years old.

Beginning with Richmond, he says, the whole country around us for miles is full of jockies and horse-dealers, and the breed is so well known, that though the pedigree of them is not preserved for a succession of ages, as it is said they do in Arabia, yet their stallions are denominated by certain names, which never fails to enhance the price of a horse according to the reputation of the sire he comes of. And indeed, let foreigners boast what they will of Barbs and Turkish horses, or of the Spanish jennets from Cordova, for which 500*l.* a piece has been given; I believe that some of the gallopers of this county, and the bishopric of Durham which joins it, it will out-do for speed and strength the swiftest horse that ever was bred in Turkey or Barbary, take both advantages together; for though the Barb may beat Yorkshire for a mile course, Yorkshire shall distance him at the end of four miles; the Barb shall carry the day with seven and a half, but Yorkshire with twelve or fourteen stone; in a word, Yorkshire shall carry the man, and the Barb a feather; but they are universally allowed to be the best hunting and road horses in the world, and are bought up by foreigners on that account. As this country is so much employed in horses, the young fellows are bred up in the stables, and make excellent grooms. Besides their fame for horses, they have the reputation of excellent graziers over this whole country, and produce a noble breed of oxen as may be seen at North Allerton fairs, where great numbers of them are bought eight times a year, and brought southward as far as the fens in Lincolnshire and the Isle of Ely, where they are fed to the enormous fatness we see them in the London markets. The market these north-cattle are chiefly taken to is St. Ives, a town between Huntingdon and Cambridge.

Richmond is so-called from its situation upon a hill or mount fruitful, though the country above it is rocky and barren; it gives the name of Richmondshire to the district it is in, as another east of this is called Allertonshire. The former is in the diocese of Chester, and the latter in that of Durham.

This town, in the time of Richard II. was annexed to the Duchy of Lancaster, and so still continues. Earl Edwin built a castle here, the tower of which is still standing, as is also the steeple of the old priory. It is a borough governed by a mayor, &c. and holds pleas in all kinds of actions, has a good market place, and three gates which leads to three different suburbs; it is well built, all of stone, and sends two members to parliament.



I was told, that in the year 1732, Mr. Wharton, of Newcastle, agent to the late Duke of Richmond, by ordering several places to be dug very deep, discovered the drawbridge and moat belonging to Richmond castle, which were of very curious workmanship.

We made several excursions from this town into the country round it, and followed the river Swale, west, which runs under the wall of Richmond castle, and by reason of rocks, which intercept its passage, form a natural cataract; this river, though not very large, is noted for giving name to the lands through which it runs, at some length, called Swale Dale, and to an ancient family of that name, the last of whom was Sir Solomon Swale, Bart. (who wrote himself) of Swale Hall, in Swale Dale, by the river Swale.

This gentleman became unfortunate, and was supplanted by a person not long since dead, who was a clerk in the exchequer office, who observing this family held their estate of the crown, and that they had omitted to renew it for several years, procured a grant from the crown of the estate for himself.

A great many law-suits ensued, but to no other effect than to increase the misfortunes of this gentleman, who died a prisoner in the Fleet prison, but not I think, till his adversary had destroyed himself.

Swale Dale is a low, pleasant, and rich valley, abounding with grass, but very bare of wood, though there is a place just by, called Swale Dale Forest; it might have been so formerly, but there are hardly trees enough in it now to denominate it a forest.

Not far from hence lies Wenseley Dale, a very rich and fruitful valley, well covered with delicate green grass, and stocked with vast herds of cattle, and in some places produces lead ore. The river Eure runs through the midst of it, and rises in the western mountains, very near the source of the Swale, which, as it were, leaps into it from a precipice at Myton; both these rivers are plentifully supplied with fish, and the Eure has crayfish in it.

But let me stop in this place to take notice of one of the greatest rarities England, or perhaps any other country ever produced. I mean Henry Jenkins, whose great age, and remarkable qualities, deserve our particular notice. He was born in the year 1500, and died in 1670, being then 169 years old and upwards.

There are no registers of so long a date, and therefore his age must be determined, either from his own account, or from other circumstances, or the probable evidence of others, which are these; It being demanded by a lady, who was curious to know as exactly as possible, how old he was, and what kings he remembered about six years before his death; he replied 163, and that he could remember the battle of Flodden Field, fought against the Scots, in King Henry the Eighth's reign. She then asked him whether the king was there. He replied, No: he was in France, and that the Earl of Surry was general. She asked him how old he might be at that time. He said, about 13 years old.



This battle was fought Sept. 9, 1513, King Henry being then at Tournay, in France.

There were at that time several persons of the same parish, who were nearly, or upwards of 100 years old, and they all declared that Henry Jenkins was an elderly man ever since they knew him. He went often to York on foot, a distance of more than forty miles, and was used as a witness in other courts, whose records speak largely of his great age. He was a very active man, and had his sight and hearing to the very last.

The lady above alluded to was the Hon. Mrs. Ann Saville, daughter of the Earl of Macclesfield, and widow of the Hon. Mr. Saville, Lord Saville's brother; the gentleman who gave me this information, said she was a very worthy and benevolent woman. She used to attend the sick poor, give them medicine, and other necessaries for their relief; and, it is said, she often prescribed for the rich, and performed many difficult cures from Jenkin's recipes.

When she first saw Jenkins she was in a very sickly state, but she was often heard to say, that through his advice, &c. she was soon restored to perfect health, and lived to a great age. She was an ornament to her sex, lived revered, and died greatly lamented by all who knew her.



## Epitaph\*

On a Monument erected at Bolton, in Yorkshire, by a public subscription to the Memory of Henry Jenkins.

Blush not Marble  
To rescue from Oblivion the Memory of:

HENRY JENKINS,

A person obscure in birth  
But of a life truly memorable,  
For

He was enriched  
With the goods of Nature,  
If not of Fortune,  
and happy  
In the duration, if not variety  
of his Enjoyments:

And

Though the partial World  
Despised and Disregarded  
His low and humble State,  
The equal Eye of Providence  
Beheld and blessed it.

With a Patriarch's Health and length of days,  
To teach mistaken Man

These Blessings are entailed on Temperance,

A life of Labour, and a mind at Ease.

He lived to the amazing Age of  
169 $\frac{1}{2}$

Was interred here December 6, 1670,  
And has this Justice done to his Memory.

\* 1713.





A  
COLLECTION  
OF  
VALUABLE RECIPES

THE GREATER PART OF WHICH WERE GIVEN TO

*Mrs. Saville by Henry Jenkins.*

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“I believe,” says Sir Richard Jebb, “that Nature is the best Physician, and that Simples, in their natural simplicity, are sufficient for the cure of every disease.”

“The Lord hath created Medicines out of the earth, and he that is wise will not abhor them.”—ECCLES. xxxviii. 4.

N. B.—I have given several recipes for the same complaint, because, from various causes, that which cures one person, may not always cure another; but I would recommend to all such persons as are afflicted with any particular malady, to use occasionally the different articles herein prescribed for it.

THE LIFE PRESERVING PILLS.

Three tea-spoonfuls of jalap, two tea-spoonfuls of rhubarb, two tea-spoonfuls of cream of tartar, two tea-spoonfuls of gamboge, in powder, one tea-spoonful of aloes, ground to powder, these well mixed and made into pills the size of a pea.

If the patient be troubled with bile, indigestion, windy or watery dropsy, too great a flow of blood to the head, liver complaints, jaundice or low spirits, let him or her take six of these pills at night, going to bed for seven or eight nights, then every other night for a week and the salutary effect will soon be discovered; wherefore the patient will have much reason to rejoice. If persons should be attacked by a cold, which is often the parent of a severe fever, six pills should be taken for two or three nights which will soon subdue that dreadful malady which often runs through a whole family and continues in the cottage of the poor laboring peasant for perhaps twelve



months, during which period his hard-earned savings, if he had any, would be exhausted and the survivors of his wretched abode obliged to crave the wants of life from the frozen hearts of the great and wealthy.

Females from the age of fourteen to sixteen years, a period at which their nerves are relaxed and their constitution debilitated, a period that every symptom of decline can be discovered by a skilful mother, four or five of these pills may be taken twice a week for three weeks, and instead of being occupiers of a premature grave they will become strong and healthy women and mothers of an hardy race of children. In winter when sore throats are prevalent and are often succeeded by quinsey six of the pills should be taken for three nights; then shall the blood be diluted, the vessels cleansed of impurity and the patient restored to health.

Children three years old troubled with worms should receive two pills ground into powder and given in sugar or treacle; children from five to six should get three, they should be given fasting for six mornings when these destructive vermin will be expelled and the young patients who before were pale, fretful and weak will soon show a ruddy countenance, strength and cheerfulness.

In fact no house poor or rich should be without this valuable medicine as it is a perfect cure for the above disorders. There are perhaps many poor families who reside five or six miles from a physician, and may be seized with spasms or convulsions at the dead hour of the night and before a doctor could attend death would be witnessed in their dwelling, whereas six-penny-worth of these drugs will make sufficient pills to last throughtout the year, therefore the attendance of physicians will not be required. At the approach of fever no medicine has greater power to banish it than the above mentioned pills. No physician on the habitable globe can produce any thing to equal them. The receipe has never been brought to the world before, the author of it advises all persons in country or city if they conceive that health is the greatest blessing, to keep in their dwellings the recipes and at all times to have the pills ready for an attack of illness. The aloes should be bruised into powder in a piece of linen with a smoothing iron on a table.



## COSTIVENESS.

Nothing is more destructive to the human frame than costiveness, it creates numerous diseases the least of which is sufficient to terminate life. We shall first examine the great fountain of existence and the streams that run through the veins which, if for only a minute, were they to cease, immediate death would succeed.

There are two cisterns, the heart and brain, from which the blood ascends and descends every hour of our lives, not in a fluid state as some may imagine, but in globulous particles about the size of a large pins head and according to the arteries they have to pass through, smaller in proportion. Now if these passages be filled up with linings which may be caused by the impurity of the vital stream, consumption, dropsy, apoplexy and nervous complaints will soon appear with many other diseases too numerous to insert in so small a space; therefore, six of the life preserving pills should be taken for six nights, after which the following pills should be given to keep the bowels in a healthful state and to prevent costiveness: one tea-spoonful of rhubarb, one tea-spoonful of ginger, and half a tea-spoonful of ground aloes made into pills, one to be taken any night that the bowels are confined. By using the above described medicine long life and cheerful spirits will be obtained, while many persons who are unacquainted with the means of preserving their constitutions will linger and every day feel the burden of new diseases, so that even life will be a load too heavy for debilitated mortals to bear.

The recipe for the life preserving pills has never appeared to the world as I have mentioned before and I shall mention it again for the good of my fellow mortals' interest, in so doing I have none save the happiness of hearing or seeing those whose lives would be burdens to them recover health, strength and cheerful spirits by the application of the above mentioned medicine. G. B.

## FOR THE CHOLERA.

The following recipe for the benefit of the public is inserted which will be found one of the greatest remedies in cases of cholera ever discovered.—When the first symptoms are observed, which are great discharges like unto whey, accompanied with thirst and debility, give the



patient one ounce of castor oil and half a wine glass of brandy, mixed; when this has operated once or twice have the following mixture prepared. Boil two ounces of cinnamon in a pint of water on a slow fire until the water be reduced to half a pint; burn half a pint of brandy, mix it with the cinnamon water and add half an ounce of loaf sugar; give the patient a wine glass full every half-hour, cover him with as many blankets as he can bear. He will perspire to excess and in some few hours he will recover. The author of this recipe is surprised that medical men are not better acquainted with the nature of this dreadful disease, it originates in a stagnation of blood, the castor oil and brandy act on the bile, cleanse the stomach and open the pores, the cinnamon and burned brandy force perspiration, and in consequence of passing through the pores will not permit stagnation to continue. Why does the patient become blue when life is extinct? Any apothecary's apprentice will say because the blood stagnated before death took place, another may reply does not the blood stagnate in all bodies before death is visible? To this query I will say that the blood ceases to flow in all mortal frames. Yet there is a strong contrast between a stoppage and a general stagnation; therefore act on the bile and stomach, force perspiration and leave the result to nature, I would advise all persons to cleanse the stomach and dilute the blood in the months of march and april with the life preserving pills, which will be the means of preventing that deadly disease the cholera attacking them in the months of august and september. I hope the faculty will concur with my observations, they are inserted cheitly for the public good.

#### FOR AN AGUE.

Dissolve a scruple, or half a drachm of wormwood in a glass of small beer, and take it five or six times a day...Or, take as much snuff of candle as will lie on a shilling, in a small glass of brandy, just before the fit comes on...Or, take as much gunpowder the same way...Or, apply to the stomach a large onion slit across the grain...Or, go into the cold bath, just before the fit comes on.

#### FOR A TERTIAN AGUE.

*Or one which returns every Third Day.*

Apply to each wrist a plaster of treacle and soot...Or, eat a small lemon, rind and all, just before the fit.



## FOR A QUARTAN AGUE,

*Or one which returns every Fourth Day.*

Apply a plaster of venice turpentine to the wrists...  
Or, one of bruised pepper mixed with treacle...Or, apply oil of turpentine to the small of the back, just before the fit comes on.

## ST. ANTHONY'S FIRE or, ERYSIPELAS.

Take a drachm of Peruvian bark, every two hours...  
Or, take a wine glass full of tar water, warm, in bed, every hour, washing the affected part with it...Or, if costive, take a gentle dose or two of rhubarb and cream of tartar.

When the disease attacks the face or brain, the feet should be frequently bathed in lukewarm water.

## APOPLEXY,

Take a scruple of nitre, in a wine glass of cold water, every three or four hours...Or, if the fit be soon after a meal, vomit but do not bleed...Or, drink largely of sage tea, this a most excellent stomachic...Or, take a drachm of the flowers or seeds of lavender, in a glass of warm water.

To prevent this complaint, drink only cold water, and use the cold bath.

## FOR AN ASTHMA.

Drink half a pint of tar water, (properly prepared) twice a day, and to each half pint, add a dessert spoonful of honey, powdered sugar candy, or good moist sugar; this has cured asthmas of twenty years standing in a few months...Or, take a table spoonful of sulphur, every day, in a gill of madeira wine, about eleven...Or, the yolk of a new laid egg, in a glass of mead wine, every morning fasting. You may sweeten it if you choose...Or, take from ten to sixty drops of elixir of vitriol, in a glass of water, three or four times a day...Or, mix well together syrup of squills and syrup of marshmallows, and take a tea-spoonful often...Or, whenever the spasmodic breathing or cough comes on, swallow a pill or two of camphor, the size of a pea, this greatly facilitates the cure.. For common drink use coltsfoot or horehound tea, sweetened with honey or good moist sugar...Many have received great benefit from smoking the leaves of the herb coltsfoot, cut small and mixed with tobacco...When



the asthma is of the dry and convulsive sort, new milk taken morning and night is very beneficial, and then the best drink is boiling water, poured on sliced apples, and sweetened with honey or good moist sugar.

#### BILIOUS HUMOURS.

Take three or four times a day, from twenty to thirty drops of the elixir of vitriol, in a glass of wine or water...Or, mix an ounce of tincture of peruvian bark, with one drachm of elixir of vitriol, and take two tea-spoonfuls of this mixture, three times a day.. Or, take thirty or forty drops of the balsam of peru, in a small glass of French brandy, every morning about eleven o'clock... Or. if preferred, it may be taken on loaf sugar...Or, mix thirty-six grains of blue pill, with twenty-four grains of pill of cochiaë, make this into twelve pills, and take one or two every night at bed time; these are excellent strengthening pills, and very efficacious in complaint, (which is too common among all classes,) is the castor oil; from one to three table spoonfuls may be taken, if requisite, to open the body...A tea-cupful of camomile tea, taken every morning fasting, greatly facilitates the cure...Endive and dandelion, either taken as tea, or eaten as sallad, are excellent correctors.

#### BLEEDING AT THE NOSE.

Wash the temples, nose and neck with vinegar...Or, snuff up the nose vinegar and water...Or, put up the nostrils fresh made tinder from linen rags...In a voilent case, plunge into a pond or river...To prevent this complaint, eat a great many raisins, and drink much whey every morning, or do both.

#### TO STOP THE BLEEDING OF A WOUND.

Apply to it the tops of nettles bruised...Or, put upon the wound fresh made linen tinder...Or, strew on it the ashes of a linen rag, dipt in sharp vinegar and burnt.

#### SPITTING BLOOD.

Take three table-spoonfuls of sage juice in honey; this will stop spitting or vomiting blood...Or, take from two to four ounces of the juice of nettles...Or, take a strong decoction of shepherd's purse...Or, take a tea-cupful of stewed prunes, at lying down, for two or three nights.



## VOMITING BLOOD.

Take two table-spoonfuls of nettle juice ; this also dissolves coagulated blood in the stomach...Or, take as much nitre as will lie on a half crown, dissolved in a glass of cold water twice or thrice a day.

## BLISTERS

On the feet, occasioned by walking, are cured by drawing a needful of worsted through them, clip it off at both ends, and leave it till the skin peels off...To prevent them, soap well the soles of your stockings, and your feet will never blister. BOILS.

Apply to them a plaster of flour and honey...Or, a plaster of venice turpentine...Or, of soft soap and moist sugar, equally mixed...Or, a plaster of roasted onions.

## A BRUISE.

Apply, immediately, treacle spread on brown paper...Or, a plaster of chopped parsley and butter...Or, a plaster of fresh cow dung...Or, bathe the part with warm vinegar, with a little rum in it.

## TO PREVENT SWELLING FROM A BRUISE.

Apply a raw lean beef steak to the part...Or, apply, immediately, a cloth six times double, and dipped in cold water, and fresh dipped when it grows warm.

## TO CURE A SWELLING FROM A BRUISE.

Foment it, for half-an-hour, morning and evening, with cloths dipped in vinegar and water, as hot as you can bear it. A BURN OR SCALD.

Wash it, immediately, well with good vinegar, and after dress it with linseed oil till well...Or, if it is very bad, mix some oil or spirits of turpentine with the vinegar, and dress it as above.

## A CANCER IN THE BREAST.

An inveterate bleeding cancer, of twenty years standing was perfectly cured, by only drinking, twice a day, of the juice of clider, or goosegrass, a quarter of a pint, and applying the bruised leaves, as a poultice, to the affected parts...Or, boil gently the juice of clider in fresh hogs-lard, (equal parts,) and apply it night and morning, as a plaster, to the part affected...Or, if not broke, rub the whole breast, morning and evening, with spirits of hartshorn, sweet oil, and laudanum, equal parts...



Or, apply celadine and goosedung, beat well together, and spread on a fine linen rag, morning and evening; this will both cleanse and heal the sores.

#### A CANCER IN ANY OTHER PART.

Apply to the part red onions, bruised...Or, bruise the flowers, leaves and stalks of wild parsnips, and apply them as a plaster, changing it every twelve hours; it will cure in a few weeks.

#### A CANCER UNDER THE EYE.

Was perfectly cured by drinking, daily, a quart of tar water, washing the part with it, and then applying a plaster of tar and mutton suet melted together; this cured in two months, though of more than twenty years standing. A CANCER IN THE MOUTH.

Mop the mouth well, morning and evening, with a small mop made of linen rag tied on the end of a skewer, or stick, with one pennyworth of white borax and as much honey, well mixed together...Or, blow the ashes of scarlet cloth into the mouth and throat; an excellent remedy.

#### HARD BREASTS.

Apply a plaster of butter or wax...Or, a plaster of tallow and grated ginger, spread on brown paper, with a hole large enough to admit the nipple through; change it every morning and evening, and keep the breast very warm with flannel...Or, if there is any inward soreness, take inwardly a decoction of fresh comfrey root.

#### SORE AND SWELLED BREASTS.

Boil a handful of camomile flowers, and as much mallows, in milk and water, foment it with the hot leaves between two flannels, every six hours; this will dissolve knots or swellings in any other part.

#### CHILBLAINS.

If not broke, rub the parts frequently with mustard and brandy...Or, with a mixture of water and muriatic acid; seven spoonfuls of water to one of the acid: this both prevents and cures...Or, rub them with oil or, spirits of turpentine...Or, with salt and onions, pounded together...If broke, wash them with tincture of myrrh and a little water...Or, dress them with Turner's cerate...To prevent, wear flannel, or worsted socks, or socks of chamois leather.

#### CHILDREN.

To prevent the Rickets, Tenderness and Weakness.



Dip them in cold water every morning, till they are nine or ten months old.

#### CHOPPED NIPPLES.

Apply to them balsam of sugar...Or, butter of wax; either of which soon heals them

#### CHOPPED HANDS.

Wash them well in moist sugar and water...Or, rub them well with honey, at bed time, and wear leather gloves...To prevent, wash them with flour of mustard...Or, with bran and water, boiled together.

#### CHOPPED LIPS.

Apply to them a little sal-prunella

#### THE CHOLIC

In the fit, drink a wine glass of Daffy's elixir...Or, take thirty drops of oil of anniseed on loaf sugar...Or, take thirty drops of essence of peppermint, the same way...Or, a wine glass full of peppermint water, sweetened with moist sugar...Or take half an ounce of tincture of rhubarb...At bed-time, bathe the feet and legs in warm water.

#### THE DRY CHOLIC.

To prevent, drink largely of ginger tea...Or, eat a large onion raw, often...Or, keep a piece of ginger constantly in the mouth...Or, take occasionally a wine-glassful of sweet oil and brandy, in equal parts. The above are good in all windy complaints.

#### CHOLIC IN CHILDREN.

Give small doses of magnesia often...Or, a scruple of powdered anniseed in their food.

#### THE BILIOUS CHOLIC.

Drink largely of warm lemonade...Or, take a table spoonful of sweet oil every hour.

#### AN HABITUAL CHOLIC.

The best, if not the only remedy, is to wear a flannel shirt or waistcoat next the skin. N. B. It should be changed every fortnight at least.

#### CHOLIC

From the Fumes of Lead, White Lead, Verdigris, &c. called by some the Dry Gripes.

In the fit, drink fresh melted butter, and then vomit with warm water...Or, breakfast daily on fat mutton broth...Or, use much oil of sweet almonds. N. B. The two last are excellent preventives.



## WINDY CHOLIC.

Eat plentifully of parched peas...Or, eat raw onions at night for supper...Or, eat plentifully of ginger seeds...Or, drink much ginger tea...Or, keep a bit of ginger constantly in the mouth.

## A CONSUMPTION.

Take, every morning and evening, a tea-spoonful of white rosin, powered and mixed with honey; this has cured many in the very last stage of this complaint... Some have been cured by drinking largely of the essence of malt, dissolved in boiling spring water, and taken cold...Or, beat up the yolk of a new laid egg in a glass of mead wine, and take it every day, about eleven or twelve o'clock...Black currant jelly alone, eaten largely, with good wheaten bread, has sometimes cured...Or, mix well together syrup of marsh mallows and syrup of quills, and take a tea-spoonful several times a day, particularly if attended with cough...In the very last stage of this complaint, suck a healthy woman daily...Or, every mornitg early, cut up a small turf of fresh earth, and lying down breathe into the hole, for a quarter of an hour...Or, dissolve a pouud of good honey in as much good vinegar, boiled, as will make it the consistence of cream, and take a large spoonful, four or five times a day; this has cured many, and if it be not the same as Godbold's Vegetable Balsam, will answer exactly the same purpose.

In this complaint the food should be light, but nourishing, as fish, chicken, lamb, veal, &c. oysters, conserves and preserved fruits, are also good. For common drink, use new milk, or cider, lukewarm, or barley water, or apple water, or whey sharpened with lemon juice. Good air and exercise, and especially change of air and cheerful company greatly facilitate the cure.

## A COLD.

Take often a tea-spoonful of syrup of violets...Or, if attended with cough, mix well together equal parts of syrup of squills and syrup of marshmallows, and take a tea-spoonful several times a day...Or drink a pint of cold water with a table-spoonful of treacle stirred into it, lying down in bed...Or, you may use the same quantity of oatmeal instead of the treacle, if you prefer it.



## A COLD IN THE HEAD.

Pare very thin the yellow rind of an orange, roll it up inside out, and thrust a roll up each nostril.

## TO PREVENT THE ILL EFFECTS OF COLD.

The moment a person goes into a house, with their hands and feet chilled, let them plunge them into a pan of very cold water, till they begin to glow; this is an excellent remedy, and will always prevent chilblains.

## CONVULSIONS.

Take a tea-spoonful of valerian root, powdered in a cup of cold water, every morning fasting... Or, take large doses of magnesia in skimmed milk... Or, use the cold bath.

## CONVULSIONS IN CHILDREN.

Give them, often, small doses of magnesia in milk... Or, small doses of magnesia and rhubarb.

## CORNES.

To cure, apply, every morning, powdered chalk, mixed with your fasting spittle; this soon cures... This also very soon cures warts... Or, apply a pitch plaster, or a plaster of venice turpentine, spread on white leather, to each corn... Or, wet them well, every morning and evening, with the juice of houseleek, and lay on a piece of the skin of the leaf... To prevent corns, wash the feet often in cold water. COSTIVENESS.

Breakfast, frequently, on water gruel with currants... Or, take every morning and evening, a table-spoonful of cream of tarter, mixt with honey... Rising early is a great preventive.

## A COUGH.

If attended with pain, or tightness of the chest, take every night at bed time, a tea-spoonful of spermaceti, mixed well with white or brown powdered sugar candy Or, eat constantly of candied horehound... Or, take often a tea-spoonful of the syrup of horehound... Or, drink largely of horehound tea, sweetened with honey or good moist sugar... Or, take often a tea-spoonful of equal parts of syrup of marshmallows and syrup of squills... Or, of tea made of the Spanish liquorice... Or, drink a pint or more of cold water, lying down in bed, with a large spoonful of oatmeal, or of treacle stirred into it.

## AN ASTHMATIC COUGH,

Take of Spanish liquorice two ounces, and common salt half an ounce, boil the liquorice in three pints of



water to a quart, add the salt to it when blood warm; drink two table-spoonfuls of this every two hours. N.B. This will cure an inveterate moist asthma.

#### A CONSUMPTIVE COUGH.

The best remedy for this is to keep a little stick liquorice, shaved like horseradish, between the cheek and gums, lying down in bed.

#### AN INVETERATE COUGH.

Take a table-spoonful of the syrup of horehound every morning and evening...Or, take twenty drops of elixir of vitriol, in a glass of cold water, two or three times a day...Or, wash the head with cold water, every morning...Or, use the cold bath.

#### A TICKLING COUGH.

Drink cold water, whitened with oatmeal, four or five times a day.. Or, keep a piece of barley sugar, or sugar candy constantly in the mouth.

#### THE CRAMP.

To prevent this complaint, drink half-a-pint of tar water, every morning and evening...Or, lay a roll of brimstone under your pillow...Or, tie your garter smooth and tight under your knee, at going to bed...To cure it, put the legs and feet into warm water...Or, hold a roll of brimstone in your hand...Or, strongly put out your heel...Or, be electrified, through the part.

#### CRAMP IN THE STOMACH.

Cover immediately the whole stomach, with a plaster of venice treacle...Or, take immediately inwardly one drachm of the flowers or seeds of the narrow-leaved lavender, in a glass of good brandy, or maderia wine...Or, vomit with warm water, or weak camomile tea...If the pain and cramp return with violence, the stomach should be fomented with cloths, dipped in very warm water...If this disorder proceeds from the gout, &c. recourse must be had to brandy, or strong maderia wine.

#### THE CROUP.

This is a most dangerous disorder, and frequently attacks children...A skillful medical man should be immediately applied to; but as they are not always at hand, I shall state what should be done immediately...The pulse is mostly very quick, and the breathing hard and laborious, with a peculiar kind of croaking noise,



The voice is sharp and shrill, the face much flushed, it is sometimes of a livid or black color.

When a child is seized with these symptoms, its feet should be immediately put into warm water...In a full habit, bleeding is useful, but not otherwise...It should also be made to breathe over the steam of warm water and vinegar...If the symptoms do not abate, blistering plasters should be applied between the shoulders...Let the child next take a table-spoonful of the following mixture, viz. pennyroyal water three ounces, syrup of poppies and of althea, each one ounce, mixed together...Some children have been cured of this complaint, by having leeches immediately applied to the throat—and taking afterwards a tea-spoonful of syrup of rue, with about twenty drops of the essence of peppermint in it, which must if requisite, be repeated in an hour or two after...To prevent a return of this dangerous disorder, the child should wear a plaster of burgundy pitch, between its shoulders. A CUT.

Bind on it a bit of toasted cheese...Or, keep it closed with your thumb for a quarter of an hour, then bind on a rag, five or six times doubled, and dipped in cold water.

#### DEAFNESS

Apply the fasting spittle, with the end of the finger, to the ears, every morning...If it proceeds from cold, keep the head very warm, especially at night; take a gentle purge, keep the feet warm, and bathe them in warm water, at bed time...If from dry wax in the ear, drop in a little oil of almonds, and syringe next day with warm milk and water...If from dryness of the ears, put into the ear a small bit of the fat of bacon, and stop the ear with a little wool...Or, drop into the ear three or four drops of onion juice, and stop it with wool...Or, put a little salt into the ear...Or, dip a small bit of wool in brandy, and put into the ear...Or, be electrified through the ear...Or, use the cold bath daily, till well.

#### A SETTLED DEAFNESS.

Take a red onion, pick out the core, fill up the place with oil of roasted almonds, let it stand all night, then bruise and strain it, and drop three or four drops into the ear morning and evening and stop it with undressed black wool...This has cured deafness of thirty years standing.



# DEAFNESS WITH A HEAD-ACHE, AND NOISE OR SING- ING IN THE EARS.

Peel a clove of garlic, dip it in honey, and put it into your ear at night with a little black wool, lie with that ear uppermost. Repeat this if needful for eight or ten nights.

## DELIVERY.

After delivery, or child birth, the mother's milk is the only proper purge for the child; let it begin to suck ten or twelve hours after its birth.

Mothers of delicate constitutions, who are subject to fits, or other nervous diseases, ought not to suckle their own children.

## A DIABETES.

This is an involuntary discharge of urine, attended with constant thirst, and wasting of the whole body.

Drink, three or four times a day, a quarter of a pint of alum posset, putting three drachms of alum to four pints of milk; this will cure in eight or ten days...Or, infuse a quarter of an ounce of cantharides in half a pint of elixir of vitriol, give from fifteen to thirty drops in spring water, twice or thrice a day.

## THE DROPSY.

Eat a crust of bread, or, hard biscuit, about an ounce every morning fasting, two or three hours before breakfast...N. B. This soon cures the dropsy on the chest, but for this a tea-spoonful of ginger should likewise be taken in a glass of good brandy once a day at least...Or, take a drachm of nitre, every morning, in a quarter of a pint of ale...Or, take three table-spoonfuls of the juice of leeks every morning. This also cures the windy dropsy. After purging, use daily the cold bath...Or, be electrified often; this has cured inveterate dropsies.

## DROWNED PERSONS.

Rub the trunk of the body all over with salt...This will recover those that seem dead.

## EAR ACHE.

Put into the ear a small roasted fig...Or, put into it a roasted onion...Or, be electrified through the ear...Or, rub the ear hard with the hand for a quarter of an hour...Bathe the feet often in warm water...Or, apply a hot flannel bag, filled with boiled mallows and camomile flowers, close to the ear...And take a scruple of nitre, and ten grains of rhubarb, thrice a day...If there are any



insects, or hard substance in the ear, pour in a few drops of olive oil, or oil of almonds, this brings them out... If it proceeds from worms, drop in a little warm milk, which brings them out, or juice of wormwood, which kills them. NOISE OR SINGING IN THE EARS.

Drop into them the juice of onions.

#### HARD WAX IN THE EARS.

To dissolve, syringe them with warm water...Or, with warm milk and water.

#### BLINDNESS

May be sometimes cured by electrifying...So it may by constant cold bathing.

#### EYES BLEARED.

Drop into them the juice of crab apples.

#### SORE EYES.

Drink eyebright tea often, and wash the eyes with it twice or thrice a day...Or, wash the eyes twice a day with the fresh expressed juice of eyebright, and wear a piece of silk over; this has actually cured blindness...Or, mix the the juice of houseleek with cream, equal parts, and wash the eyes several times a day with it.

#### DULL SIGHT.

Anoint the eyes every morning well with your fasting spittle; this has cured persons that have been nearly blind...Or, drop into the eyes often two or three drops of the juice of rotten apples...Or, use the remedies above recommended for sore eyes.

#### BLOOD SHOT EYES.

Blow into the eye white sugar candy, fresh pounded...Or, apply linen rags, dipped in cold water, for two hours...Or, apply to them boiled hyssop, as a poultice.

#### A BRUISE IN THE EYE.

Apply a plaster of conserve of roses, immediately.  
N. B. This will also cure bloodshot eyes.

#### FILMS.

Mix well the juice of ground ivy, with a little honey, and two grains of bay salt, and drop a little into the eye morning and evening.

#### HOT AND SHARP HUMOURS.

Put into the eyes a few drops of double refined sugar, melted in French brandy...Or, wrap a thin slice of raw lean beef on the nape of the neck.



## EYES, OR EYELIDS INFLAMED.

Apply, as a plaster, conserve of roses...Or, worm-wood tops, beat up with the yolk of an egg...Or, apply, as a poultice, boiled, roasted, or rotten apples, wa m.

## WHITE SPECKS IN THE EYES.

Put a little ear wax on the speck at bed-time.

## WEAK EYES.

Wash the head and eyes every morning with cold water.

## FAINTING ON LETTING BLOOD

Is prevented, by taking before it some good broth...Or, by lying in bed during the operation.

## FAINTING FITS.

Let the person smell to strong vinegar, or hartshorn, and swallow a table-spoonful or two of cold water, with about one third vinegar in it.

## IN EXTREME FAT.

Use great foot exercise, or walking...Or, live wholly or at least chiefly on vegetables...Or, breakfast and sup on milk and water only, cold, with bread, till the fat subsides.

## FEVERS.

In the beginning of fevers, if the stomach is uneasy, vomit; if the bowels, purge; if the pulse is hard, full, and strong, bleed...Drink plentifully of toast and water, milk and water, or of apple or wood sorrel tea, for a change...Or, Drink thin water gruel, sweetened with honey, with two drachms of nitre to each quart...Or, drink a wine glass of tar water every hour...An infusion of strawberry leaves is an excellent cooling drink...Or, the fruit may be eaten plentifully...To prevent catching any infectious fever, do not breathe near the sick person's face nor swallow your spittle whilst in the room...Infection always seizes the stomach first.

## A HIGH FEVER

May be cured by applying a treacle plaster to the top of the head...If attended with delirium and vigilia, plunge into a pond or river, which may be safely done at the beginning of any fever.

## AN INTERMITTING FEVER.

Drink warm lemonade at the beginning of every fit...It will cure in a few days...Or, take a tea-spoonful of oil of sulphur, in a cup of balm tea, once or twice a day.



## A SLOW FEVER.

Use the cold bath daily for two or three weeks.

## A RASH FEVER.

Drink every hour a table-spoonful of the juice of ground ivy. This often cures in twenty-four hours... Or, use a strong decoction of it, if you have not the juice. A FEVER WITH PAINS IN THE LIMBS.

Take twenty drops of spirits of hartshorn, in a cup of cold water, twice or thrice in twenty-four hours... Or, drink largely of cinquefoil tea.

## A WORM FEVER.

Boil a handful of rue and wormwood very gently, in a quart of water, foment the belly with the decoction, and apply the boiled herbs as a poultice. Repeat this every night and morning. N. B. This will bring away worms from children, who will take no internal medicine; it is likewise very useful in putrid fevers.

## A FISTULA.

Wash muscle shells clean, burn them to a powder, sift them fine, mix them with hog's lard, spread it on clean washed leather, and apply it to the part affected. N. B. This will cure in the very worst stages; and it will also cure the piles.

## THE FLUX.

Boil the fat of a breast of mutton in a quart of water for an hour, and drink the broth as soon as you can. N. B. This has cured inveterate fluxes... Or, make burgundy pitch into pills the size of a pea, and take three every night and morning, till well... Or, mix norway tar and brown sugar well together, and take them as the burgundy pitch... Or, put a large brown toast into three quarts of water, with a drachm of cochineal, powered and a drachm of salt of tartar, drink it all as quick as you can. N. B. This cures all fluxes, the cholera morbus, and inflammation of the bowels.

## A BLOODY FLUX.

Take of grated rhubarb, as much as will lie on a shilling, with half as much nutmeg, in a glass of white wine, every other night at lying down in bed... Or, take the norway tar pills, as recommended in the flux... Or, drink largely of cold water, with a table-spoonful of fine flour stirred into it till it stops.



## A DYSENTERY, THE WORST OF ALL FLUXES.

Feed only on rice, sago, saloop, and sometimes on beef-tea, but eat no meat...Or, feed wholly on rice milk...To stop it, take a large spoonful of mutton suet, melted over a slow fire, but do not let blood.

## GOUT IN THE STOMACH.

Dissolve two drachms of venice treacle, in a glass of mountain wine, drink it and go to bed; you will be easy in two hours, and well in ten...If it attacks the stomach with cold shivering, warm cordials are necessary as madeira wine, boiled up with spices...Brandy or rum may sometimes be necessary to remove the cold from the stomach...If there is an inclination to vomit, drink freely of weak camomile tea...Æther, outwardly applied, is also efficacious...If the pain be very violent, thirty drops of landanum may be taken in a cup of the decoction of marshmallows. GOUT IN ANY LIMB.

Some say the gout ought not to be cured, (it certainly ought not, if improperly done,) but I have cured it many times without any ill effects following...Rub the parts affected well with warm treacle, and then bind on a flannel smeared therewith...Repeat this if needful every twelve hours...This will soon cure the most inveterate gout, rheumatic gout, or rheumatism...Or, take, every night in bed, a small wine glass of good brandy and train oil, equal parts and rub the affected part with the same...This has cured gouts, rheumatic gouts, and rheumatism, after every other effort to effect a cure has failed...Or, mix well together half an ounce of the ethereal spirits of turpentine, one ounce of compound tincture of aloes, and half an ounce of sal volatile. Shake the bottle well, and take fifty drops of this mixture every night and morning, in a wine-glassful of lukewarm water. N. B. If this is not the famous gout specific, it will answer exactly the same purpose, and will effectually cure the gout, rheumatic gout, and rheumatism. GOUT IN THE FOOT OR HAND.

Poultice it first well with white bread and water poultice, and afterwards apply warm young cabbage leaves...Or, rub it well in before the fire every morning and evening, with equal parts of oil of turpentine, and oil



of amber, and wrap it well in flannel...Or, apply a raw lean beef-steak, changing it every twelve hours till cured. ...Or, take sulphur in gin (N.B. All the prescriptions given for the gout in any limb are good for this.)

The best preventives against the gout. are temperance and exercise, rising and going to bed early. All kinds of acids should be avoided, and in the spring and fall of the year, some doses of rhubarb and magnesia should be taken, especially by those who cannot afford to bathe and drink the bath waters, which invigorate the system, and greatly promote digestion; indigestion being one grand cause of this complaint.

#### GANGRENE OR MORTIFICATION, TO STOP OR PREVENT.

Foment continually with vinegar, in which dross of iron (either sparks or clinkers) has been boiled...Or, take every morning and evening three pills of castile soap, the size of a pea. The drink should be barley water, milk and water, or linseed tea.

#### TO KILL ANIMALCULÆ, THAT CAUSE THE GUMS TO WASTE AWAY FROM THE TEETH.

Gargle twice a day with salt and water, and clean the teeth with soot only. N. B. This cures the scurvy in the gums.

#### GREEN SICKNESS.

Take a tea-cupful of the decoction of *lignum vitæ* morning and evening...Or, eat scurvy grass often as a salad, mixed with sorrel.

#### TO MAKE HAIR GROW LONG AND THICK.

Wash it well every night with a strong decoction of rosemary and dry it with flannel.

#### THE HEAD ACHE.

Apply æther to the forehead...Or, snuff up the nose a little horse-radish juice...Or, smell strongly to horse-radish fresh scraped, and put between a linen rag...Or, bathe the feet in warm water, and rub them hard with a coarse cloth...Or, rub the head with the hand for a quarter of an hour. A VIOLENT HEAD ACHE.

Take of good vinegar and water each three table-spoonfuls, with half a spoonful of hungary water. Apply this twice or thrice a day to the forehead and temples.

#### A NERVOUS HEAD ACHE.

Dry and powder an ounce of marjoram, and half an



ounce of assarabucca; mix them together, and take them as snuff, keeping the throat and ears warm. N.B. It seldom causes sneezing till next morning.

#### A FIXED OR CHRONIC HEAD ACHE.

Apply to your forehead cloths dipt in cold warer, changing them as they grow warm.

#### STOPPAGE IN THE HEAD.

Take a pinch or two of strong snuff...Or, of any thing that will make you sneeze. N. B. Keep your head very warm at night.

#### THE HEART BURN

Is a sharp gnawing pain in the orifice of the stomach.

Drink immediately a pint or more of cold water...Or, eat five or six oysters...Or, suck a piece of spanish liquorice...Or, take a dose or two of rhubarb...It is necessary sometimes to vomit.

#### THE HICCUP, OR HICCOUGH.

Eat two or three preserved damsons...Or. take three drops of oil of cinnamon on a lump of sugar...Or, take a pinch of strong snuff...Or, of any thing that will make you sneeze...Or, swallow a mouthful of cold water, stopping your mouth and ears.

#### HOOPING, OR CHIN COUGH.

Rub the back well at bed-time before the fire, with old rum, and a little oil of amber...Or, with equal parts of oil of amber and spirits of hartshorn...Or, with old rum and garlic...Or, rub the chest well at bed-time with oil of amber, and cover it continually with a piece of new flannel, and keep the body gently open with senna stewed with prunes, or good raisins, but give no vomits...Or, if you do, let them be very gentle, and given oftener. N.B. If this is not roche's embrocation it will answer exactly the same purpose. Change of air alone will sometimes cure.

#### HOARSENESS.

Take often a tea-spoonful of equal parts of syrup of marsh mallows and syrup of squills, well mixed...Or, take a tea-spoonful of conserve of roses, every night...Or, take every morning fasting a tea-spoonful of the syrup of violets...Or, a tea-spoonful of the juice of horse-radish mixed with honey, at the same time. N.B.



Stubborn hoarsenesses have been cured by only drinking a pint of cold water with a table-spoonful of treacle stirred in it every night in bed.

#### HYSTERIC DISORDERS.

The best, (and perhaps the only remedy) is the cold bath.

#### INDIGESTION.

One grand cause of this complaint, is swallowing or bolting their food, without sufficiently chewing it.

Every thing should be eaten that is easy of digestion...Gentle vomits and purges are very beneficial...Or, eat often anniseeds, a small pinch at a time...Or, take thirty drops of elixir of vitriol in a glass of white wine, or water, twice a day...Or, mix together one ounce of tincture of bark, and one drachm of elixir of vitriol, and take two tea-spoonfuls of the mixture twice a day...Good air and early rising alone will sometimes cure...When the complaint proceeds from overloading the stomach, or a surfeit of fruit, &c. the only remedy is to eat a quantity of very old cheshire cheese...Many violent cases of indigestion have been cured, by drinking largely of the common sage tea, sharpened with a little lemon juice or good vinegar, and sweetened with honey or good moist sugar...Change of air and cheerful company are very beneficial in the complaint.

#### THE JAUNDICE.

Take a pill, the size of a pea of castile soap, every morning fasting...Or, beat the white of an egg thin, and take it every morning and evening in a wine glass of water...Or, take a drachm or two, if it does not open the body, of soluble tartar, in a cup of weak tea or water-gruel, every night and morning...Vomits often have a good effect, they should be worked off with warm water, or weak camomile tea...Violent exercise, as running, dancing, jumping, &c. will sometimes cure...Some have been cured by taking a long journey.

#### JAUNDICE IN CHILDREN.

Mix well (by long beating) half an ounce of fine rhubarb powdered, and two handfuls of good well cleansed currants. Give a tea-spoonful of this every morning fasting, this soon cures.

#### THE ITCH.

This is only a kind of very small lice under the skin



therefore internal medicines are useless.

Wash the affected parts with very strong rum...Or, mix powder of white hellebore with milk, and anoint well mornings and evenings till well...Or, beat well together the juice of two or three lemons, with the same quantity of oil of roses, and anoint. This soon cures. N.B. There are now several patent medicines which will cure in once or twice dressing.

#### THE KING'S EVIL, OR SCROFULA.

Drink a quarter of a pint of lime water, every night and morning fasting...Or, take a wine-glassful of the fresh compressed juice of clider, or goose-grass, every morning and evening; washing the affected parts with the same...Or, take a tea-spoonful of cream of tartar every morning and evening in a little lukewarm water...Or, use the diet recommended for scorbutic sores...Or, bathe often in, and drink sea water.

#### LAMENESS,

From a fixed construction of the parts.

Beat up the yolk of a new laid egg very thin, and by a spoonful at a time, add, and beat up with it, six table-spoonfuls of water. Rub this gently into the parts affected, three or four times a day, for a few minutes.

#### LEGS INFLAMED.

Apply fuller's earth, spread on brown paper...Or, bruised or boiled turnips. Purges are mostly requisite.

#### LEGS SORE AND RUNNING.

Poultice them with rotten apples, and take a purge or two every week...Or, wash them in brandy, and apply alder leaves, changing them twice a day. This soon cures...Purges should always be taken once or twice a week.

#### LEPROSY.

Drink constantly the decoction of burdock leaves morning and evening...Or, drink half a pint of celery whey, morning and evening...Or, bathe in the sea often and long...Or use daily the cold bath.

#### LETHARGY.

Snuff strong vinegar up the nose...Or, drink a strong infusion of the narrow-leaved lavender...Or, of the decoction of water-cresses, mornings and evenings.



## LICE TO KILL.

Sprinkle or rub into the head, spanish snuff...Or, use white or red precipitate powder the same way...Or, wash the head with the decoction of amaranthe

FOR ONE APPARENTLY KILLED BY LIGHTNING OR, DAMP, OR SUFFOCATED.

Plunge them directly into cold water...Or, blow with a bellows strongly down the throat...Or, let a strong man blow into the mouth

## LIVER COMPLAINTS.

Take half a drachm of purified nitre in a cup of whey, barley water, or toast and water, three or four times a day...Or, a tea-spoonful of spirits of nitre as often, the same way...In an inflammation of the liver, all hot things should be avoided. Gentle purges of manna and honey should be taken. Nothing in this complaint should be drank colder than the blood. Sometimes it is proper to apply warm fomentations to the part affected, as of camomile, &c. Sometimes it is proper to open the abscesses...Should the stools be loose, and even streaked with blood, they should not be stopped, unless they weaken the patient too much. Loose stools often carry off the disease. Drink only whey, barley water, or toast and water.

## OF THE LUES VENEREA, OR VENEREAL DISEASE.

As soon as possible after impure, or even suspicious connection, every person should well wash, and inject with a strong lather of soft soap (first washing with their own water.) N.B. This seldom fails of preventing the disorder taking effect. Should, however, any symptoms of the disorder appear, or be felt, the most elegant and simple preparation seems to be that of Dr. Hunter, viz. twenty-four grains of calcined mercury, made with conserve of hips into twenty-four pills, and one pill taken every night and morning; and after every eight pills take one ounce of manna, and half an ounce of salts in half a pint of warm water, omitting the pills for that day.

This generally removes every symptom of the complaint in a recent case. But should the disease have been any length of time standing, and rooted in the system, all those who value their health should immediately apply to a skilful surgeon.



I have, however, cured many persons in the very worst stages of this complaint, by ordering them to take an ounce of quicksilver every morning, and a table-spoonful of aqua-sulphurata, in a glass of water, every afternoon, about five o'clock.

#### LUNACY.

Take daily an ounce of double distilled vinegar... Or take a strong decoction of agrimony four times a day... Or, rub the head several times a day with good vinegar, in which ground ivy leaves have been infused... Or, use the cold bath, or be electrified daily.

#### RAGING MADNESS.

It is certain that all madmen are cowards, and may be cured by binding without beating... Keep the head close shaved, and wash it often with good vinegar. Blistering does more harm than good... Or, apply often to the head cloths dipped in cold water... Or live wholly on apples for a month... Or, put the head under a waterfall as long as the strength will bear it... Or, pour cold water on the head out of a tea-kettle... Or, use constantly the cold bath.

#### THE BITE OF A MAD DOG.

If the person is bit in a fleshy part, and not too near any blood-vessel, the part, (if it can be done almost immediately,) should be cut out, and the wound dressed with salt and water... Or, with salt and vinegar, and afterwards dressed twice a day with yellow basilicon, mixed with red precipitate of mercury... Or, take purified nitre half an ounce, powder of virginia snake root two drachms, rub them well together in a mortar, and divide them into ten doses, and take one every day... Or, mix a pound of salt with a quart of water, squeeze, bathe, and wash the wound with it for an hour, then bind on it some salt for twelve hours... Some have been cured by only rubbing the part well directly with sweet oil, and many have been cured by sea bathing only.

#### THE MEASLES.

In this complaint, drink only thin water-gruel, milk and water, or toast and water, the more the better, and bathe the legs and feet frequently in warm water... If there is a tendency to vomiting, let it be promoted by drinking warm water, or weak camomile tea... Take now and then a tea-spoonful of the oil of sweet almonds.



with sugar-candy dissolved in it...If the cough is troublesome, take often a table-spoonful of barley water, mixed with oil of sweet almonds, and sweetened with syrup of maiden-hair. After the measles, take seven or eight, or more purges, and for some weeks beware of taking cold, and use only light diet, and drink no malt liquor.

#### MENSES OBSTRUCTED.

Drink half a pint of strong decoction of penny royal every night at bed time...Or, take half an ounce of the powder of dried valerian at bed-time...Or, take four ounces of the juice of brook lime mixed with orange juice, at bed-time...Or, take eight or ten grains of calomel in a pill, for two or three nights, taking care not to get cold; this both purges and vomits, and should be taken as near the regular time as possible...Or, be electrified once or twice.

#### MENSES NIMII, OR OVERFLOWING.

Put the feet into cold water (this never hurts)...Or, drink cold water only, with a table-spoonful of fine flour stirred in it...Or, drink a glass of the coldest water you can get, and apply a thick cloth dipped in cold water...Or, apply a sponge dipped in red port wine and vinegar...Or, bleed in the arm, stop the orifice with the finger, and then let it bleed again.

#### TO INCREASE MILK.

Drink a pint of cold water every night at going to bed...Or, drink largely of lentil porridge.

#### TO RESOLVE COAGULATED MILK.

Cover the woman with a table-cloth, and hold a pan of hot water just under her breast, then stroke it for three or four minutes. Repeat twice a day till cured.

#### TO MAKE MILK AGREE WITH THE STOMACH.

If it lies heavy, put some salt into it, if it curdles, put in some sugar, and for bilious persons mix it with water.

#### A MORTIFICATION.

To stop, apply a poultice of flour, honey and water, with a little yeast or barm in it.

#### NERVOUS COMPLAINTS.

Rise and go to bed early, and wear a flannel shirt next the skin, and rub the body often with a flesh brush...Be careful to avoid costiveness, but take no strong purges, rhubarb and senna are best...Use for breakfast,



mother of thyme, or common thyme tea...Or, use, for a change, strong rosemary tea...Or, sage tea, sharpened with a little lemon juice, or good vinegar, and sweetened with capillaire or moist sugar. The oftener you take this the better...Or, mix equal parts of assafœtida and castile soap, and take two pills, the size of a pea, every night and morning...Bathing the feet and legs every night at bed time in warm water, is very beneficial in this complaint...When troubled with wind, take twenty or thirty drops of elixir of vitriol in a glass of wine, or water, two or three times a day...The food should be veal, mutton, lamb, or chicken, but no vegetables but the turnip and french bean; wine, and all sauces should be avoided...Good air and exercise are essentially necessary.

#### NETTLE RASH.

This is a slight fever, which often lasts for weeks, attended with itching and smarting, and an eruption all over the body like that from the sting of nettles.—In the west indies they call it the prickly heat. The best remedy is to rub the parts affected well with parsley. Internal medicines are useless.

#### OLD AGE.

Drink half a pint of tar water every morning and evening...Or, drink often nettle tea, or the decoction of nettles...Or, swallow a raw new laid egg every morning...Or, be electrified daily. Either of these will probably renew your strength for years.

#### PAINS OF THE BACK.

Make pills, the size of a pea, of equal parts of Venice turpentine, fine flour, and fine sugar, and take three or four of these every morning and evening...Or, rub the back well before the fire at bed-time, with old rum and garlic...Or, take morning and evening thirty drops of balsam of capivi on a lump of sugar, and apply a plaster of it to the back...Or, steep water-fern in water till it becomes thick and clammy, and rub the back with it morning and night.

#### THE PALSY.

This complaint may be cured in spring and summer, but very rarely in the winter. Drink half a pint of tar water night and morning...Or, take every morning fasting, half an ounce of the conserve of rosemary...Or,



drink largely of tea made of the narrow-leaved lavender...Or drink much sage tea, sharpened with lemon juice, or good vinegar, and sweetened with moist sugar...Or, be electrified till well.

#### PALSY IN THE HANDS.

Wash them often in a strong decoction of sage, as hot as you can bear it...Or, boil a handful of alder leaves, and two or three spoonfuls of mustard seed in a quart of water, wash in this often as hot as you can bear it.

#### PALSY IN THE MOUTH.

Purge well, and afterwards chew mustard-seed often...Or, gargle often with the juice of wood sage...Or, with strong sage tea, sharpened with vinegar.

#### PALSY FROM WORKING WITH WHITE LEAD, OR VERDIGRIS.

Use only a milk diet, and the warm bath.

#### PALPITATION, OR BEAT OF THE HEART.

Take half a ounce of decoction of valerian...Or, two drachms of valerian root powdered...Or, applying outwardly a linen cloth dipped in strong vinegar, and repeat it if needful...Or drink often a hearty draught of cold water...Or, be electrified daily till you are well.

#### THE PILES.

To prevent, wash the parts well with cold water...To cure, apply warm treacle as a plaster...Or, apply a bruised onion peeled; this also cures the dry piles...Or, apply a poultice of boiled brook-lime...Or, a plaster of turpentine varnish; this cures the blind and bleeding piles...Or, swallow the yolk of a new laid egg in half a glass of good brandy morning and evening. This cures the inward piles.

#### THE INWARD PILES.

Eat a large leek boiled fasting every morning...Or, swallow a burgundy pitch pill the same way. This also cures the bleeding piles.

#### BLEEDING PILES.

Lightly boil the juice of nettles with a little sugar, and take two ounces. It seldom needs repeating.

#### PIMPLES.

This deformity consists in a redness of the face, attended with inflammatory pustules, the cause of which is commonly attributed to an acrid thick blood, that swells and corrodes the small vessels, to clear which, the mass



of blood must be sweetened and dilated with proper medicines.

For this purpose infuse 4oz. of mustard seed in a quart of white wine, and after three or four days, drink about a wine-glass ul of it every morning, filling up the bottle every time, as long as the seed gives any strength...Or, boil three spoonfuls of mustard seed in a quart of milk, take off the curd and keep the whey for use. This remedy is an excellent diuretic, and a cordial to the nerves; but it differs from the first in quantity—a half pint must be taken every morning. Among all the lotions and the best to use with the above diuretic, is simple pimpernel water, which is so sovereign a beautifier of the complexion as to deserve a place on every lady's toilet. It is prepared by only infusing half a handful of this herb in a quart of water, letting it stand all night. It may be used a little warmish, but not hot: if not sufficiently powerful to remove the pimples, take camphire rubbed fine in a mortar, put upon a little and a little at a time, 1oz. of the juice of lemons, when dissolved add one pint of white wine. This is a very good lotion for spots and flushings, and may be used with the greatest safety.

#### THE PLAGUE

To prevent, eat marigold flowers daily as a salad, with oil and vinegar...To cure, use much lemon juice, or vinegar, in every thing...Or, take an ounce or two of juice of marigolds...Or, drink a hearty draught of brine when you are seized, and drink nothing else for some hours...Or, drink largely of cold water whitened with oatmeal.

#### PARALYTIC CASES,

Bruise a piece of cuckoo-point, and lay it on the tongue. This will often restore your speech.

#### THE PLEURISY.

Take a wine glass of tar water warm every hour...Or, take a drachm of soot every hour...Or, apply a plaster of flour of sulphur and white of an egg...Or, apply young cabbage leaves warm to the side...Or, foment it with camomile flowers.

Bleeding, especially at the part, is very beneficial, and relieves much. If the pain continues after bleeding or fomenting, apply a blister plaster to the part, and let it remain for two days.



Drink pearl-barley water, sweetened with honey, &c.  
And use gentle purges when near recovery.

#### TO ONE POISONED.

If by arsenic, dissolve a quarter of an ounce of salt of tartar in a pint of water, and drink every quarter of an hour a draught till well...If by opium, take thirty drops of elixir of vitriol in a glass of cold water, every quarter of an hour, till the wildness ceases...For the african poison, drink a strong decoction of the root of the sensitive plant.

#### POLYPUS IN THE NOSE.

Powder a lump of alum, and snuff it up the nose. Then dissolve powdered alum in brandy, dip lint therein, and apply it going to bed.

#### FOR A PRICK OR CUT THAT FESTERS.

Apply turpentine only.

#### PYSALISM, OR CONTINUED SPITTING.

Chew constantly a little dry bread, and swallow it with the spittle.

#### TO PROMOTE PERSPIRATION.

Take a strong decoction of rue...Or, chew constantly the leaves of rue. FOR A QUINSEY.

Keep constantly in the mouth a small bit of sal prunelle...Or, take often a tea-spoonful of black currant jelly...Or, take a tea-spoonful of boiled vinegar, mixed with honey, to the consistence of cream occasionally. This cures ulcerated sore throats...Or, swallow slowly white rose water, mixed with syrup of mulberries...Or, rub the throat twice a day with volatile liniment. Those who wear flannel next their skin are seldom troubled with this complaint...Wearing a handkerchief tied loosely round the neck at night, or a piece of flannel, is an infallible preventive to this disorder.

#### A QUINSEY IN THE BREAST.

This is known by a sudden pain and difficulty of breathing seizing a person in the night, or on any violent motion.

Take fifteen or twenty drops of laudanum in bed...Or, make an issue in the thigh.

#### RICKETS.

In children, (to prevent or cure) wash them in cold water every morning.



## RHEUMATISM.

Rheumatic pains are generally most painful when warm in bed, but there is a cold rheumatism, which is most painful when the part is cold.

This may be cured by constantly rubbing it with a fresh brush...Rub in warm treacle, and apply to the part brown paper smeared with it; change it every twelve hours...Or, drink half-a-pint of tar water every night and morning, bathing the part with it warm...Or, drink, at going to bed every night, a small wine glass-ful of good brandy and train oil, equal parts. This is an infallible remedy...Or, take a table-spoonful of the juice of horse-radish every morning fasting. Some have been cured by cold bathing, with rubbing and sweating. Some by warm bathing, and many by bathing in salt water. In stubborn cases, let your diet be barley water with currants, roasted apples, fresh whey, light puddings &c. To prevent this complaint, wear horse-hair socks...Avoid wet feet, and wear flannel next your skin...After the rheumatism, to restore strength, wash the parts twice a day with strong cow-heel soup and eat of it often likewise.

## RHEUMATISM IN THE HEAD.

Wash the head at bed-time well with good vinegar cold and rub it well in...Or, lay under your pillow a handful of rue.

## RING WORMS, OR TETTERS.

Wash them often with tincture of myrrh...Or, with camphorated hungary water...Or, apply a plaster of rotten apples...Or, rub them often with a piece of house-leek.

## RUNNING AT THE NOSE.

Stuff gently up the nose a tea-spoonful of vinegar and hartshorn.

## A RUPTURE.

Foment for two hours with hot aqua vitæ.

## A RUPTURE IN CHILDREN

Boil a large spoonful of egg shells, dried in an oven, and powdered, in a pint of milk, and feed the child constantly with bread boiled in this milk.

## A WINDY RUPTURE.

Warm cow-dung well, spread it thick on leather, strew some cummin seeds on it, and apply it hot; when it is



cold put on a fresh one and keep the child in bed for two days

#### A SCALD, OR SCABBED HEAD.

Apply, daily, strong double distilled white wine vinegar...Or, anoint it daily with barbadoes tar...After the cure, give two or three gentle purges.

#### SCROFULA.

Apply plasters of white or black piony till cured.

#### THE SCURVY.

Drink half-a-pint of tar water night and morning...Or, drink a tea-cupful of the juice of clider, every morning fasting...Or, take a quarter of a pint of lime water, about eleven o'clock daily...Or, take twice a day a table-spoonful of sulphur and milk...Or, drink night and morning half-a-pint of the decoction of scurvy grass...Or, eat it as a salad, with sorrel, &c...Harrowgate water, drank freely and often, will cure it...Sea-bathing alone will often cure. In this complaint, use chiefly milk diet.

Scurvies in the gums have been cured by sucking often a lemon, or bitter orange...All kinds of salads are good for the scurvy, every thing of an acid nature, all pickles and perserves, spruce beer, turnips, cresses, &c. should be eaten freely...Good air, exercise, and cheerful-company, will greatly facilitate the cure.

#### SCORBUTIC SORES.

Put half-a-pound of fresh lignum vitæ, and an ounce of senna, in five quarts of soft water, in an earthen pot, cover it close, set this in a boiler of cold water, let it boil gently three hours, and stand in the boiler till cold. When it has stood one night, drink daily half-a-pint lukewarm in the morning, and at four in the afternoon. If it purges too much take less. Wash all the sores likewise well with it. In three months all the sores will dry up. N. B. This will likewise effectually cure the scurvy, king's evil, scrofula, ulcers, and all kinds of running sores

#### SCORBUTIC GUMS.

Clean your teeth every morning with soot, and afterwards rinse them well with salt and water...Or, wash them daily with a decoction of peruvian bark, with a little myrrh or tincture of roses in it.



## A BROKEN SHIN.

Put on it a bit of white paper moistened with sugar, and keep it on till it is well. This also cures cuts...Or, lay on it a bit of gold-beater's skin moistened with spittle.

## SHINGLES.

This is a kind of ring-worm, which encircles the body like a belt of a hand's breadth. Apply pounded garlic to the part...Or, bathe in the sea, and drink salt water night and morning.

## SICKISHNESS IN THE MORNING.

Eat nothing after six in the evening...Or, drink a pint of cold water every morning fasting.

## SINEWS SHRUNK.

Anoint the part well every morning with your fasting spittle.

## SKIN RUBBED OFF.

Apply a bit of white paper with your fasting or other spittle. A LONG RUNNING SORE IN THE BACK.

Take, every morning fasting, two or three spoonfuls of nettle juice, and apply the bruised nettles as a poultice. N.B. This will cure all old sores and ulcers.

## A BAD SORE, CUT, OR WOUND.

Wash them night and morning with a strong decoction of marshmallows.

## A SORE LEG.

Bind a diaculum plaster, an inch broad, round the leg, just above the sore, and foment it, night and morning, with hot water...Or, apply a plaster of mutton suet...Or, wash the sores often with lime water.

## A SORE MOUTH.

Mix well together a little honey and white borax, and with a linen rag-mop rub the mouth well, especially at night...Or, mop the mouth, as above, with loaf sugar beat up with the white of an egg...Or gargle the mouth, with sage tea, sharpened with vinegar and a little honey.

## A SORE THROAT.

To prevent this complaint, wear a piece of flannel, or a handkerchief tied loosely round your neck every night...To cure, take from fifteen to twenty drops of spirits of turpentine, on a lump of sugar; there is no better remedy than this...Or, eat largely of black currant jelly...Or, use the remedies recommended for a quinsey.



## AN ULCERATED SORE THROAT.

Take often a tea-spoonful of a mixture of honey and boiled vinegar, the thickness of treacle.

## AN INFLAMED SORE THROAT.

Lay nitre and loaf sugar, well mixed, on the tongue.

## A PUTRID SORE THROAT.

Lay a lump of sugar, dipped in brandy, on the tongue.

## SPASMS.

Take immediately a large spoonful of tincture of rhubarb, and a tea-spoonful of grated ginger, in a glass of good brandy, with a little moist sugar in it...Or, take thirty drops of turlington's balsam, and thirty drops of laudanum, in a little brandy, or on loaf sugar. N.B. This cures all inward soreness or bruises, if taken at bed time...If the patient is very costive, take a large spoonful of new yeast or barm, and the same quantity of good moist sugar, and as much jalap and rhubarb mixed as will lie on a shilling. N.B. Most of the remedies for the cramp in the stomach are good in this complaint.

## SPRAIN.

Hold the part in very cold water, for two hours...Or, apply cloths four times doubled and dipped therein...Or bathe it with good verjuice, or vinegar, twice a day for fifteen minutes. N.B. To cure weakness after a sprain, foment daily with beef brine.

## A VENOMOUS STING.

Apply to it the juice of honeysuckle leaves...Or, a poultice of bruised plantain and honey.. Or, take inwardly a drachm of black currant leaves, dried and powdered; this last is an excellent counter poison.

## THE STING OF A BEE.

Apply to it nothing but honey.

## STING OF A BEE OR WASP IN THE EYE.

Apply to it carduus benedictus, bruised, with the white of an egg; renew it as it grows dry.

## THE STING OF A WASP.

Apply to it sweet oil, or treacle, or bruised onions, or garlick, or bruised houseleek, or rue.

## STING IN THE GULLET.

Beat well together, with a spoon, some honey and sweet oil, with a little vinegar, and take a tea-spoonful of this every minute till ease is procured.



## STICTH IN THE SIDE.

Apply treacle spread on hot toast.

## SICKNESS WITH PAIN IN THE STOMACH.

Vomit with a quart of warm water, twice or thrice a day, every other day only till cured.

## PAINS IN THE STOMACH AND BOWELS.

The best preventive to this complaint is to rise early, and take two hours exercise before breakfast, every morning...In the fit, drink a large glass of daffy's elixir...Or, a wine-glassful of equal parts of sweet oil and good brandy...Or, a glass of peppermint water, well sweetened with moist sugar...Or, drink a tea cupful of camomile tea for several mornings fasting...If the pain proceeds from recent indigestion, swallow some of the oldest cheese you can get...Or, dissolve an ounce of good manna, and two drachms of soluble tartar, in a gill of warm water, and take it whenever the fit comes on; there is no better remedy than this...Or, bathe the feet and legs often in warm water, sometimes it is requisite to foment the stomach with warm water; sometimes to apply hot bricks or hot poultices to the soles of the feet, and sometimes bleeding has a good effect...Let the food be light, cool, thin, and easy of digestion.

## PAIN IN THE STOMACH, WITH COLDNESS AND WIND.

Swallow five or six peppercorns for six or seven mornings, fasting.

## THE STONE.

To prevent or cure,—Eat a crust of bread, or about an ounce of hard biscuit, every morning, fasting...Or, drink half a pint of lime water twice a day till cured...Or, take often thirty or forty drops of soap lees in a gill of the decoction of marshmallows...Or, take a tea spoonful of violet seed powered, every morning and evening; this wastes the stone and brings it away.

## IN A VIOLENT FIT.

Beat onions to a pulp, and apply them as a poultice to the back and groin; this soon eases the pain. N.B. This cures the lumbago, or rheumatism in the loins.

## STONE IN THE KIDNEYS.

Boil an ounce of common thistle root, and four drachms of stick liquorice, in a pint of cold water, and drink half of this every morning...Or, drink a pint of cold water every morning fasting...Or, use daily the cold bath.



## STOPPAGE IN THE KIDNEYS.

Drink half a piut of tar water, every night and morning...Or, twelve grains of salt of amber, in a wine glass full of cold water, morning and evening...Or, take a table-spoonful of the juice or syrup of ground ivy...Or, half a pint of the decoction, morning and evening.

## THE STRANGUARY.

Dissolve half an ounce of nitre in a quart of water, and drink a wine glassful every hour...Or, drink much lemonade...Or, largely of the decoction of turnips, sweetened with clarified sugar...Or, take a strong infusion of strawberry leaves...Or, eat often of the fruit.

## SUN-BURN SMARTING.

Wash the part well with strong sage tea.

## A FRESH SURFEIT.

Take of the green tops of wormwood, the size of a nutmeg. TO STOP PROFUSE BLEEDING.

Drink largely of cold water.

## TO CURE NIGHT SWEATS.

Drink a gill of warm water often at bed time.

## SWELLED GLANDS IN THE NECK.

Drink sea water often daily and wash the parts with the same. SOFT AND FLABBY SWELLINGS.

Pump cold water on them daily.

## A WHITE SWELLING IN THE JOINTS.

Eat boiled nettles, and apply them as a poultice to the affected part...Or, pour a stream of water on it daily...Or, a stream of water one day, and wash well with cold water the next, alternately...Or hold the part for half an hour every morning, under a pump or cock; this last will also cure all pains in the joints.. Use gentle purges to prevent a relapse.

## TO DISSOLVE WHITE AND HARD SWELLINGS.

Hold them morning and evening in the steam of vinegar, poured on red hot flints...Or anoint them with an ointment made of white roses, elder flowers, leaves of foxglove and of St. John's wort (each a handful) mixed with hogs' lard, twice a day.

## TO FASTEN THE TEETH.

Put powdered alum, the size of a nutmeg, into a quart of spring water, for twenty-four hours, then strain the water and gargle the mouth often with it.



## TO CLEAN THE TEETH.

Rub them well with a hard brush with ashes of burnt bread.

## TO PREVENT THE TOOTH ACHE.

Wash the mouth well, every morning, with cold water, and rinse them after every meal.

## TO CURE THE TOOTH ACHE.

Apply a small bit of cotton dipt in oil of tar to the affected tooth...Or, mix a little gunpowder and cotton well together, and apply it to the affected tooth...Or, apply a bit of nutgall to it...Or, apply a small bit of cotton dipped in laudanum to the affected tooth...Or, chew a small bit of the root of yellow flower-de-luce...If the tooth is hollow, put into it a small pill, made of equal parts of camphor and opium...Or, hold a toasted fig between the cheek and gum...Or, take thirty drops of laudanum at going to bed...Chewing or smoking tobacco will sometimes cure it...Or, bathe the feet often in warm water and rub them well with a coarse cloth...Or, apply camomile flowers, simmered in gin, as hot as one can bear it, between a flannel, to the cheek...Or, rub the cheek hard with the hand for fifteen minutes...Or, be electrified through the teeth.

## TEETH SET ON EDGE.

Rub the tops of the teeth hard with a dry towel...N.B. All rough powders and common tinctures destroy the teeth; constantly using toothpicks do the same.

## EXTREME THIRST, WITHOUT A FEVER.

Drink spring water in which a little sal prunella is dissolved.

## PAINS IN THE TESTICLES.

Apply to them pellitory of the wall, beat up to a poultice, changing it morning and evening.

## TESTICLES INFLAMED.

Boil bean flour, in three parts water and one part vinegar, and apply it to the part.

## THE THRUSH.

Are small white round pimples in the mouth, which by degrees affect the bowels...Burn scarlet woollen cloth to ashes, and blow them into the mouth...Or, rub the mouth often with a little honey and white borax, as recommended for a sore mouth...Or, put twelve grains of vitriol into eight ounces of barley water, and apply it.



as above. N.B. Gentle purges of magnesia, rhubarb, manna, &c. are mostly requisite.

#### TWISTING OF THE GUTS.

Take a wine glassful of equal parts of sweet oil and good brandy... Or, a glass of peppermint, or good spearmint water, with a tea-spoonful of moist sugar in it... In desperate cases, take a pound or more of quicksilver, ounce by ounce... Many things recommended for the cholic are good in this complaint.

#### TO DRAW OUT THORNS, SPLINTERS AND BONES.

Apply to the wound the inner green rind of hazel, fresh scraped.

#### BITE OF A VIPER, OR RATTLESNAKE.

Apply to the wound bruised garlic... Or, rub the part directly with sweet oil; this last has actually cured the bite of a mad dog.

#### VERTIGO OR SWIMMING IN THE HEAD.

Take, every morning fasting a table-spoonful of white mustard seed... Or, mix together one part of salt of tartar and three parts of cream of tartar, and take a tea-spoonful in a glass of water every morning fasting... Or, take often six drops of the essential oil of lavender, on loaf sugar... Or, drink often a strong infusion of the narrow leaves of it... Or, take a vomit or two... Or, use daily the cold bath,

#### VIGILIA, OR INABILITY TO SLEEP.

Take a grain or two of camphor; this is surer and safer than laudanum... Or, apply to the forehead, for two hours, cloths four times doubled and dipped in cold water; drink no green tea.

#### VENOMOUS BITES.

To prevent, rub the hands well with the juice of radishes.

#### ULCERS.

Sprinkle them twice or thrice a day with calomel... Or, apply, twice a day, a poultice of boiled carrots... Or, drink largely of agrimony tea... Or, drink half-a-pint of lime water, night and morning... Or, apply every morning a plaster of blackberry, or of bruised plantain leaves... Or, dry and powder a walnut leaf and strew it on the ulcer, and lay another walnut leaf on that... Or, foment them, morning and evening, with a strong decoction of



walnut leaves, and bind the boiled leaves on. N.B. This cures foul bones, and the leprosy... Avoid all spices and high seasoned food, and drink only whey, barley, and toast and water.

#### ULCER IN THE BLADDER OR KIDNEYS.

Take a strong decoction of agrimony, thrice a day... Or, a ditto of horsetail... Or, take as often, a tea-spoonful of the syrup or of the powder of ditto.

#### ULCER IN THE GUM OR JAW.

Apply honey of roses, sharpened with spirit of vitriol.

#### A FISTULOUS ULCER.

Wash it with a solution of corrosive sublimate... Or, apply daily, bougies well smeared with sweet oil... Or, use constantly, the cold bath.

#### AN ULCER IN THE URETHRA.

Take a clove of garlic, every night and morning, till cured... Or, apply daily bougies well smeared with sweet oil.

#### VOMITS.

For a child, a tea-spoonful of antimonial wine... For a boy or girl two, and for a man or woman, four grains of emetic tartar... Or, twenty grains of ipecacuanah; you may sweeten it if you choose. When it has stood three or four minutes, pour off the tea and drink it.

#### TO STOP VOMITING.

Take a table-spoonful of lemon juice... Or, six grains of salt of tartar... Or, they are best mixed... Or, apply to the stomach an onion, slit across the grain.

#### BLOODY URINE.

Take, twice a day a pint of decoction of yarrow... Or, as much of the decoction of agrimony.

#### URINE BY DROPS, WITH HEAT, AND PAIN.

Drink nothing but lemonade... Or, beat up the pulp of five or six roasted apples, with a quart of water, and take it in bed. It generally cures by morning.

#### SHARP URINE.

Take two table-spoonfuls of the fresh juice of groundivy.

#### INVOLUNTARY URINE.

Drink a quarter of a pint of alum posset every night in bed... Or, a tea-spoonful of powdered agrimony in a little water morning and evening... Or, use the cold bath daily.



## SUPPRESSION OF URINE.

Drink much warm lemonade... Or, take a table-spoonful of juice of lemons, sweetened with syrup of violets... Or, take a scruple of nitre, in water, every two hours... Or, take seven grains of mercurius dulcis, or sweet mercury.

## TO CURE WARTS.

Rub them well every morning with chalk and your fasting spittle... Or, rub them daily with a raddish... Or, with the juice of marigold... Or, with the juice of crow-foot... Or with the inside of the fresh shells of horsebeans... Or, with water, in which sal ammoniac is dissolved... Or, with houseleek.

## WEAKNESS OF THE ANCLES.

Hold them night and morning in cold water for fifteen minutes.

## A SOFT WEN.

Wrap leaves of sorrel in a wet paper, and roast them in the embers; mix them with finely sifted ashes in a poultice, and apply it warm daily.

## THE WHITES.

Live chastely and feed sparingly... Use constant exercise... Sleep moderately, but never lie on the back... Steep the flowers and leaves of rosemary in water for a night, and drink half a pint or more every night and morning fasting... Exercise and milk diet alone will often cure... Strong soups and broth have a good effect... In warm weather use daily the cold bath.

## A WHITLOW.

Dip it often in water that is boiling on the fire... Or, apply a poultice of treacle, or of honey and flour... Or, of bean and lixivium.—Or, of chewed bread, or of chewed bread and fresh butter; change them every day.

## THE WINDY DROPSY.

Eat plentifully of parched peas... Or, drink thrice a day a cup of camomile tea... Or, take a drachm of the powered root, or seeds of lovage, whenever the fit comes on... Or, use, as snuff, the powered leaves and flowers of marjoram... Or, purge occasionally, and use daily the cold bath.

## WORMS.

A child is known to have worms, by chilliness, paleness, hollow eyes, itching of the nose, starting in sleep, and an unusual stinking breath... Take every morning



fasting a strong decoction of walnut leaves...Or, boil a handful of rue and wormwood gently in a quart of water, foment the belly with the decoction, and apply the boiled leaves as a poultice to it; repeat this night and morning. N. B. The last is excellent for children, who will take no internal medicine...Or, take a spoonful of the juice of lemons, or strong vinegar, every morning fasting...Or, drink often strong wormwood tea...Or, drink half-a-pint of lime water night and morning...White soap in children's food has an excellent effect...Lastly, take great exercise in the open air...N. B. Children have been cured by taking two tea-spoonfuls of worm seed in treacle, for six following mornings.

#### FLAT, OR TAPE WORMS.

Mix a large spoonful of norway tar, in a pint of small beer, and take it on first rising in the morning fasting, till the worm comes away; this is a sure remedy, but children must take a less quantity...Or, take a tea-cupful, or more, of mare's milk, drawn fresh from the beast every night and morning fasting for a week; this either kills, or forces them away alive...N. B. Swoonings and a voracious appetite, are symptoms of the above...All other worms require nearly the same treatment...The best preventive against worms is to drink no bad water.

#### WOUNDS

Apply to them immediately powder of yarrow...Or, wash them often with a strong decoction of marshmallows...Or, of wood betony, bruised; this last heals cut veins and sinews, and draws out thorns and splinters...Or, lay on a fresh and tender leaf of brooklime...Or, take a drachm of the powder of the tops of ground ivy twice a day...Or, apply a plaster of the tops of mother, or St. John's wort, bruised, every day...Fresh made tinder stops them from bleeding.

#### INWARD WOUNDS.

Take twenty or thirty drops of Turlington's balsam on loaf sugar...Or, take twice a day two or three drops of the essential oil of lavender on loaf sugar...or drink often a cupful of marshmallow tea...Or, a cupful of yarrow four times a day; it must remain for twelve hours before it is drank.



## WOURED TENDON.

Boil comfrey roots to a thick mucilage or jelly, and apply it as a poultice; change it twice a day.

TO OPEN A WOUND THAT HAS CLOSED TOO SOON.

Apply to it bruised centaury.

## PUTRID WOUNDS.

Wash them night and morning with the warm decoction of agrimony...If they heal too soon, and gather matter, apply a poultice of the leaves powdered, changing it every day till well...Or, apply a carrot poultice...But, if a gangrene, or mortification takes place, apply a wheat flour poultice, (after it has been by the fire till it begins to ferment) nearly cold; it soon cures.

## AN EASY PURGE.

Drink a pint of lukewarm water fasting, walking after it...Or, eat a soft egg, with a tea-spoonful of salt...Or, infuse an ounce of senna, in a pint of water, with two scruples of salt of tartar for twelve hours, then strain it, and take half of it in the morning. N. B. The wild ash is a plant of the very same nature as senna; its leaves taken in double quantity purge as well, and do not gripe like senna.

## TO MAKE AN EXCELLENT EYE WATER.

Boil very gently one table-spoonful of white copperas, scraped, and three table-spoonfuls of common white salt in three pints of spring water, when cold bottle it off in large phials without straining it, take up the phial gently, and put a drop or two into the eye, morning and evening with a camel hair pencil. N. B. This will cure redness or any soreness whatever. It likewise cures pearls, rheums and even blindness sometimes. But if the eye smarts too much, add a little more water to it; this likewise cures an inflammation.

## TO MAKE LIME WATER.

Infuse a pound of good quick lime in six quarts of spring water for twenty-four hours, then decant, and keep it for use.

## TO MAKE TAR WATER.

To a quart of the best barbadoes or norway tar put a gallon of cold water, stir it well with a flat stick for five or six minutes, cover it for three days; pour off the water clear, bottle and cork it for use.



## TO MAKE TURLINGTON'S BALSAM.

Take balsam of peru and balsam of tolu, of each half an ounce, green storax in tears, and gum guaiacum, each one ounce; gum benjamin an ounce and a half; hepatic aloes and frankincense, of each two drachms; let the gums be bruised, and put all the ingredients into a quart of rectified spirits of wine; shake the bottle often...N. B. This is an excellent medicine for man or beast, and the very best that can be for wounds, whether internal or external.

## DR. JAMES'S POWDER.

At apothecaries'-hall, or some good druggist's, procure Dr. Hardwick's fever powder, which, if not the same, will answer exactly the same purpose.

## SCOT'S PILLS.

Dissolve two ounces of hepatic, or bitter aloes, with a dessert spoonful of sweet oil, and as much water, over a slow fire. When it is of a proper consistence, make it into pills with liquorice powder.

## SOOTHING SYRUP

*for Children when cutting their Teeth.*

Rub their gums well five or six times a day with syrup of poppies. If this is not the same as the famous american soothing syrup, it will answer exactly the same purpose.

## TO MAKE THE FAMOUS PLAGUE VINEGAR,

*Or infectious Preventive,*

Infuse rue, sage, mint, rosemary, and wormwood, of each a handful, in two quarts of the very best sharp vinegar, over warm embers, for eight days; then strain it through a flannel, and add half an ounce of camphorated spirits of wine; with this wash the face, mouth, and loins, and snuff a little up the nose at going abroad; smell to a sponge dipt in this when approaching infected persons or places...N. B. This is the famous french aromatic vinegar.

## ANTIDOTE TO POISON JUST TAKEN.

Half an ounce of cream of tartar put into a gill of sweet oil, and taken directly, prevents its bad effects; and put a feather down the throat to cause vomiting.

Old people should often eat panado, made with bread and flesh, which is easy of digestion; and now and then



a soft egg. The richest compounds, when concocted, yield the most noisome smells; and those that work and fare hard have smaller bodies than others. Temperance arms the body against external accidents, for the temperate are not so susceptible of injury from heat or cold, and when they are, they are easier cured of wounds, bruises, or epidemical diseases. This makes men live long. By this rule, I have lived to the age of one hundred and sixty-seven years, says a celebrated german physician, and so have many others by following the same rule. Temperance makes men die without pain; it maintains the senses in vigour and mitigates the violence of the passions and affections.

Strong and especially spirituous liquors are a certain, though slow poison, therefore the sooner they are left off the better.

Water is the wholesomest of all drink, it quickens the appetite and strengthens the digestion most.

The best water is rain water, caught in an earthen pot. After it is settled, draw it off when clear into another vessel, and it will keep sweet a long time.

Water drinking prevents apoplexies, asthmas, convulsions, gout, hysterics, madness, palsies, stone, tremblings, &c.

Fasting spittle, outwardly applied, will relieve and often cure blindness, contracted sinews from a cut, corns and warts; but to be truly effectual, it should be mixed with chewed bread and applied every morning, when it cures fresh cuts, deafness, inflamed eyelids, scorbutic tetter, sore legs, &c. &c... If taken inwardly, it relieves and often cures asthmas, cancers, falling sickness, gout, gravel, king's evil, leprosy, palsy, rheumatism, scurvy, stone, swelled liver, &c. &c.

N. B. The best way to take it inwardly is to eat about an ounce of hard biscuit, or crust of bread, every morning fasting, and eat nothing for two or three hours after; the longer this is continued the better.

Cold bathing and electrifying are very beneficial in all nervous and hereditary complaints, and if repeated for thirty days, it is said, will cure the bite of a mad dog.



A decoction of the herb cantaury, drank in the morning will make the voice strong and clear.

To prevent fainting from thirst in hot weather, carry in your pocket two or three olives, and when thirsty, eat one of them, and keep the stone in your mouth, which will prevent both fainting and thirst.

#### TOOTH POWDER.

Mix well together half-an-ounce of cream of tartar, and a quater of an ounce of powder of myrrh... Or, burn hazle nuts in the fire till the flame is gone and they are red hot: take them out, throw away the shell, and crush the kernel, which will then form an exceeding fine charcoal tooth powder, far superior to that sold in the shops.

#### RESTORATIVE POWDER FOR THE TEETH.

Acids of every denomination are unfriendly to the teeth, and by frequent use will destroy the enamel: the following mixture not only whitens, but tends to preserve them. Take peruvian bark two-ounces, charcoal half-ounce, armenian ball one-ounce rub them all together in a mortar. If the teeth are wasted, take a piece of wood like a butcher's skewer, made soft at the end, cover it with linen, dip in the powder, and apply it to the decayed part.

#### OFFENSIVE BREATH.

(A constant attendant upon the scurvy of the gums, and putrified matter lodged in hollow teeth,) the following gargle stands in high esteem. Take two-ounces of cinnamon, six drachms of cloves, six-ounces of florentine orrice-root, nutmeg, and mace; bruise them, and macerate them in a quart of spirit of wine, or french brandy, during forty-eight hours; when used let it be diluted with water... Or, chew at night a small piece of gum myrrh... Or, chew every night and morning a clove, or a piece of orrice-root about the size of a bean... Or, rub the teeth with a piece of rag dipped in the vinegar of spirits.



## RULES FOR PICKLING AND PRESERVING.

Always use stone jars, for all sorts of pickles that are done hot, for they keep the pickle better and last longer. Stone and glass only should be used; never take pickles out with the hands, for it spoils them; it is best to take them out with a wooden spoon.

### RED CABBAGE.

Slice the cabbage thin cross ways, put it on an earthen dish, and sprinkle it well with salt; cover it with another dish, and let it stand twenty-four hours; then put it in a cullender to drain, and lay it in your jar; cover it with good vinegar; put in a little clove, mace, and allspice whole, with a little cochineal bruised fine; boil this up, and put it over cold; cork it close, and tie a bladder, and leather over it.

### ONIONS.

Take small onions, when thoroughly dry put them into a pot, and cover them with spring water, with a handful of salt; let them boil up, then strain them off, and take off the outer coat; rub them back and forward in a cloth till quite dry, then put them into your bottles with, some blades of mace, and a little white pepper whole, and a nutmeg bruised; boil some good vinegar up with a little salt, and pour it over the onions, and when cold, cork &c., as directed for red cabbage.

### GHERKINS AND FRENCH BEANS.

Take 500 gherkins, and put them into a pan of salt and water, two pounds of salt to one gallon of water, well mixed; wash them out in two hours, and put them to drain; let them drain very dry, and put them in a jar; then with a gallon of good vinegar, half-an-ounce of cloves and mace, one ounce of mustard seed, a stick of horseradish cut in slices, six bay leaves, two or three races of ginger cut in pieces, a nutmeg bruised, and a handful of salt; boil these altogether in a pot, and put it over the gherkins, cover them close down, and let them stand twenty-four hours; then put them into your pot, and simmer them gently till they are green; if you let them boil you will spoil them; then put them into your jar, and cover them close down till they are cold, then



stop them close, as before directed, and put them in a dry cool place. French beans are done the same way.

#### BEET ROOT.

Put your beets into a pot of boiling spring water; boil them till they are tender, then take them out, and peel off all the outside; cut them in pieces according to your fancy; put them into jars and cover them with cold vinegar and tie them down close; this is used for salad or garnish.

#### WALNUTS.

Get large full grown nuts before they are hard, lay them in salt and water, let them lie two days, then shift them into fresh water; let them lie two days longer, then shift them again, and let them lie three days; then take them out of the water, and put them into your pickling jars; when half full, put in a large onion stuck with cloves; to a hundred walnuts put a half pint of mustard seed, a quarter of an ounce of mace, half an ounce of black pepper, half an ounce of allspice, six bay leaves and a stick of horseradish; then fill the jars, and pour boiling vinegar over them; cover them with a plate, and when cold, tie them down as before told; they will be ready in three months.

#### CURRENTS.

Take the weight of the currants in sugar, put to a pound of sugar, a pint of water; let it melt; then put in the currants; let them boil slowly, skim them, and take them up; let the syrup boil; then put them on again; when they are clear, and the syrup thick enough, take them off, and when cold put them up in glasses.

#### CHERRIES.

Before you stone, take their weight in sugar, then stone them and make your syrup; then put in your cherries, boil them slowly at first, and when warm boil them quick; when clear, put in the jelly with near their weight in sugar; strew the sugar on the cherries; to a pound of sugar, put a quart of water; strew the sugar on before they boil.

#### RASPBERRIES.

Take those that are not too ripe, and the weight of them in sugar; just wet your sugar, and put in your berries, boil them softly and do not break them; when



clear, take them up, and boil the syrup till thick; then put them in again, and when cold glass them up.

—o—

### MISCELLANEOUS.

#### AN EXCELLENT SUBSTITUTE FOR COFFEE.

Take off the outer shell of the common yellow water-flag, and when dried by heat, ground and boiled like coffee, it affords a beverage similar to it, but of very superior flavor.

#### A VARNISH WHICH STANDS WATER.

Dilute a quarter of a pound of venice turpentine, with a gill of spirits of wine; if too thick add a little more spirit to the consistence of milk; lay a coat of this on your print, and when dry, it will shine like glass, and resist water.

#### TO TAKE OUT INK, OR WINE, FROM WHITE LINEN, OR CAMBRIC, &c.

Dip the parts immediately into milk that is boiling on the fire...Or, into very hot melted tallow, and when washed the stains will disappear.

#### TO TAKE INK OUT OF MAHOGANY.

Dilute half a tea-spoonful of oil of vitriol with a large spoonful of water, and touch the part with a feather; watch it, for if it stays too long it will leave a white mark. It is therefore better to rub it quick, and repeat it if not quite removed.

#### TO GIVE A FINE COLOR TO MAHOGANY.

Use the following liquid:—Into a pint of cold-drawn linseed oil put four pennyworth of alkanet root and two pennyworth of rose pink, in an earthen vessel; let it remain all night, then stirring it well rub some of it all over the tables with a linen rag: when it has lain some time, rub it with linen cloths.

#### TO PRESERVE BOOTS AND SHOES, AND RENDER THEM WATERPROOF.

Dissolve equal parts of bees'-wax and mutton suet, (gently over a slow fire,) and with a small tool brush, or a bit of flannel, rub this liquid well into the boots or shoes, warming them first, and when quite dry, repeat this operation...N. B. This renders them impenetrable to wet, and makes them last much longer. Some add oil.



## TO RENDER THE SOLES WATERPROOF.

Rub them well over with boiled linseed oil, and let them dry in the sun...N. B. The boots or shoes must be new, or fresh soled, &c.

## TO MAKE CHEAP SHOE BLACKING.

Take four ounces of ivory black, three ounces of the coarsest sugar, a table-spoonful of sweet oil, a tea-spoonful of oil of vitriol, and a pint of small beer; mix them gradually cold.

## TO MAKE FOWLS LAY WELL, AND THEIR FLESH PECULIARLY DELICATE.

Feed them with the seeds of the sunflower, instead of corn, and it will have the above effect. They are very fond of it.

## TO MAKE GOLD INK.

Lay a little leaf gold on a fine earthen plate, and drop thereon a little virgin honey, and work it with the handle of a tooth-brush, well cleaned, until it is a stiff paste, and put it into a clean shell. When you write with it, you must put a little gum water to as much as you want to use, and work it up with a camel-hair pencil...Or, take gum of almonds and temper it with vermilion finely ground; let the gum be dissolved in the white of an egg, and then write therewith.

## TO MAKE RED INK.

Take raspings of brazil, one ounce, white lead and alum, of each, two drachms, grind and mix them; boil them in vinegar, a pint with three scruples of gum arabic.

## TO MAKE THE BEST BLACK INK.

Take four ounces of the best blue galls of aleppo, which break in a mortar, but not too small. Put to them a quart of clear rain or river water in a jar, which stir every day for a month, keeping it in a warm situation. Then take an ounce of green copperas (or less, if good,) to strike the color and after one day, about an ounce of gum arabic, to which may be added a little clear alum, and it will be fit for use. A greater quantity of ingredients will make more than a proportionate quantity of ink. N. B. To keep it from moulding, put in a little salt; and a glass of brandy or spirits, to keep it from freezing.



## INDELIBLE INK FOR MARKING LINEN.

If you mark, or write, your name, &c. with a common pen with the juice of sloes, it cannot be discharged by any means whatever. N. B. Let the linen be quite dry when you mark it, and you may mark more linen in an hour, in this way, than could be done with a needle in a month; when marked it is a beautiful pink color, and if you boil three ounces of burnt horse beans in a piece of linen for half-an-hour in sloe juice, it makes an excellent writing ink, which cannot be defaced. In a physical way it immediately stops bleeding by bathing the wound therewith, and has in this respect been serviceable to numbers.

## HARNESS MAKERS' JET.

Take one drachm of indigo, quarter of an ounce of isinglass, half an ounce of soft soap, four ounces of glue, one pennyworth of logwood raspings, one quart of vinegar, and a small quantity of green vitriol, boil the whole together over a slow fire till reduced to a pint; a small quantity is then applied to harness, boots, or shoes, taking care they are previously well brushed. This composition saves a world of trouble to coachman and grooms.

## TO TAKE MILDEW OUT OF LINEN.

Rub the linen well with soap; then scrape some fine chalk, and rub that also on the linen; lay it on the grass; as it dries, wet it a little, and the mildew will come out after a second operation.

## TO IMPROVE THE COLOR OF LINEN.

A small portion of pipeclay rubbed on the linen or thrown into the water will be found to have a surprising effect in improving the color and giving a clean appearance to it. This is particularly recommended to the attention of laundresses as it is used and highly recommended by an experienced laundress. N. B. a little ground alum will much assist in clearing water when thick.

## TO RESTORE FADED BLACK SILK OR CLOTH.

Boil the leaves of a fig-tree in rain or river water slowly, till one-third of it is consumed, and wash your silk or cloth in this, and then rinse it, or brush it over with a little alum water, and it will be restored.



## TO WHITEN IVORY.

Steep red sage leaves in triple distilled white wine vinegar, with a little quick lime, and put the ivory in when it is boiling hot, it will soon soften and become beautifully white, and will take out all the yellow stains from it.

## TO CLEAN OIL PAINTING.

Make a lye of the ashes of vine branches, and fresh urine; dip a sponge therein, then sponge the painting, and it will soon restore the faded color.

## TO CLEAN PLATE

In most of the articles sold as plate powder, there is an injurious admixture of quicksilver, which wears away the silver very quickly. Whiting, properly purified from sand, applied wet, and rubbed till dry, is one of the easiest, safest, and certainly the cheapest of all plate powders. Jewelers, for small articles, seldom use any thing else. If, however, the plate be boiled a little in water, with an ounce of calcined hartsborn to about three pints of water, then drained over the vessel in which it was boiled, and afterwards dried by the fire, while some soft linen rags are boiled in the liquid till they have wholly imbibed it, these rags will not only when dry, assist to clean the plate, (which must afterwards be rubbed bright with leather,) but also preserve admirably for cleaning brass locks, finger-plates, &c.

## TO CLEAN PLATE, OR PLATED ARTICLES.

Buy at a good chemists, an ounce of killed quick silver, which mix with half a pound of good whitening, sifted. When you use it, mix it with spirits of wine. This makes them look beautiful.

## TO WHITEN PEARLS.

If they are turned yellow, burn tartar to ashes, and make a lye of it with spring water, dissolving a lump of alum in it; put in your pearls and let them simmer over a slow fire, and it will render them beautifully white, and make them more weighty and durable.

## FRENCH POLISH FOR FURNITURE.

Melt one part of virgin wax, in eight parts of oil of petroleum; lay a slight coat of this mixture, while warm with a badger's brush, and in half-an-hour or less, polish it with a coarse woollen cloth...Or, melt a quarter



of a pound of yellow wax, and an ounce of black rosin well beaten, in an earthen pipkin; then pour in very gently, two ounces of turpentine; mix it well, and put it into an earthen jar, and keep it covered for use. Spread a little of it on the furniture with a woollen cloth; rub it well in, and in a few days it will look beautiful.

#### TO KILL BUGS.

The spirit of tar is so powerful a poison to these nightly visitors, that as soon as it comes in contact with one, it instantly dies. It should be applied by means of a small painting-brush to the joints and crevices or cracks in the bedstead, and also their places of retreat in the wainscot or wall. So noxious is the smell of this spirit to these vermin, that they desert the bed where it has been used. The price of the tar is ninepence per quart. The refined spirit of tar, which is less odoriferous, is two shillings per pint. Both being volatile, they should not be used by candle-light. The essence of bergamot is also a powerful poison to bugs.

#### TO KILL COCKROACHES.

Give them the root of black hellebore which grows in marshes, and may be had from country people; strew them over the floor at night, and next morning you will find all the family of cockroaches dead or dying from having eaten of it, which they will do with much avidity.

#### TO KILL RATS AND MICE.

Cast hemlock seed in their holes; they are fond of it, and will eat it greedily; it kills them.

#### TO KEEP BIRDS FROM FRUIT.

Hang garlic down the branches, and they will not come near them.

#### TO PREVENT WEASELS FROM SUCKING EGGS.

Lay rue about the hen's nest and they will not come near it.

#### TO FATTEN FOWLS IN A SHORT TIME.

Mix together ground rice well scalded with milk, and add some coarse sugar, feed them with this in the day-time, but not too much at once; let it be pretty thick.

#### TO FATTEN GEESE AND OTHER POULTRY.

Boil bran in the blood of some beast to the consistence of a black pudding, and they will soon be fat.



### HOW TO MAINTAIN PIGS AT ONE PENNY PER DAY.

Twenty pounds of clover well boiled 10*d.*, one bushel of potatoes, 1*s.* 3*d.*, pollard, 1*s.* 4*d.*, coal, 3*d.*, attendance 6*d.*; total, 4*s.* 2*d.*, the above will maintain fifty pigs for one day.

### EASY MODE OF PURIFYING WATER.

Take a large funnel with a strainer, and lay a piece of broken window glass at the bottom, over the strainer; then fill the funnel two-thirds full of charcoal broke in small pieces, but not to powder; then lay another piece of glass over the charcoal to prevent its rising; pour the water over, and if putrid, it will pass through in a few minutes, perfectly clear and sweet. N. B. The glass is only put in to keep the charcoal in its place and to prevent its rising... Or, if you put into about two gallons of muddy water, a piece of alum the size of a nutmeg, it will purify it in a few hours.

### TO SWEETEN MEAT, FISH, &c. THAT IS TAINTED.

When meat, fish, &c. from intense heat or long keeping are likely to pass into a state of corruption, a simple and pure mode of keeping them sound and healthy, is, by putting a few pieces of charcoal, each the size of an egg, into the pot or saucepan wherein the meat or fish is to be boiled. Among others, an experiment of this kind was tried upon a turbot, which appeared to be too far gone to be eatable. The cook, as advised, put four pieces of charcoal under the strainer in the fish-kettle, after boiling the proper time, the turbot came to the table perfectly sweet and firm.

### TO PREVENT THE GROWTH OF WEEDS ROUND FRUIT TREES

It is well known that weeds materially injure the productiveness of fruit trees. The German horticulturists spread on the ground, particularly round the fresh transplanted trees, as far as their roots extend, the refuse stalks of flax, after the fibrous part has been separated. No weeds will grow under the flax refuse, and it keeps the earth fresh and loose. A substitute for these stalks may be found in the fallen leaves of autumn, which may be prevented from being blown away by being covered with twigs.



### TO MAKE ONIONS GROW TO A VERY LARGE SIZE.

Put some large sound onions in a warm situation, and keep them so all the winter, so as to get quite dry; in march lay them in the earth; they will not shoot up green, but grow so large as to weigh a pound or more.

### TO DISTINGUISH MUSHROOMS FROM POISONOUS FUNGI, OR TOAD STOOLS.

If persons are determined to eat such dangerous things without subjecting them to the examination of a competent judge, it may be useful for them to know, that if they peel an onion and boil it with them, the onion will remain white if they are genuine, and turn black if they are spurious. It may be further observed that the true mushroom is seldom found in woods or in the shade; it grows in open pastures, and may be readily distinguished by its fragrant though peculiar odour.—*Mechanics' Magazine*.

### TO MAKE GLUE FIRE AND WATER-PROOF.

Boil a handful of powdered quick-lime in four ounces of linseed oil; boil it thick, and spread it on tin plates in the shade, and it will become very hard, but is easily dissolved over a slow fire.

### A SWEET BAG TO SCENT CLOTHES.

Take tops of hyssop, winter savory, rosemary, lavender, and the chippings of cassia-lignea, cedar, and sassafras; sew them up in a silk bag, and lay them among your clothes, and they will not only give a delightful scent, but neither moths, worms, nor any other insect, will come near them.

### TO CHANGE TO A DARK COLOR, GREY, SANDY OR RED COLORED HAIR.

This is perhaps as easy, cheap and efficacious a method of changing the color of the hair as any ever invented, and has been often advertised and sold for ten shillings a pint.

To two ounces of black lead, finely powdered, add one ounce of ebony shavings, boil them in a quart of clear water till reduced to a pint, filter the decoction, add a little bergamot, or any other perfume, and bottle the liquid for use; to use it, fix a small sponge on the upper part of the comb and dipping it in the preparation, the



hair will thus become more effectually wet and tinged than by the comb. It must be observed, that as the hair does not shoot from the top but from the root, frequent application is necessary, or the hair may in time appear in two colors.

#### TO MANAGE RAZOR STROPS

Keep them a little moist with sweet oil. A little crocus-martis, and a few drops of sweet oil rubbed in with a glass bottle, will give the razor a fine edge; dip it in hot water when used, and draw it once or twice across your hand.

#### TO JOIN GLASS TOGETHER.

Melt a little isinglass in spirits of wine; it will form a transparent glue, which will unite glass so that the fracture will be hardly perceived. But take great care the spirits of wine boil not in the fire.

#### TO EXTINGUISH FIRE IN A CHIMNEY.

Put a wet blanket over the whole front of the fireplace, which soon stops the current of air, and extinguishes the flame.

#### TO MAKE GINGER BEER.

Take one ounce and a half of well-bruised ginger, one ounce cream of tartar and one pound of white sugar; put these ingredients into an earthen vessel, and pour upon them a gallon of boiling water, when cold add a table-spoonful of yeast, and let the whole stand till next morning, then scum and bottle it: keep it three days in a cool place, it will then be fit for use.

#### TO MAKE EXCELLENT LEMONADE.

To three quarts of spring water put a pint of lime juice, and a pound of double refined sugar; when the sugar is dissolved it is made...Or, Scrape into sugar and water some lemon peel, and then drop into it a few drops of the essence of sulphur; cut in some slices of lemon, and put in a little rose water. This is an excellent cooling drink in hot weather, particularly in fevers and hot diseases.

If you stamp sal ammoniac and mix it with water, it makes white ink, which cannot be read till held to the fire, when it appears black.



RULES FOR THE PRESERVATION OF HEALTH AND  
LONGEVITY, BY SIR RICHARD JEBB,  
LATE PHYSICIAN TO THE ROYAL FAMILY.

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The greatest preservatives of health are exercise and temperance, these may be practised by all ranks and at any season or place. Exercise throws off all superfluities, and temperance prevents them; exercise clears the vessels, and promotes the circulation of the blood.

A due degree of exercise is absolutely necessary to health.

Walking is the best exercise for those who are able to bear it, riding for those who are not.

The air we breathe is of the utmost importance to our health.

Every one that would preserve health should be as clean and sweet as possible in their houses.

Nothing conduces more to health, than abstinence and plain food.

All malt liquors, except clear small ale, or small beer, are hurtful, so is strong tea and coffee.

Costiveness is very hurtful to health, therefore care should be taken to remove it at the beginning by cool gentle purges.

Obstructed perspiration (commonly called catching cold,) is the great source of all diseases. Let it therefore be removed immediately by gentle sweats.

Physic, for the most part, is only a substitute for exercise and temperance.

Blistering, cupping, bleeding, &c. are seldom requisite except to the idle and intemperate, they are only expedients to make luxury consistent with health.

The apothecary is chiefly employed to counteract the cook and vintner. Nature delights in the most plain and simple diet.

Most people are the best judges of their own constitution, and know what kind and what proportion of food agrees with them best.

Artificial provocatives only create a false appetite.

A particular and very intelligent friend of mine (says Sir Richard) was extremely partial to what is called good living, and having a wife, of whom he was particularly fond, and a numerous offspring, he was desirous of living long enough to see them settled in the world.

He was, however, of a very infirm constitution, till he was about fifty years old, when, requesting my advice how to obtain that valuable end, I strongly recommended him to persist in an exact course of temperance and exercise, by duly attending to which, he recovered a sound and perfect state of health.

At the period I am speaking of, a train of infirmities had made great inroads in his constitution, and he had fallen into different kinds of disorders, such as the cholic, gout, spasms, &c. and a



continual slow fever, so that the best delivery he had to hope for (except for the sake of his numerous family) was death to end his pains and misery.

The result of my advice, which I here give in his own words, are as follows: When, says he to me, I resolved firmly to live a temperate life, I soon found myself entirely freed from all my complaints, and have continued so even to this day, and I am now more than one hundred years old.

The meat and wine I constantly drink is such as agrees with my constitution, and being taken in proper quantities, I find impart all their virtue to my body, and leave it without engendering any bad humours.

And I am now convinced that we should consider a regular life as a physician, and which is our natural and proper physic, since it preserves us in health, makes us live sound and hearty to a great age, and prevents us dying of sickness through a corruption of humours.

Whoever trusting either to his youth, or strength of constitution, slights my observations, must live in constant danger of disease and death.

I am now convinced, from experience, that the man who leads a regular and sober life, is more likely to live long and healthy than a young man who leads an irregular and intemperate life, however strong his constitution may be.

I have heard some sensual, inconsiderate persons affirm, that a long life is no blessing, that when a man has passed his 70th year, he is better dead than alive.

This however, I know to be an error, for I am now as well as ever I was in my life (and perhaps better); I even now relish every enjoyment of life better than when I was young. I sleep every night soundly and quietly, and all my dreams are pleasant and agreeable.

I am likewise now sure, that even persons of a bad constitution may, by leading a sober and regular life, live to as great an age as I have done; for, I declare solemnly, that my brain is as much itself now as ever it was.

Some perhaps will say, that without leading a regular life, there have been some that have lived to one hundred years, or more, and therefore think that they may be equally fortunate; but I must tell such persons that not one in ten thousand ever attain that happiness, and those who do, generally contract some disease which carries them off.

Therefore the surest way (at least after forty or fifty) is to embrace sobriety.

What I call a regular and sober life, is not to eat or drink such things as disagree with the stomach, nor to eat or drink more than the stomach can easily digest.

There are, I know, some old epicures who insist, that it is requisite they should eat and drink a great deal, in order to keep up their natural heat and strength, and that were they to lead a



temperate life, it would be but a short one; but I know that large quantities of food cannot be digested by old and feeble stomachs.

Old people should eat often, and in small portions

Others will say that a sober life may indeed keep a man in health, but cannot prolong life.

This I know likewise to be false, for I am myself a living instance of it; for had I not followed the advice of my friend Dr. Jebb, but continued in my former way of living, I am sure I should have been in the grave years ago.

Oh! what a difference have I found between a regular and an irregular life; one gives health and longevity, the other disease and untimely death.

And it surely must be a great pleasure to a sober man to reflect, that the way he lives will keep him in good health, and be productive of no disease or impurity.

It is impossible, in the common nature of things, that he who lives a regular and sober life should breed any sickness, or die an untimely death, before the time at which it is impossible he should live; but sooner he cannot die, as a sober life removes all the usual causes of sickness, and sickness cannot happen without a cause.

Health and sickness, life and death, certainly depend on the bad qualities of the humours. Temperance corrects and renders them perfect, having the natural power of uniting and binding them together, so as to render them inseparable and incapable of alteration or fermentation, circumstances which engender cruel fever, and end in death.

For myself, I find myself even now, at the age of 107, hearty and happy, eating with a good appetite, and sleeping soundly.

My senses are likewise as good as ever they were, my understanding as clear and bright as ever, my judgment is sound, my memory tenacious, my spirits good, and my voice (the first thing that generally fails us) strong and sonorous, and certainly these are true and sure signs that my humours are good, and cannot waste but with time.

I likewise enjoy the satisfaction of conversing with men of bright parts, and superior understanding, from whom, even at advanced period, I learn something.

What a pleasure and comfort it is, that at my time of life I should be able, without the least fatigue, to study the most important subjects; nor is it possible that any one should grow tired of such delightful enjoyments, which every one else might enjoy by only leading the life I have led.

So that to finish my discourse, I say, since length of days abounds with so many blessings, and I happen to be one who has arrived at that state, it is, I conceive, my bounden duty to give testimony in favor of it; and solemnly assure all mankind that I really (even at this time of life) enjoy more happiness than I can describe, and that what I have here stated is solely to demonstrate the great advantages derived from longevity, and that others



may be induced to observe the delightful rules of temperance and sobriety.

A sober man relishes every enjoyment of life; drunkenness expels reason, drowns the memory, defaces beauty, diminishes strength, inflames the blood, causes internal, external, and incurable wounds, makes a strong man weak, and a wise man a fool; he drinks to the health of others, and robs himself of his own.

Now, taking my leave, I say, may other's years be as long and as happy as mine, and may they live in virtue and good-will towards all.

The length of England from north to south, that is, from Berwick upon Tweed to the Isle of Wight is about 368 miles; and from east to west, that is, from Sandwich to the Land's End in Cornwall is about 279 miles.

### A TABLE OF THE DIRECT ROADS IN ENGLAND AND WALES,

AND OF THE OTHER ROADS WHICH BRANCH OUT OF THEM, ETC.  
ACCORDING TO THE MEASURED DISTANCES.

1. ROAD FROM LONDON TO BERWICK  $335\frac{1}{2}$  measured miles.—  
From London to Barnet 11; Hatfield  $19\frac{1}{2}$ ; Stevenage 31; Baldock 37; Biggleswade 45; Eaton Socon  $54\frac{3}{4}$ ; St. Neots  $55\frac{1}{2}$ ; Buckden 61; Stilton  $74\frac{3}{4}$ ; Stamford 89; Grantham 110; Newark 124; Tuxford  $137\frac{1}{4}$ ; Bawtry 152; Doncaster 160; Ferrybridge 175; Weatherby  $191\frac{1}{4}$ ; Boroughbridge 203; North Allerton 253; Darlington  $238\frac{3}{4}$ ; Durham 257; Newcastle  $271\frac{1}{2}$ ; Morpeth 287; Alnwick  $307\frac{1}{2}$ ; Belford 320; Berwick  $335\frac{1}{2}$ .

2 ROAD FROM LONDON TO DOVER  $71\frac{1}{4}$  measured miles.—  
To Deptford  $4\frac{1}{2}$ ; Crayford 41; Darford  $15\frac{3}{4}$ ; Chalk Street 24; Rochester 30; Sittingbourne  $40\frac{1}{4}$ ; Bocton Street  $50\frac{1}{2}$ ; Canterbury 56; Dover  $71\frac{1}{4}$ .

3. ROAD FROM LONDON TO PORTSMOUTH 72 measured miles.—  
To Wandsworth  $5\frac{1}{2}$ ; Kingston  $11\frac{1}{2}$ ; Cobham  $19\frac{1}{4}$ ; Guildford  $29\frac{1}{2}$ ; Lippock 46; Petersfield  $53\frac{1}{2}$ ; Horndean 61; Portsea Bridge  $67\frac{1}{2}$ ; Portsmouth 72.

4. MAIL COACH ROAD FROM LONDON TO CHESTER AND HOLYHEAD 278 miles.—  
To Barnet 11; St. Alban's 22; Dunstable 35; Wooburn 43; Newport Pagnel 52; Northampton 68; Welford 83; Lutterworth 91; Hinckley 102; Atherstone 110; Tamworth 117; Litchfield 125; Wolsey Bridge 134; Stafford 141; Eccleshall 148; Wore 160; Namptwich 169; Torperley 179; Chester 189; Holywell 207; Kenmell 222; Conway 236; Bangor Ferry 253; Holyhead 278.

5. ROAD FROM LONDON TO BRISTOL  $113\frac{1}{2}$  measured miles.—  
To Brentford 7; Hounslow  $9\frac{3}{4}$ ; Colnbrook  $17\frac{1}{4}$ ; Maidenhead 25; Twyford 34; Reading 39; Theal  $43\frac{3}{4}$ ; Woolhampton  $49\frac{1}{2}$ ; Thatcham 53; Newbury 56; Hungerford  $64\frac{1}{2}$ ; Marlborough  $74\frac{1}{2}$ ; Calne



87½; Chippenham 93½; Bath 107; Marshfield 102½; Bristol 113½

6. ROAD FROM LONDON TO ABERYSTWITH, IN CO. CARDIGAN.—To Acton 5; Uxbridge 15; Beaconsfield 23; High Wycomb 29; Tetsworth 42½; Islip 56; Enstone 69½; Broadway 90; Pershore 102; Worcester 111; Bromyard 125; Lemster 137; Presteign Riadergowy 177½; Aberystwith 202½.

7. ROAD FROM LONDON TO OXFORD.—To Tetsworth (See No. 6, 42½ miles) Wheatly 49; Oxford 54.

8. ROAD FROM LONDON TO ST. DAVID'S, CO. PEMBROKE.—To Oxford (See No. 7) 54; Burford 71; Gloucester 100; Michael Dean 112; Colford 123; Monmouth 128; Abergavenny 143½; Brecon 162; Llandovry 181; Rhu Rhadda 195; Caermarthen 207; Haverford West 239½; St. David's 255½.

9. ROAD FROM LONDON TO LYNN REGIS IN NORFOLK.—To Ware 21; Caxton 49; St. Ives 59; Chatteris 71; March 79; Wisbeach 89; Lynn Regis 106.

10. ROAD FROM LONDON TO LINCOLN, THROUGH ROYSTON.—To Stilton (See No. 1) 74½; Peterborough 81½; Market Deeping 89½; Bourn 97; Sleaford 115½; Lincoln 133.

11. ROAD FROM LONDON TO WELLS.—To Hounslow 9½; Staines 16½; Bagshot 26½; Hartford Bridge 36; Basingstoke 46½; Whitechurch 58; Andover 65; Amesbury 78½; Heytesbury 93; Warminster 95; Frome 104; Wells 120.

12. ROAD FROM LONDON TO DERBY.—To Dunstable (See No. 4) 33½; Wooburn 42; Newport Pagnel 51; Northampton 66; Harborough 83½; Leicester 98; Mount Sorrel 105; Loughborough 109; Kegworth 115; Derby 126.

13. ROAD FROM LONDON TO NORWICH.—To Epping 16½; Hockerhill 30; Chesterford 44½; Newmarket 60½; Barton Mills 69½; Thetford 80; Attleborough 93½; Norwich 109.

14. ROAD FROM LONDON TO THE LAND'S END IN CORNWALL.—To Brentford 7; Staines 16½; Bagshot 96½; Hartley Row 34½; Basingstoke 46½; Andover 65; Salisbury 83; Blandford 104; Dorchester 120; Bridport 135; Axminster 147; Honiton 156½; Exeter 173; Oakhampton 195; Launceston 214; Bodmin 234½; St. Michael 249½; Truro 257; Helstone 274; Penzance 286½; Land's End 298—Or from St. Michael's 249½; Penzance 281; Land's End 292½.

15. ROAD FROM OXFORD TO BRISTOL.—To Fifeild 6½; Farringdon 16½; Huworth 22; Burton 30; Malmsbury 40; Luckington 47; Puckle Church 58; Bristol 66.

16. NEW ROAD FROM CAMBRIDGE TO OXFORD.—To Royston 13; Baldock 18; Hitchin 41; Dunstable 51; Tring 58; Aylesbury 67; Oxford 80.

17. FROM LONDON TO CHICHESTER IN SUSSEX.—To Kingston 11½; Guildford 29½; Godalming 33½; Haslemere 42; Midhurst 49½; Chichester 61.

18. ROAD FROM MANCHESTER TO DERBY.—To Stockport 6½; Shawcross 20½; Buxton 24; Brangton 39½; Weston Und. 49; Derby 56.



19. ROAD FROM LONDON TO NOTTINGHAM.—To Loughborough (See No. 12) 109; Kempston 112½; Bunny 116; Ruddington 118; Nottingham 123.

20. ROAD FROM LONDON TO SCARBOROUGH.—To Lincoln (See No. 10) 133; Spittle 144½; Glanford Bridge 156; Barton 166; Cross the Humber to Hull 173; Beverley 182; Driffield 195; Scarborough 218\*.

21. FROM LONDON TO YORK.—To Ferry Bridge (See No. 1.) 176; Barkston 182½; Tadcaster 188; York 197 — Or to Malton 215; Yaddingham Bridge 224; \*Scarborough 237.

22. FROM LONDON TO YARMOUTH.—To Rumford 11½; Brentwood 18; Chelmsford 28½; Colchester 51; Ipswich 69; Woodbridge 76½; Wickham 81½; Saxmundham 82; Blyborough 98; Beccles 108; Yarmouth 123.

### TENANCY BY THE YEAR.

Every tenant of premises by the year, or where no certain time is specified, is bound to give his landlord half a year's notice, and this notice must expire on the same quarter day as that on which he took possession.

If a landlord accept the last quarter's rent, when there are arrears due, he cannot demand the arrears afterwards.

If a landlord agree to repair a house and neglect or refuse so to do, the tenant may do all necessary repairs and deduct the expenses out of the rent, which the landlord must submit to.

When improper notice is given on either side, such improper notice should be objected to as soon as possible, for if no objection is made within a reasonable time, it will be deemed binding on the party accepting it.

N.B. The law makes no distinction between lodgers and other tenants for payment of rent or turning them out of possession.

A housekeeper has as much power to distrain his lodger's goods while on the premises, till his rent be paid, but not unless such rent is actually due.

Where lodgings are taken for a specified time, no notice is requisite, the tenancy expiring with the term.

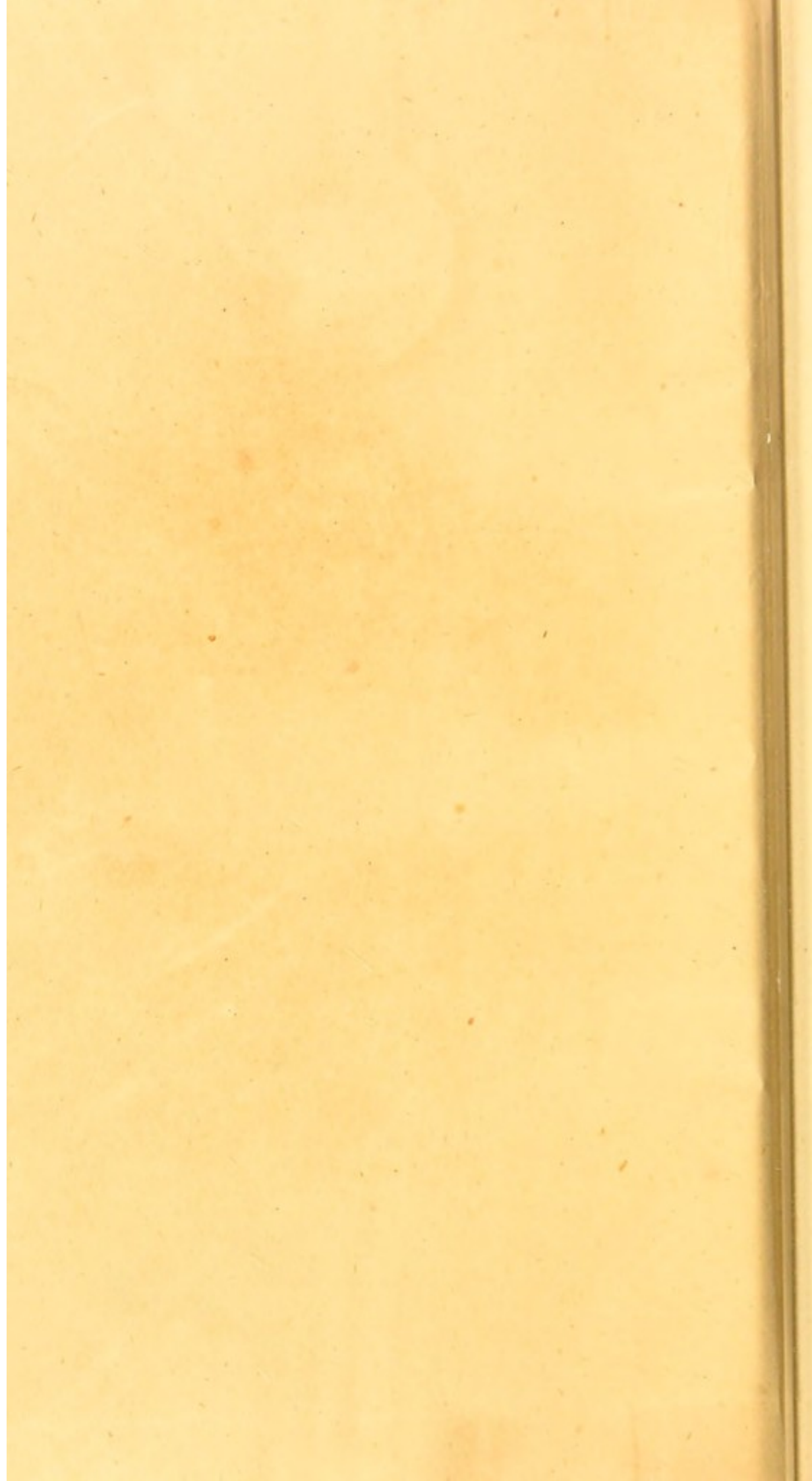
Where lodgings are let to a man and his wife, the taking is that of the husband only.

If persons who occupy furnished apartments absent themselves for an unreasonable time without apprising his landlord and leaving the rent in arrears, he may the second week of such absence, send for a constable, and in his presence, enter the apartments, and take out the lodger's property and secure it till a request be made for it.











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