

The true preserver and restorer of health: being a choice collection of ... remedies for all distempers ... Selected from, and experienced by the most famous physicians ... of Europe. Together with excellent directions for cookery / [G. Hartman].

Contributors

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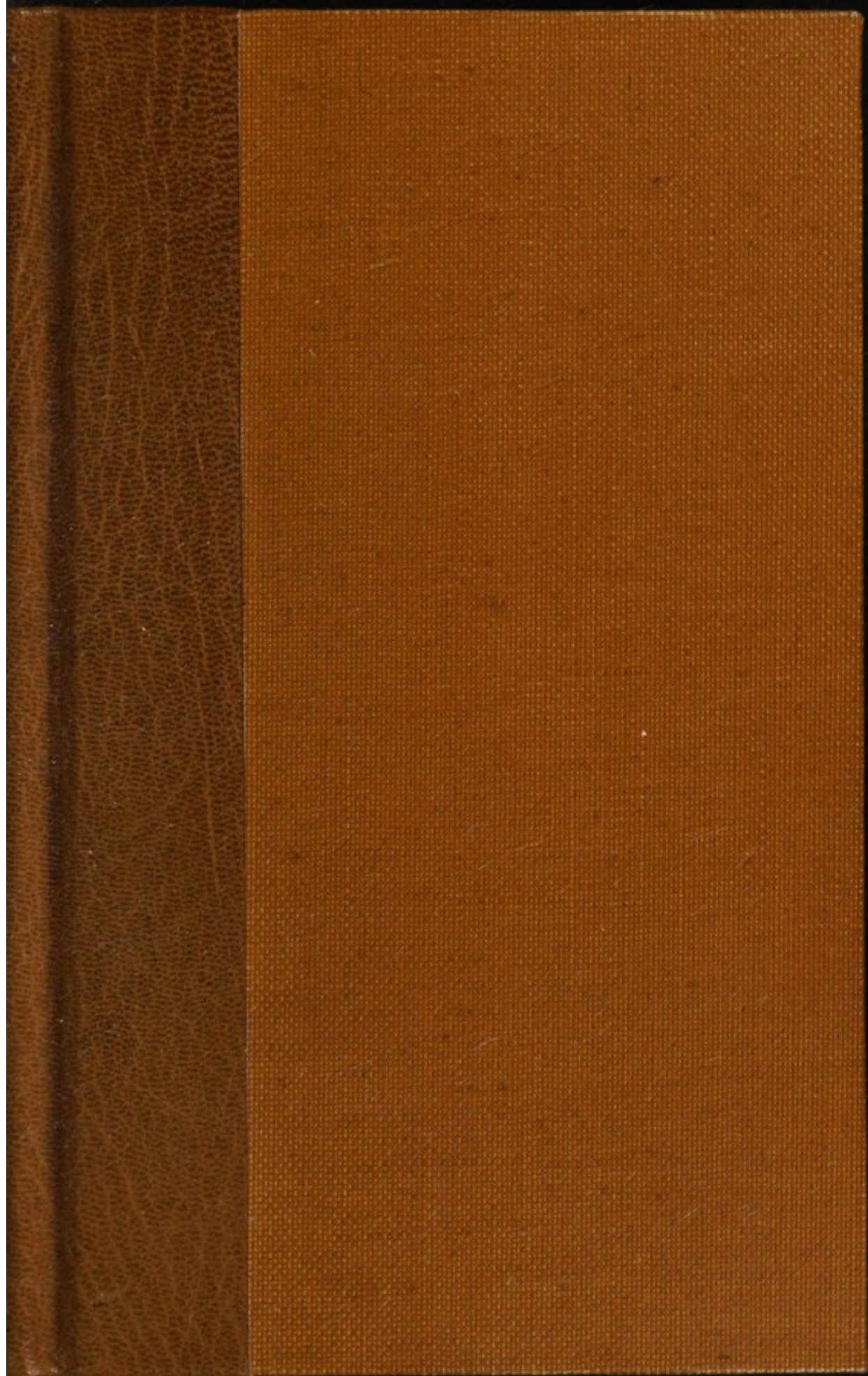
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PRESERVER
OF HEALTH

1632





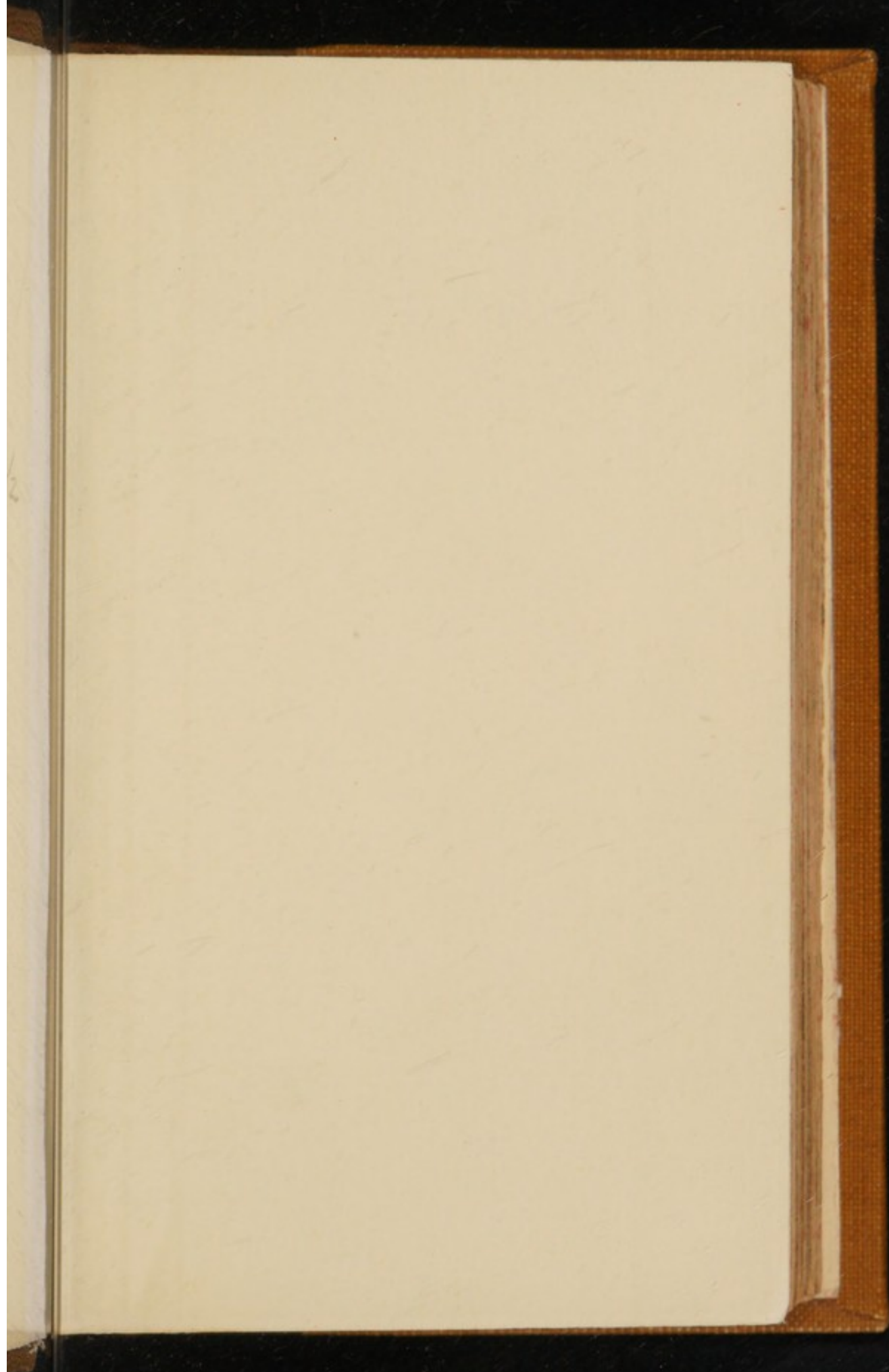


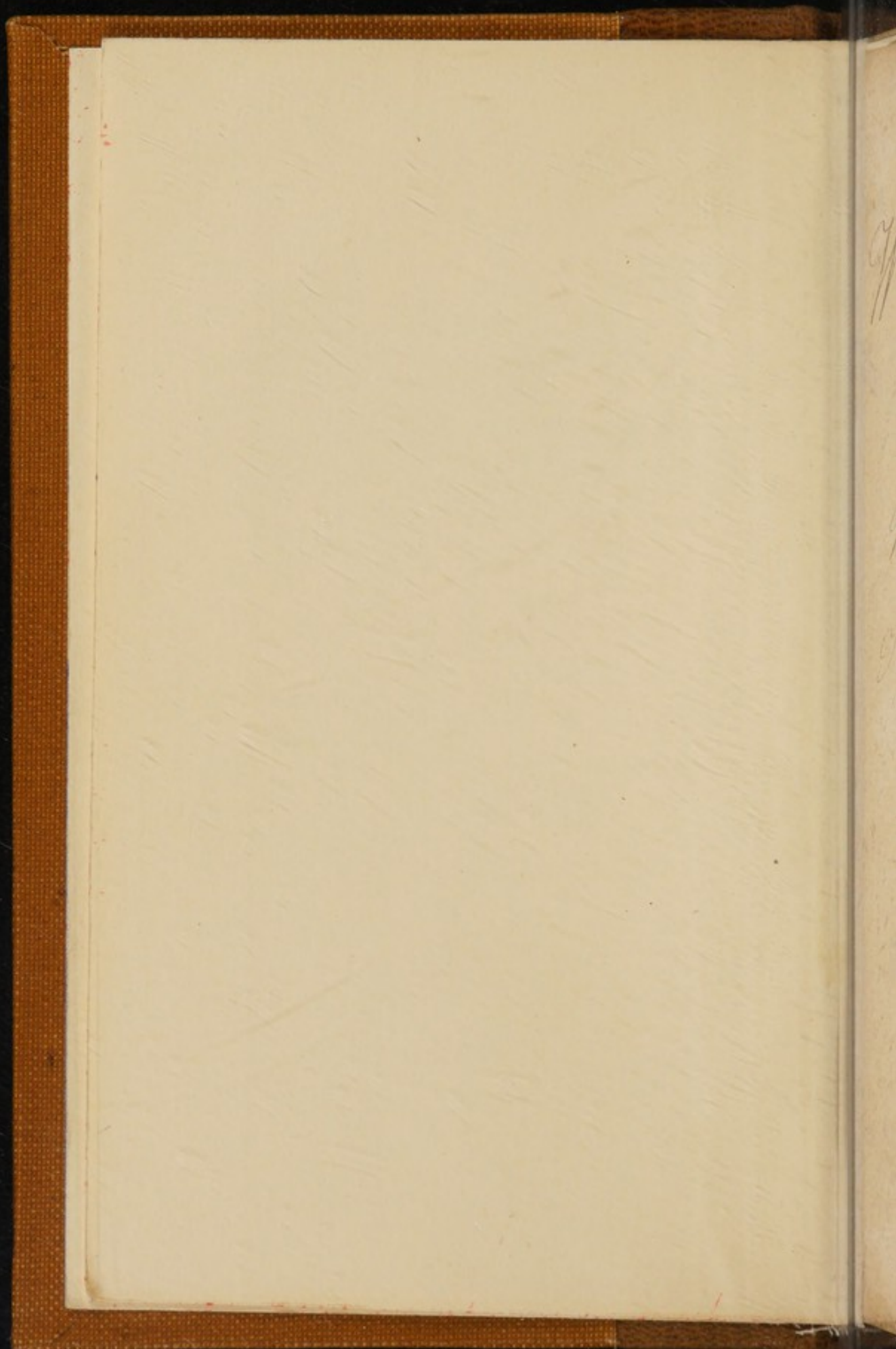
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W. Webster

1805

William Webster 1806

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with the 2nd Edition, of
which there are duplicate

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of Duplicate

THE TRUE
PRESERVER and RESTORER
OF
HEALTH:
BEING A
CHOICE COLLECTION
OF

Select and Experienced REMEDIES for
all Distempers incident to Men, Women and Children.
Selected from, and Experienced by the most Famous
Physicians and Chyrurgeons of *Europe*.

TOGETHER WITH

Excellent DIRECTIONS for

COOKERY;

AS ALSO FOR

PRESERVING, and *CONSERVING*,
and making all Sorts of *METHEG-*
LIN, SIDER, CHERRY-WINE, &c.

WITH THE

Description of an Ingenious and Useful *ENGIN*
for Dressing of Meat, and for Distilling the Choicest
Cordial Waters, without Wood, Coals, Candle, or Oyl.

Published for the Publick Good, by G. Hartman, Chymist.

*London, Printed by T. B. for the Author, and are to be sold
at his House in Hewes-Court in Black-Friers, 1682.*

TO THE
Truly Noble and Generous *LADY*

THE *LADY*

ANNA,

Countess of *Sunderland, &c.*

MADAM,

TIS the Fate of Books that treat
of Subjects too subtil and deli-
cate for Vulgar Eyes (and such are all
Creatures of the Mysterious Science of
PHYSICK) though never so useful
necessary, to meet with a general
Neglect and Discountenance in the
World, unless recommended under the
Patronage of some Illustrious Name.

A 2.

There

The Epistle Dedicatory.

There is a peculiar Charm in the Vertues of Great Personages, to Authorize whatever they Protect, and to command a Respect for all that is honoured with their Umbrage, from the most sullen and obstinate. That they are pleased to honour any thing with their Regard, convinceth common Judgments more of its worth, and endears it more to them than a thousand Arguments: for there indeed they find the Force of Reason embodied which otherwise is as invifible to them as Angels. Such, *Madam*, was my Case, and fuch a generous Protection I stood in need of, when it pleas'd Providence relieve me in this Perplexity, by bringing into my thoughts the Consideration of all your shining Virtues and Excellencies, whose Lustre was so bright, that it could not but reach me, though wrapt up in never so much privacy and obscurity. I considered that your profound and unfathom'd Knowledge could defend this poor Piece from the Ignorant; that your admirable Sweetness, Generosity and Majestick Heroickness could patronize it from the Envious and Impertinent.

The Epistle Dedicatory.

and to Crown all, that you had Good-
ness enough to receive it into your Patro-
nage : I was also encouraged to this Pres-
umption, from the Splendor you de-
rive from the Noble Ancient Family you
sprung off: And hence I take the Bold-
ness to acquaint your Ladiship, that
these have some Relation to your Lady-
ship, they being the Collections for the
most part (which I had hitherto reserved)
of your incomparable Kinsman, and my
truly Honourable Master, Sir *Kenelm*
Digby; whom I had the Honour to serve
for many years beyond the Seas, as well
as in *England*; and so continued with
him till his dying Day, and of whose
Generosity and Bounty I have sufficient-
ly tasted, and no less of your Illustrious
Father's, both before and after my
Glorious Master's Decease; so that this
Trouble I give your Ladiship (who is
the true and undoubted Inheritrix of all
your Noble Fathers Virtues) results from
the Innate Candor and Goodness of your
Illustrious Stem.

The Epistle Dedicatory.

What I have here Collected, having
implor'd your Ladiships Pardon for my
Boldness, I most humbly Lay at your
Ladiships Feet; and remain,

M A D A M,

Your Ladiships

most Humble Ser-

vant,

GEORGE HARTMAN.

T O

TO THE
READER.

Courteous Reader,

THis is the second Time I adventured to come forth into the world in Print. My first Treatise was a Collection of rare Secrets in Chymistry, left me by that worthy Man Sir Kenelm Digby, my Honourable Master, which I reserved by me till of late I Published them for the sake of all ingenious Admirers of the Noble Science of Chymistry; wherein the Reader may find Excellent Chymical Medicines, to which I refer him. And now for the more publick Benefit of the Community, I have banded this also into the Press, being a very choice Collection of Excellent Receipts and Medicines for all sorts of Distempers that are incident to the Body of Man; made or approved of by Sir Kenelm himself, or communicated to me by Eminent Physicians or Chyrurgeons in my Travels through Italy, France and Germany, and were reserved till now by me for my private Use, till out of Conscience of my Duty to the Publick, I have sent them abroad into the world; whereby any private Person, or Mistress of a Family may prepare their own Physick for themselves or Family, according to my Directions in this Book, without the expence or hazard of costly, and often-

The Epistle to the Reader.

times adulterate Apothecaries Preparations. Hereby also well disposed worthy Ladies and Gentlemen, that take delight in the Charitable Office of being their poor Neighbours Physicians, and administer Physick to their Body, as well as Food to their Stomach, may be furnished with Excellent Medicines against all Distempers, and the manner how to prepare them in their Houses, in order to the facilitating to them so good a Work.

There are likewise very safe and useful Instructions for Midwives and Child-bearing Women.

Besides, here are Excellent Directions for Cookery, for Preserving and Conserving, and of making Sweet-meats, &c. with the best way how to make Methaglin, Sider, and all Wines, &c. As likewise the Use & Manner of making that Ingenious Engine for dressing of Meat without Wood or Coals which is very useful for Sea-Captains, &c. In short, I may with Confidence say, that considering both the generality of the Medicines provided against all Maladies, and the Usefulness of them, the World hath not yet seen such another Piece.

Reader, I have no more to acquaint thee, but to beg thy kind Acceptance of these my Endeavours to serve the Publick in my Sphere; and recommending thee to the Physician of Soul and Body, I remain,

Thine to my Power,

G. Hartmann

Thee

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W. alms to flow, or Power.

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C H A P. I.

*Of Choice and Experimented Remedies in all
affects of the Breast and Lungs, as Con-
sumption, Phthisic, Asthma, shortness of
Breath, Streightness of Breast, Coughs,
spitting of Blood. &c.*

*A very excellent Pectoral Syrup against a Consump-
tion, ordered by a Phisitian for a great Lady.*

TAke Ceterach, Maidenhair, Coltsfoot,
Aniseeds, Liquorice, of each one ounce;
Colopender, Lungwort, Knotgrass, of each one
handful; Root of Elecampane, half an ounce thir-
ty large Raisins of the Sun slit and stoned, fifteen
eggs cut small, two Radishes cut small, shred
herbs small, and bruise the Roots and Seeds;
put them all in a large Pipkin, and pour there-

on five quarts of Springwater, let it boyl gently upon a moderate fire, until two quarts of the water be consumed, then strain it: To the strained liquour put two pound and half of double refined Sugar, clarifie it with whites of Eggs, and boyl it to the consistence of a Syrup; whereof take one spoonful at a time, by it self, three or four times a day, in the Morning fasting, before Dinner, at four in the Afternoon, and at Night going to Bed; let it run easily down your Throat; you may take of it also at any time in the Night when there is occasion.

The Description of an Excellent Pectoral Decoction against Consumption, Colds, Coughs, Asthma's, &c..

TAKE Paulsbittanny, Maidenhair, white Hound, of each two handfals; Root off Elecampane, Liquorice, Florence Orris, of each two ounces; Flowers of Borage, Bugloss, Roses, red Poppies, of each one handful, Coltsfoot half a handful, Nettleseed, Carduusseed, Aniseed, sweet Fennelseed, of each half an ounce; Calamus Aromaticus, Lignum Vita, China Root, of each one ounce; Cinamon Galingal, Cardamums, Cloves, of each three ounces. Boyl all in ten quarts of water to six quarts, then strain it, and put into it three pound of refined Sugar; drink it warm four ounces at a time three times a day.

Decoction for the Lungs.

TAke Maidenhair two handfuls, Hyſop, Pennyroyal, of each half a handful, Roots of Florence Orris three drams, Elecampane one dram and half, Liquorice ſcraped and bruised, half an ounce, large Figs one ounce and half; cut the Herbs, and bruise the Roots, and boyl it in two quarts of Fountain-water to a quart, then ſtrain it, & put to it one ounce tinckture of Safron; then ſweeten it with Sugarcandy or Loaf-sugar; and take ſix ſpoonfuls of it warm three or four times a day.

The Tincture of Safron you may make preſently, by putting half an ounce of Safron into a Bottel or Phiol, and then pouring upon it half a Pint of good Brandy; (if you have not Rectified Spirit of Wine) ſet the Bottel in a warm place, and ſhake it ſome times, and the Brandy will extract the Tincture out of the Safron, and leave it as white as ſtraw which then hath no more vertue.

*Another moſt Excellent Peſtoral Decoction
or Drink.*

TAke half an ounce of French Barly, boyl it in two quarts of Fountain-water for a quarter of an hour; then put into it Raiſins of the Sun ſtoned ſix drams; Jujubes, Sebeſtens, of each twelve in number; fat Figs, Dates ſtoned,

ned, of each six in number, all cut small; lett
all these boyl with the Barly another quarter off
an hour; then put to them Lungwort, Scabious,
of each one handful, Hyfop, Politricé, Flow-
ers of Coltsfoot, of each one pugil; (that is,
as many as you can hold between two fingers
and your thumb) Liquorice scraped and bruised
two drams; let them boyl all together a little
more than a quarter of an hour; then strain itt
when it is half cold.

It is an excellent Pectoral, curing Obstructi-
ons, and most other Diseases of the Breast and
Lungs, as Coughs, Asthma's, or shortness off
Breath, Phthificks, hoarsness, &c. The Pati-
ent may take about half a pint of it warm, Mor-
ning and Evening

*Doctor Hornick his Excellent Pectoral Water
against a Consumption.*

TAKE the Liver of a Calf, and the Lungs off
a Fox, the herb Lungwort, Liverwort,
Sage, Rue, Hyfop, of each one handful; Ele-
campane, the Root of Flag, of each half an
ounce; Aniseeds, Carrawayseeds, sweet Fennel-
seeds, of each half an ounce; flowers of Bo-
rage, of Bugloss, of each two drams: Cut
them all very small, then infuse them for twen-
ty four good hours in two quarts of good old
Mallago, and Scabious, and Carduus-water, off
each four ounces; Hyfop-water two ounces, then
distil it, and sweeten it with Sugarcandy; drink
a lit-

for the Breast and Lungs.

a little Glassful thereof two or three times a day.

This Water is much recommended against a Consumption; It comforts and strengthens the Lungs and Liver; facilitates Expectoration, attenuates the tough and thick Phlegm, expells wind out of the Stomach and Bowels, and opens the obstruction of the Lungs and Liver.

Another Pectoral Water distilled.

TAKE Scabious, Paulsbittany, of each two handfuls, Maidenhair, Sage, Hysop, Horhound, Liverwort, of each one handful; Flowers of Borage and Bugloss, of each one handful, Elecampane, Florence Orris, Roots of Parslee, of each half an ounce; Aniseeds, sweet Fennelseed, Nettleseed, Cinamon, Safron, of each half a dram; Cut the Herbs, and bruise the Seeds and put them all into a fit Vessel, and pour upon them three quarts of good old Wine; stop the Vessel close, and let it stand to infuse for a week, then distil it, to the water distill'd add Sugar-candy, Spanish Juice of Liquorice one ounce, Salt of Tartar six drams, drink thereof two or three times a day one ounce at a time.

This is recommended as the greatest and best Pectoral: It not only opens all obstructions of Lungs. helps Colds, Coughs, Asthma's, spitting of Bloud and Matter, but also gives ease in all pains of the Stone.

Dr. Scroderus his Asthmatick Water against Phthisick, shortness of Breath, It comforts a weak and cold Stomach, and expells Wind, and helps fainting Fits.

TAKE Coltsfoot, Sage, Marjoram, Hyfop, white Horhound, of each half a handful; Roots of Elecampane, of Jentian, of each three drams; Cloves, Ginger, Cardamoms, of each two drams and half; Florence Orris, Polipod of the Oak, Liquorice, Jujubes, Sebenstems, Currants, sweet Almonds, of each three drams; Squils dry'd half a dram, of seeds of Nettles, Fennel and Basil, of each three drams; four soft Figs cut small; bruise all the Roots and Seeds, and shred the herbs, put them all into a Vessel, and pour thereon two quarts of Sack, three Pints of Nants Brandy, one ounce of Honey; stop the Vessel close, and let them stand to digest for ten days, then distil it, sweeten the distilled Water with the best refined Sugar to your taste, and drink thereof one ounce at a time, two or three times a day.

Dr. Salmon his Pectoral Wine.

TAKE Rhenish Wine two quarts, Salt of Tartar, Aniseeds, Corianderseeds, Carraways, of each one ounce; bruise them all, and digest them into the Wine for ten days, then strain it; To the strained liquor add Spanish Juice of Liquorice

for the Breast and Lungs.

7

Liquorice four ounces; dissolve it in the Wine by the warmth of a Balneum; or put it into a Coffy-pot and close it well, and set it in warm water; and being well-settled, pour off the clear Liquor, and keep it for use.

Salmon recommends this as an admirable Pectoral, curing most Diseases of the Breast and Lungs; as the inveterate Cough, Asthma, Phthisick, Inflammation or Impostume of the Lungs, with a shortness of Breath, pains of the Side and Stomach, and obstructions of both Liver and Spleen.

A most Excellent Pectoral Syrup against Asthma, Consumption, of a famous Physician.

TAKE French Barly two ounces, Roots of Fennel, of Elecampane, of Liquorice, of Smallage, of Butterburr; Raisins of the Sun stoned, of each one ounce and half, twelve Dates, Jujubes and Sebestens, of each thirty; Leaves of Coltsfoot, of Lungwort; the tops of Hyssop, of white Horhound, Maidenhair, of each one handful; Aniseeds, Cottonseed, of each half an ounce; flowers of Coltsfoot, of Butcher-Broom, of each half a handful.

The way of making this Syrup, is thus; boyl the Barly in nine quarts of water for half an hour, then put in the Roots of Butterburr, of Smallage, of Elecampane and Fennel, all well cleaned and cut small; let them boyl also for half an hour, then put in the Dates, Jujubes,

Sebenstems and Raisins all cut small, then let them boyl with the Eest for a quarter of an hour, then put in the herbs cut small, which boyl also for a quarter of an hour longer; then put in the Liquorice and the Seeds bruised, and the Maiden-hair, and the Flowers; and having boyled onely five or six wallops, take the Decoction off from the fire; and when it is half cold strain it, then put in five pound of double refined Sugar; and having clarified it with the white of an Egg, boyl it to the consistence of a Syrup, with a very slow fire; then being cold, you may aromatise it with six drops of Oyl of Aniseeds, and two drops of Oyl of Cinamon mixt with about an ounce and half of fine Sugar in fine powder.

This Syrop is good to cut and expectorate the cold and tough Phlegm of the Lungs; and of all those parts which serve for respiration; It giveth chiefly great ease and relief to those that are troubled with Asthma's, Phthifick, and shortness of Breath, with old and inveterate Coughs; for it opens the Pipes, and brings away the Phlegm which stopped them. One may call it the Balsom of the Lungs, and chiefly of those of aged Persons; one may take a spoonful of it at any time in the night, and in the day-time; some distance before and after meals, and so continue the use thereof, or begin again according as you see it needful.

An

for the Breast and Lungs.

9

*Another Excellent Syrup for those that spit Blood,
experienced by Squire Boil.*

TAKE Comfrey Roots six ounces, leaves of Plantaine two handfuls; beat them well together in a stone Mortar, then press out the Juice, which strain through a linnen cloth; let it settle, then boyl it up to a Syrup, and clarifie it with the white of an Egg.

Take a spoonful of this Syrup several times a day, and at any time in the night. If you will use this Syrup presently, you may only use equal parts of the Juice and Sugar; but if you would keep it all the year long, you must take two parts of Sugar to one of Juice.

Another Remedy for Spitting of Blood.

TAKE Leaves of Coltsfoot, half a handful, shred it very small, then fry it with a little Bacon; then put to it the yolk of an Egg, and stir it well together; eat it in the morning fasting; continue this for some time.

*A Broth with Chinaroot for a Consumption used
by a great Lady.*

TAKE Chinaroots thin sliced two ounces, white and red Sanders, of each three drams, put them into a large Pipkin, and pour upon it four quarts of fair water; cover it close, and let it stand

stand to infuse in a warm place, or in hot water for twenty four hours; then put to it a good Pullet, or two Chickens; let it boyl, and scum it well; then put into it two handfals of five-leaved-grass, Maidenhair and Hartstongue, of each half a handful; twenty Dates cut small, a little Mace, with the under-crust of a Manchet; let all these boyl together until two quarts be consumed; then take out the Pullets or Chickens, and stamp them in a clean stone Mortar, then put it in the Broth again and let it boyl for half an hour longer, then strain it, and press out all the Broth from the Pullet: If you please you may sweeten it with Sugarcandy.

Drink of this Broth warm early in the Morning, and sleep after it if you can, and another draught at four in the Afternoon, and when you go to rest,

Another Broth for a Consumption.

TAKE Conserves of Roses one ounce, Conserves of Borage and Buglos-flowers, of each half an ounce; Pine Apple-kernels, and Pistacios, of each half an ounce, yellow Amber in powder two drams; beat and mix them very well in a stone Mortar, then take a Pullet and put all these Ingredients in the Belly of it, then sew it up close, and boyl it in three quarts of water; when it hath boyled one hour, put into it Egrimony, Endive, Succory, Sparrowgrass-roots, Fennel-roots, Capers-roots, and Raisins

for the Breast and Lungs.

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of the Sun stoned, of each one handful; let it not boyl until the Pullet be pretty tender, then take it out and beat it in a stone Mortar, then put it into the liquor again, and let it only boyl five or six wallops, then strain it, and press out all the substance of the Pullet, then put to the Broth a little red Rosewater, and half a pint of white Wine.

Drink of this Broth warm in the Morning in your Bed, and sleep after it if you can, drink another draught of it in the Afternoon, and at Night going to Bed.

Another restoring Broth against a Consumption.

TAKE two or three Marrowbones of an Ox, break them, and boyl them in four quarts of water until two quarts be consumed; then strain the liquor and let it cool; then put it in a Pipkin with a young Cock, and a Knuckle of Veal, with the under-crust of a Manchet, two ounces of Raisins stoned, six Dates cut small, and a little mace: let all boyl together with a gentle fire until half be consumed, then strain it; make an Emulsion with a few Pistacios with some of this Broth; then put this Emulsion to the rest of the Broth, and drink thereof warm three times a day, and so continue for some time.

An-

Another restoring Broth for sick and convalescent Persons, by Sir K. Digby.

TAKE two spoonfuls of Frenchbarly, scall'd in two waters, throw away the waters, put the Barly into a Pipkin with a Crag-end off a Neck of Mutton, and a Knuckle of Veal; pour thereon a sufficient quantity of fair water, and let it boyl, scumming it well, when it hath boyled one hour put into it a Pullet, and let it boyl an hour longer, then put in a large quantity off Sorrel, Lettuce, Purslain, Borage and Buglos, and boyl an hour more, three hours in all: Before you put in the Herbs, season the Broth with Salt, a little Pepper and Cloves, then strain out the Broth, and drink it warm.

Another restorative Broth for weak and consuming Bodies.

TAKE of the best Chinaroot thin-sliced half an ounce, infuse it twenty four hours in a Pot-tel of Springwater, in a Vessel close stopp'd, and set in hot water; then put therein a small Chicken, or a little piece of a Neck of Veal, boyl it gently, and put into it a Succory-root scapt and pitth'd; leaves of Agrimony, Buglos, Ceterach and Endive, of each one handful; Hartshorn two drams, with a Crust white Bread; boyl it to the consumption of half the liquor; then strain it, and being sweetened to your taste

with

for the Breast and Lungs.

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with fine Sugar or Sugarcandy, drink off warm early in the Morning, and about four in the Afternoon about a third part of a pint; continue it for the space of three weeks taking it every day.

A Cordial Broth against a consuming heat in the Body.

TAKE a piece of Veal or Mutton, and a good Chicken, half an ounce of Hartshorn, and as much Ivory, one handful of Currants, Roots of Sparrowgrass, Fennel and Parslee-roots, a few of each sliced and bruised; Borage and Bugloss-flowers, of each one handful, with a little bundle of sweet herbs, namely sweet Marjoram, Rosemary, Thyme, Wintersavory, a sliced Pippin or two, and a Crust of white Bread; put all these in when the meat is well scummed and hath boyled awhile; you must take three quarts of Springwater, and boyl it to the consumption of half; strain it, and drink thereof warm two or three times a day. It strengthens nature, and allies the consuming heat in the Body.

An other Excellent Broth for Consumptive Persons.

TAKE Parslee and Fennel-roots two of each, Elecampane, and Piony-roots, of each half an ounce; Maidenhair, Coltsfoot, and unfet Hyfop, of each one handful; Liquorice bruised

fed one ounce ; ten Figs , four Dates sliced ; Raisins stoned four ounces ; two flakes of Mace ; Aniseeds bruised two spoonfuls, and a little Saffron ; put all these into the belly of a good Cock about a year old or more ; sew up the vent and the skin of the Neck very close ; boyl it in a Gallon of Springwater, scum it very clean, and put into it a spoonful of good flowery Oatmeal and one pugil of Thyme ; let it boyl gently with a moderate fire to the consumption of a quart, then strain it and press it gently. Drink of this morning and evening warm eight or ten spoonfuls at a time.

An Excellent Snail-Broth for a Consumption.

TAKE an hundred of Snails with their shels, wash them in water and salt, then wash them three or four times more in fair water to wash away all the salt, then bruise them with their shells ; then take a red Cock-chicken, Borage, Buglos, Agrimony, Cinquefoyl, Violet-leaves, of each one handful ; a Mallowroot, a Fennel-root, a Succoryroot, and a Blade of Mace ; boyl all these in a sufficient quantity of water ; then strain it, and drink thereof every morning, and about four in the afternoon.

A comfortable restorative Broth for the Stomach.

TAKE Sassafrase three ounces, of China sliced one ounce ; infuse it all Night in Springwater,

ter; the next morning put thereto a Cock well-dressed, and three handfuls of Raisins of the Sun stoned, or of Prunes, or of both if you like it, and a little bundle of Rosemary, Thime, and a Crust of Manchet-bread, and at the latter end a little whole Mace; let it boyl close covered until half is consumed, then strain it, and take thereof a draught every morning very warm, and another to bedward.

An Excellent purging Broth to preserve Health.

TTake a Knuckle of Veal, cut away all the flesh and fat, then break and bruise all the Bones, and boyl it in a Gallon of fair water, scum it clean, and then put thereto four ounces of Raisins stoned, two ounces of Currants, two Fennelroots, and one Succoryroot, and a small quantity of Endive, of Violet and Strawberry-leaves, of Liverwort and Scabious, of each half a handful; boyl these till half the liquor is consumed; then take it from the fire, and put into it one ounce of the best Sena, half an ounce of Tamarisk, and two drams of Epithimum; set it on hot Embers, and let it simmer for an hour, then strain it from the Ingredients; this proportion will serve four days, being taken in the morning warm, and so likewise in the Evening.

A Capon Drink against a Consumption.

FLea a lean Capon, quarter it and break all the bones; then a quart of red Rosewater, and as much of Carduus water, with one pound of White Sugar Candy finely beaten, six of the best Pippens pared and sliced from the Coars, two Lemmons sliced, a little Cinnamon cut in small pieces, a little sweet Marjoram, and as much mother of Time, with a few Coriander Seeds prepared; put all these into a new earthen pot, prepared, first one layer of the Capon, and then a layer of the Ingredients; they being thus laid by degrees throughout in several layes, put in the Rose and the Carduus Waters, then lute up the Pot with Rye Past so close, as no Air may get in, nor heat breath out; this done set the pot into a pot of boyling water, and let it boyl twenty four hours, and then take out the Capon and stamp it in a Morter, and put it again into the liquor, and strain it through a Gelly bag and drink thereof half a porringer at a time: It is very restorative.

Another Capon-drink for the Consumption.

Take two Capons, and parboil them with a soft Fire, for an hour, till the Blood is quite gone; then take the Peels of two good Limons or more, cut away the shanks of the Capons, and break the Capons in a great Mortar, till the

the Bones are crushed small; which done, make a bag of fine Bolter, and take four Gallons of strong Beer or Ale new from Tunning, and make in the Vessel a Bung-hole, wherein put the Bag, with the Capons and Limon peels in it, and lay a Stick cross the Bung-hole, and fasten the mouth of the Bag thereto, so that the bottom of the Bag may touch the bottom of the Vessel, and not lie flat at length; let it steep therein three days and nights, leaving the Bung-hole open, that it may work, and after working, close the Bung-hole, and let it rest a day and a half, and then draw it into Bottles, and three days expired, drink thereof: It will continue good six weeks.

For the Consumption of the Liver.

Take a Gallon of the strongest Ale wort can be gotten of the first running and strength of the Ale, the Brewer commonly sell it for six pence a quart, boyl it in an earthen pot, till it is as thick as an Electuary; after it begins to thicken in the boyling it must be continually stirred, otherwise it will burn to, and be worth nothing; the whole Gallon will make but a quart of Syrup, or thereabout; put it into a Gallipot, and keep it for your Use, and in the Morning fasting, at four in the Afternoon, and when you lie down to rest, daily, take a spoonful or two, and you will speedily find, by God's blessing, Amendment. It is the same thing to
C boyl

boyl many Gallons at a time as one, and the Trouble of making them may be saved.

A rare Medicine for a Consumption, though much decayed therewith.

Take two Quarts of new Red Cow's Milk, the more Stroakings the better; put it into an earthen Vessel of three Quarts, that it may have room to boyl; then put into it two ounces of Syrup of Roses, and as much brown Sugar-Candy; stop it very close with Paste, and put it into an Oven with Household Bread; take off this for your ordinary Drink, especially first and last every day, a little warm. This hath done great Cures in that kind. You may do well to add to it two ounces of Syrup of Coltsfoot, or rather Syrup of Ground-Ivy.

Another.

Take a hinder Leg of Beef, cut out all the Sinews, and a little of the Flesh with them; then take a pretty quantity of the Pith of an Ox, six Dates, and a little whole Mace; put all these into a Stone Pot with half a pint of white Wine; paste it up close, that no Steam vapour out, or Air get in: Which done, set it in a Pot of seething Water, and keep it boyling twelve hours; after which, strain it: Take of this in some other Broth, as much as the Stomach will well bear. If you please, you may add to it

some

Some Flowers of Rosemary, or a little sweet Marjoram, before luting of the Pot.

An Excellent Electuary very good for a violent Cough caused by a sharp thin tickling Rheum.

Take Conserve of Roses, and work into it by strong grinding and beating in a Mortar, as much as you can of pure Olibanum, (white Frankincense) in very subtil Powder, so that the Consistence be very stiff of the Frankincense: Of this, take as much as a good Hazel-Nut in a Spoon, with a little Syrup of Violets about it, or Syrup of Ground-Ivy; take it in the Morning and at night, and somimes in the day if need be: This hath been often approved.

Another very Excellent Electuary for a violent Cough and Obstructions of the Lungs, much Approved.

Take Conserve of Ground-Ivy two ounces, Conserve of Red Roses one ounce, *Lapis Hematites*, Crabs Eyes, reduced into a fine powder, of each three drams, Frankincense in fine powder two scruples; Oyl of Cinamon and Mace of each three drops, Syrup of Comfrey-Root, and of red Poppy of each half an ounce; Make it up into an Electuary; whereof take the quantity of a Nutmeg, in the Morning fasting, and at Night.

A very good Posset for a Cold or Cough, be it never so violent, which hath cured many Persons both young and old.

Take a Quart of Milk, and make a Posset thereof with a pint of Ale; then strain it, and put into it two spoonfuls of Aniseeds beaten, two Pippins sliced with the parings, and a stick of Liquoras bruised, and a quarter of a pound of Raisins stoned; let it boil gently for half an hour; then strain it again, and drink as draught thereof warm with a little piece of fresh Butter in it: Take it two or three times a day.

Another Electuary for the Cough and Rheum falling upon the Lungs.

Take half an ounce of conf. Roses, a spoonful of Syrup of Violets, 3 spoonfuls of Honey, Frankincense in fine powder, and Flower of Sulphur, of each one dram; mix them well to an Electuary; which take upon the bruised end of a Liquoras stick.

The Lady Garret's Excellent Remedy for a Cold or Cough; Approved.

Take Fennel and Parsley Roots, four of each wash and scrape them, and take the pith out of them; Maidenhair, Rosa Solis flower, of each

for the Breast and Lungs.

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one handful; Liquoras, Coriander, and Ani-
Seeds one ounce, five leaves of Harts-tongue,
Lungwort and Liverwort, of each a handful,
Raisins stoned half a pound; shred the Herbs,
and bruise the Seeds, and put them all in a pot-
tle of Spring-water in a pipkin close covered;
which set on hot Embers for a whole day, till
the Liquor be half consumed; then strain it
without pressing it; then sweeten it with brown
Sugar-Candy, and drink thereof Morning and
Evening.

Dr. Harvey his Excellent Snail-water against Con- sumptions and Hectick Feavers.

Take a pound of Garden-Snails with their
shells, especially those that are about Vines;
wash them well with water and a little salt;
then wash them once or twice more with fair
water, to wash off the salt; then bruise them
with their shells to a Mash in a stone-Mortar:
add to them Ground-Ivy, Spedwell, Lung-
wort, Scabious, Burnet, Coltsfoot, and Net-
tle tops, of each a handfull; English Lique-
as, half an ounce; Dates stoned twelve in num-
ber; of the four great cold Seeds, of each one
drum and a half, Saffron a scruple, put them
with the Snails in a new glazed Pipkin, or a
Tin Coffee-pot, which is better, and pour on
them a quart of Spring water; fasten the Co-
ver close to the pipkin, by pasting it round with
Clay: Set the pipkin in a Kettle of hot wa-

ter over the fire ; let it stand therein for twelve hours ; then strain it, and press out the Liquor, dissolving into it while it's warm a quarter of a pound of clarified Honey, put it up in Glass-Bottles, and keep it in a Cellar.

Note. That the Herbs must be shred, the Seeds bruised, and the Liquor as cut small.

This water cools the heat of the Hectick Fever through the cool, clammy, and glutinous substance of the Liquor of Snails : It repairs the parts consumed, it facilitates expectoration, that is, it makes the tough Matter and Flegm come up easie by Cough, through its lenifying quality, whereby it sweetens the Humors, by allaying those gnawing Salts that prey on the Lungs. Some would have this to be distilled ; but in the distilling of the Snails, there is no part of the unctuous or glutinous Liquor that cometh over or passeth the Alembick, but remains in the bottom of the Still, and a meere Flegm and Elementary water cometh over, which hath not power to do the Effects above-mentioned. For this, and other Reasons, these Doctors commend the aforesaid Water. This Water is also good for Rickets in Children. It have been told by several credible persons, who have seen the experience of it, that many persons have been recovered out of a Consumption by eating Snails boiled in Milk; the Snails washed with water and a little salt, and then washed again once or twice to wash off the Salt, and then stamped with their Shells, as in the foregoing

ing Receipt, then boil them in Milk, and having strained it, grate some Nutmeg in it, and so eat it.

The Syrup of Turnips is very good for a Cough or Consumption. Make it thus.

Bake a quantity of Turnips pared, in a pipkin close covered, in an Oven with Household-bread, then press out the Liquor as hard as you can: Take of this Liquor one pint, Hyfop-water half a pint, boil it with brown Sugar-Candy to a Syrup, and clarify it with the White of an Egg.

Another Remedy against a Cold or Cough.

Take a pint of Hyfop-water, a quarter of a pound of Sugar-Candy, a spoonful of Aniseed bruised, and a small stick of Liquoras scraped and bruised, a Pippin sliced with the parings) let this stand together all night, the next morning boil it a quarter of an hour; then strain it, and take three or four spoonfuls of it at a time warm, in the Morning and at Night when you go to bed, and at any time in the Day.

*Another Remedy for a Cough or Cold from an
Eminent Lady.*

Take Hysop, Raisins of the Sun stoned, and Figs sliced, of each a small handful, Aniseeds bruised two spoonfuls, Colts-foot a good handful; shred the Herbs, and put all together into a Gallon of Spring-water; boil it until above half be consumed, putting into it towards the latter end a good stick of Liquoras scraped and bruised; then strain it and stir in it three or four Spoonfuls of Honey. Drink thereof warm four or five spoonfuls at a time in the Morning, Afternoon, and at Night.

*An Excellent Eleſtuary for a Cough or
Consumption.*

Take Enulacampana-roots, boil them a little in Water, then pour away the Water, and boil them again in fresh water until they be tender; then mix them with as much of the Pap of roasted Pippins, the weight of these both of brown Sugar-Candy in fine Powder; stamp these well together in a Stone-Mortar to a Conserve.

Take of this every morning the quantity of a Walnut for a week or fortnight, and afterwards take it but three times a week.

Another

Another Experimented Remedy for Asthma, Shortness of Breath, Straitness of Breast, and Oppression of the Stomach, &c.

Mr. Newel told me a Friend of his being much troubled with the Diseases above mentioned, took for some time every morning three spoonfuls of the best Sallet Oyl he could get, with a little Sugar; this he continued for some time, and was perfectly cured.

I have been told, that several persons have been cured of dry consumptive Coughs, by drinking every Morning a good Draught of Posset Drink, and then taking three spoonfuls of good Sallet Oyl after it; in the Posset was boiled some of the Moss that groweth upon Oaken pales a good handful in two quarts; the Posset was repeated at night without the Oyl, drinking it warm, and sometimes in the Afternoon, taking sometimes at night one of *Matthews's* Pills, drinking the Posset after it, going to bed.

Some have been cured of dry Coughs by the Use of this Posset alone boil'd with the white Moss that groweth upon Oaken pales, drinking it warm three times a day.

Another

*Another Excellent Remedy against Consumption,
Experimented by Dr. Bates.*

Take Colts-foot, Succory, Endive, Boragee Liverwort, of each six handfuls, shred them all, very small, put them in a Gallon of new Milk; let them steep all night, in the morning distill them.

Take of this water, and of Red-Rose-water, of each three spoonfuls; put this to half a pint of Red Cows Milk, sweeten it with Sugar of Roses, and so drink it warm; repeat the same in the Afternoon, and at night when you go to bed.

This is a very good Remedy; the water is good against Hectick Fevers; and the use of the Sugar of Roses is good when there is any Looseness.

The Syrup of Ground-Ivy is a very Sovereign thing in all consumptive cases; it is pectoral, cephalick, and vulnerary, and heals the Ulcers of the Lungs; the best time of making it is in *May*. The way of making it is thus: Take the Leaves and Stalks of it, cutting only the Root, then wash it, and drain it well; then shred it a little, and stamp it to a Mash in a stone-Mortar, then press it in a hair-bag in an Apothecaries Press, to get out all the Juice; which being settled, pour it off, and let it boil a walm or two, and the curd or dross will rise on the top of it; which scum off, then take two poundss

for the Breast and Lungs.

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pounds of Sugar to a quart of Juyce, and having clarified it with the White of an Egg, boil it to the Consistence of a Syrup.

For a Cough of the Lungs, or any stuffing or obstruction in the inward Parts; which hath often been approved, and found effectual by many.

Take a Cock, dress him, and cut him all to pieces, and bruise all the Bones of him; then take of Aniseed bruised four ounces, Muiliene, and Lungwort shred small, of each a handful; a Fennel-Root also shred small: put all these to boil in a pottle of spring-water for three hours close covered, and as the Liquor consumeth, supply it with a quart of Hyssop-water, and at the latter end put into it two ounces of Liquoras bruised; then strain it out, and press the Ingredients a little; then put into the Liquor two ounces of brown Sugar-Candy in powder. Take of this Liquor half a pint at night instead of a Supper, as hot as you can drink it, and lie down upon your back for a quarter of an hour. Do the like in the Morning before you rise, and fast three hours after it.

An

An Excellent Receipt for an old Cough, though never so great, used by my L. Hatton.

Take Raisins of the Sun stoned, and Figs washed and sliced of each two ounces, unset Hyssop a handful, Enulacampana dried and bruised two ounces, Aniseeds bruised one ounce, boil all these in a gallon of small Ale, till half is consumed; then strain it, and put to it Honey and sweet Butter, of each four ounces, Saffron dried and powdered, half a dram: boil them again gently till they be well incorporated. Drink of this Liquor warm, half a pint in the morning and at night. This Proportion made twice, hath cured Coughs of long continuance, and hath been often approved.

Dr. Hakins his Excellent Remedy for a Cold or Cough, as also to strengthen the Lungs, if there be any Defect in them.

Take three ounces of Enulacampana, scrape off the Rind, and cut it in thin slices, then boil it in three pints of Conduit-water, till it comes to a pint and a half; then put therein a pound of fine Sugar, and let it simmer a little on the fire; then take it off, and let it cool, and it will be a perfect Syrup, whereof take three spoonfuls morning and evening.

An Approved Remedy in all Affeets of the Breast and Lungs, as Colds, Coughs, Asthma, Phthisick, Hasting, or Wheezing, and Ratling in the Pipes.

Take the best old Malago, and distil it in a Glasse Cucurbite in *Balneo Mariae*; when you have drawn off the Spirit, change the Receiver, and continue the distillation, drawing off the flegm until there remain in the bottom a Substance like Honey; which pour out, and mix it again with the flegm that you distilled off last.

Drink of this Liquor two or three times a day, putting into every draught a few drops of the odoriferous Spirit of Benjamin; which you may prepare thus: Put a Pound of Benjamin into a low Cucurbite of Glasse, and distil it in *B. M.* or in a Sand Furnace, and there will first come over a clear Liquor, which will have all the odoriferous Scent of the Benjamin; which is a most excellent thing for the Breast and Lungs.

A Remedy for the Lungs when they are stoppt with Flegm, &c.

Take Enulacampana root well dried, Liquorras and Aniseeds, of each an ounce, Flower of Sulphur, half an ounce, Sugar-Candy, six ounces; make all into fine Powder, and take thereof half a spoonful three times a day.

Also

Also take the following Decoction.

Take a Pottle of Hyfop-water, Maidenhair, Scabious, Colts-foot and Horehound, of each a handful, Aniseeds and Liquoras bruised, of each one ounce, Figs sliced, Raisins of the Sun stoned, Dates sliced, of each three ounces; boil it all to a quart, and sweeten it with fine Sugar: Take a small draught of this warm, in the morning fasting, and at four in the Afternoon, and at Night, and as often as you think good.

An Excellent Med for the same.

Boil one Gallon of Honey with half a pint of Water, and scum it clean, then add four Gallons of Water, and boil it gently for two hours, scumming it all the while; then put into it four ounces of Raisins of the Sun stoned, Enulacampana roots two ounces, Fennel roots, Marshmallows roots, and Polypode, of each one ounce, Maidenhair, Colts-foot, Sage, Betony, Scabious, and Hyfop, of each a handful, Aniseeds one ounce; put all these Ingredients into it so soon as there rises no more scum; then let it cool, and work it with yeast, and Tun it. Drink thereof warm at pleasure: It is excellent for the Breast and Lungs.

Against

for the Breast and Lungs.

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Against the Rising of the Lungs, an Excellent Remedy.

There is nothing better than the water of Enulacampana roots, stamp the green Roots in a stone-mortar, and mix with them half as much of green Liquoras; then distil it in a Glass-Still. Take of this Water half a spoonful at a time, whensoever the raising doth trouble you, mix it with as much Muscadine or old Malago; or take it in the water of Ladies Mantel, or Leons foot, if you cannot take it alone.

To make Excellent Lozenges against a Co'd, Cough of the Lungs, and Consumption.

Take one pound of fine Sugar in Powder, Liquoras and Enulacampana finely powdered, of each four ounces; put them into a little earthen Pan, and moisten them with two or three spoonfuls of Unset Hysop-water, distilled when it is in its Flower; then sprinkle into it a little powdered Pepper, and cast them upon a Pie-plate with Flower strewed on it, when it is cold, form them out.

Lozenges to hold under the Tongue against Cough Defluxions and Rheumes.

Take Mastick, Nutmegs and Orrice roots in fine Powder, of each half an ounce, red Storax,

Storax, and Frankincense, of each an ounce and half, Raisins stoned, and Sugar penidies, of each two ounces: make a Paste thereof with Mead, and form it into Lozenges, about the bigness of a small Bean a piece. Hold one under your Tongue at your pleasure night and day; but especially when you are laid to rest, and let it dissolve of it self.

To make white Lozenges for the Breast and Lungs, Cold, Cough, and Rheum in the Head.

Take fine Sugar four ounces, white Sugar-Candy and Penide-Sugar, of each one ounce, Florence, Orice-root in fine powder, two drams. Liquoras in powder three drams, fine Starch-flower three drams. Mix them all together, and with Gum-Drabant steeped in Rose-water, make Lozenges. *To make Penide Sugar.*

Dissolve fine Sugar in Barley-water over a gentle Fire, and clarify it with Whites of Eggs twice; then strain it, and boil it gently, until it rises up in great bubbles, and being chewed, sticks to your Teeth. Then pour it upon a Marble-stone, anointed with Oyl of Almonds (letting first the bubbles sink, being removed from the Fire, and almost cold) keep it up in a body as near as you can, by bringing back the outside to the middle with your Fingers, being rubbed with a little starch-flower. When it is grown almost quite cold and ropy, draw it out in Threds, and twist them in what shape you please. *videmore Chap. 11.* CHAP.

Page 110. and so forwards.

C H A P. II.

Of Exquisite Remedies against the
S C U R V E Y.*The Compound Horse-Radish Water against the*
Scurvey.

TAKE of Garden and Sea-Scurvey-Grass, of each three pound, stamp them, and press out the Juice of them, which mix with Juice of Water-creffes, and Brook-lime, of each three quarters of a pint; to this Mixture add two parts of the best white Wine, six Limons cut into small slices; fresh Briony roots two pound, Horse-radishes one pound Winters bark four ounces, Nutmeg two ounces; steep them all three days, then distil it. The best way
D of

of distilling this water is in our Engine prefixe
 to the Book of Cookery, if you have not an
 Alembick with a Refrigeratory or Bucked head
 or a Worm; for if you distil it in an ordinary
 Still, you will lose a great part of its volatile
 Spirit, it being composed of all volatile things.
 You may also distil it in a Tin Cucurbite with a
 Glass-Head in a Sand Furnace; that is, an Iron
 Pot set up in Brick-work, as they do a Copper
 and instead of a Glass Cucurbite, have one made
 of Tin, which will last many years, whereas a
 Glass one will be apt to break; to which fit
 Glass-head, as is describ'd in the page of our Em-
 gin, & having put Sand in the bottom of the Iron
 Pot, about an Inch thick; set the Cucurbite upon
 that, and having fitted the Head and Receiver
 to it, and luted all the Junctures with Paste and
 Paper, fill the Pot with Sand round about the
 Cucurbite, and make a fire in the Furnace under
 the Pot.

The Vertues of the aforesaid Water.

It is not only prevalent against the Scurvey
 but it is also very good against the Dropfie, and
 the Stone and Gravel, both in the Reins and
 Bladder, Strangury of Urine, &c. for it is very
 diuretick; it is good against the Green Sick-
 ness, Stoppage of the Terms, and cleanses the
 womb; it opens Obstructions of the Liver and
 Spleen, and purifies the Blood: The Dose is
 from one spoonful to two or three, in Rhenish
 wine.

wine, morning and evening; you may also take it in a smart water, which is very good for the stone and Gravel.

To prepare an Excellent Antiscorbutick Wine of Dr. Mynsicht, in Scroderus Dispensatory.

Take the Juyce of Scurvigrafs, of Water-resses, of Brooklime, of Sorrel, all depurated, of each a quarter of a pint; Rhenish wine, two quarts; roots of Horse-radish, Enulacampana, of Flower-de-luce, cut into thin Slices, of each an ounce and an half; Seeds of Rocket bruised one ounce, two Nutmegs bruised; put all into a Stone Bottle, stop it very close, and keep it in a cold place for Use.

It universally evacuates all evil humors; curing the Scurvey to a wonder. It is recommended to be a perfect and infallible Experiment to purifie the Blood, being taken morning and night, a quarter of a pint at a time.

The manner of depurating Juyces is thus:

Let your Juyces settle for twelve hours, then pour it off gently from the gross impurities settled at the bottom; boyl it gently in a Pipin, and take off the Scum or Curds, letting it boyl only a walm or two, then strain it.

The Countess of Arundel's Scurvigrass-Ale.

Take Garden and Sea-Scurvigrass of each six handfuls, Fumitory and Ground-Ivy (or All-hoof) of each six handful, of Brook-lime three handfuls, of Watercresses six handfuls, of Horse-radish half a pound; wash them very clean, and dry them in a Linnen Cloth; then shred them and stamp them a little in a Stone Mortar, then take a bag of Boulter-cloth, and put it into the Bung of your Barrel, and put a Gad of Steel in the bottom of it to sink it down, keep the upper end of the bag out of the bung, and put into it your Ingredients; then put into it three Gallons of new Ale, and after three or four days drink of it, a draught in the Morning fasting, and another an hour before Dinner, in the Afternoon with some moderate Exercise after it: Also taking a gentle Purgative before you use this Drink, as some gentle Night-Pills, or the like.

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CHAP. III.

Of Choice and Experimented Remedies against the DROPSIE.

*very Good and Approved Remedy against the
Dropſie, wherewith a Great Lady was cured.*

Take Smallage, Thyme, Hyſop, Water-creſſes
Penyroyal, Nettle tops, of each a handful,
raway Seeds, Calamint, Elecampane roots,
each one ounce; boil it in fix quarts of run-
g water, until half be conſumed; then ſtrain
then put to this Liquor a pottle of Canary
k; add Liquoras ſcraped and bruised two
ces, ſweet Fennel-ſeed one ounce, Cummin
l, and Alexander ſeeds, of each two drams:
l all theſe together again for half an hour;
n ſtrain it, and keep it for Uſe.

D. 3

Take

Take nine spoonfuls of this Liquor in the Morning fasting, and as much about three or four in the Afternoon, and continue it for some time together.

Another very good Diet-Drink against the Dropsie

Take Polipode of the Oak six ounces, the Bark of *Lignum vite*, three ounces, Sassafras four ounces, Sena six ounces, Aniseeds three ounces, Epithymum, Stechados, of each half an ounce, Raisins of the Sun stoned, half a pound, Hermodactyles three ounces; Agarick Rhubarb, China root, of each half an ounce. Liquoras four ounces; put all these (being well bruised) into two Gallons of Ale, and six quart of white wine; let them infuse all night, then boil it in a Vessel close covered for two hours and a half; then strain it being cold.

Let the Patient drink of this Liquor three times a day, half a pint at a time, viz. in the Morning early, and another draught an hour or two before dinner, and about four in the Afternoon. Boil the remaining Ingredients in Ale as before, and drink of this second Liquor at meals, and at any other time, drinking no other Liquor but these two.

Let your Diet be of Roast-meat, of Mutton and Fowl, but not Veal, eating often Raisins of the Sun, with Biskets instead of a Supper.

Another

Another Approved Remedy against the Dropsie.

Take quick good midling Ale, and put therein a sufficient quantity of the best Wormwood, let it stand over night, the next morning take three or four Cloves of Garlick, peel them, and then prick them with a Needle in three or four places, then swallow them whole if you can; if not, you may cut them less: then drink a good draught of the Wormwood-Ale after it; and then do upon it as much Exercise as conveniently you can; at Dinner eat what you will of good wholsom Diet, but at night sup not, or but very little; and at going to bed, take the Cloves of Garlick again, and drink a good draught of the Wormwood-Ale after it, as in the Morning. Continue this till you are well, which usually is in twenty or thirty days; But during the Cure, you must every morning and night use the following Bath or fomentation: Take three Gallons of Conduit-water, and boil in it five or six handfuls of Mallows, and two pound of fresh Mutton-Suet (that which is next the Kidneys) skinned and shred small, and half a peck of Wheat bran; boyl it till the Fat be thoroughly melted, and the Vertue of the Mallows drawn out into the liquor; then strain it into a Tub or a large wooden Bowl, and bath your feet and legs therein for half an hour or an hour, fomenting the legs with the Herbs as hot as you can endure

it. This will draw much water from the legs; for after you have taken the Garlick and Wormwood-Ale awhile, it will drive the humors into the legs and feet, which will be much swelled with it, and pit much; but the Bath will draw all the Humors and Water out of them. This hath often been experienced with happy success.

You may also use the following dry Bath: Take yellow Amber the worth of three pence, or four pence; pulverize it, and mix it with a quart of good Wine-Vinegar, then take a Brick and make it hot, but not red hot; put it into a Tub, putting some Ashes under it; then powr upon the Brick the mixture of the Vinegar and Amber, and hold the swell'd legs over the smoak of it, covering the Tub well with Sheets or Blankets, that none of the Smoak may come out, and immediatly the Water will come out of the Legs, and they will be cured, whether they be swoln with the Dropsie, or with any other bad Humour.

Sir *Kenelm Digby* relates, that an Eminent person of Quality was exceedingly overgrown with the Dropsie, and his Belly swell'd to a prodigious Bigness, he sate in a sweating Stove, such as men use to sweat in, and used this Remedy, powring the Liquor with the Amber upon hot Bricks laid upon Ashes, to save the wood from burning; when the Bricks grew cold, they changed them, putting in other hot ones, and in a little while it melted him away to an incredible

credible proportion; but whilst he was in that Steam, he felt a wonderful active heat piercing into his Body. The Stove was covered close at the top with Sheet and Blankets, leaving only his Head in the Air, with the Cloaths fastned about his Neck. Once sweating thus served his turn; all his Servants with fresh hot Napkins could not suffice to wipe dry the sweaty water that ran out of his Body.

Another Excellent Remedy against the Dropfie, which Dr. William gave to Sir K. Digby.

Take Elder wood, and pare off first the grey outward Bark, then scrape off the inner green Rind, whereof take four handfuls, and one handfull of Wormwood: then take two quarts of Beer, and as much Ale, and two quarts of white Wine, put them together with the Ingredients, into a large Stone Bottel, stop it close, and let it stand so three or four days, that the Liquor may imbibe to it self all the virtue of the Ingredients; then strain it and bottle it up into quart Bottles; which being stoppt close, it will grow very quick and pleasant. Drink of this at Meals, and all times when you have need to drink. *If you add to this Composition two handfuls of the inner Rind of the Root of Mastich, it will be more efficacious, as you will understand by the following Remedy.* If you find the Drink too strong of the Ingredients, you may add more Beer, and Ale, and Wine. The Doctor said that

that the mixture of the several sorts of Liquors will cause the Patient to make water in abundance.

Another Experimented Remedy against the Dropsie, wherewith a man was cured who had been in the Hospital, but without Benefit, or Hope of Cure.

Take the Root of the Shrub called Gost (it groweth upon Hills and upon Heaths, it is full of Prickles and yellow Flowers) pare off the outward Bark, which throw away, then scrape off the inner Rind, and fill a pint-pot therewith loosely; then fill it up with Rhenish or white Wine; let it stand to infuse all night, the next morning drink a good Glass full of it, and continue it till you are cured.

A Famous Cure of a desperate Dropsie by a Diet of Garlick, performed by Dr. Farrar, upon an Eminent Lord.

Having well purged the Patient first with some fit Purge to carry away waterish Humors, the Doctor ordered him the following Diet of Garlick: Make some moderate Broth of Mutton, Chickens, and Capon or Hen, but not Veal; it must not be too strong of the Meat, nor too weak, but such as you may drink all the day; for you should drink no other Liquor. You must make but about a Pottle of Broth at a time, by reason it will not keep; and for this quantity,

quantity, you must take a Gallon of Water, into which, put above a handful of Garlick, and Rosemary, Thyme, Penniroyal, sweet Marjoram, Fennel roots, and Parsly roots; as also Currans, and a sufficient quantity of Salt. And after some days taking the Broth, put in; to every draught you take of the Broth, a spoonful or more of the Juice of Garlick, made by stamping raw Garlick, and then pressed out. But if you cannot bear it always to take this Broth, then use the following Decoction.

Take *Sarsaparilla* twelve ounces, China root five ounces, Sassafras three ounces; cut all these very small, and powr upon them so much Fountain-water as may cover them the breadth of three fingers; let them infuse in a Pipkin, which, set in a Kettle of hot water for the space of four hours; then throw away this water; and stamp the Ingredients in a Stone-Mortar; then boyl them in ten quarts of Fountain-water, in a Vessel close covered, till four quarts of it be consumed: Of this Decoction drink without any other Liquor but the Garlick-broth, taking sometimes the one, and sometimes the other.

Another Drink.

Take all the aforesaid Ingredients in the same manner prepared and stamped, and put them into a Bag, and hang them in a clean Vessel filled with Beer; to every of the Ingredients you must take a quart of Beer. Either of these

Drinks

Drinks is only in case you cannot bear the Use of the Garlick-broth, which alone will dispatch the Cure much the sooner, if you can bear it.

This course of the Garlick-broth is for all Obstructions and Superfluity of cold, raw Humors (clogging the Brains) as well as for the Dropsie.

To strengthen the Liver, use the following Electuary.

Take Powder of Turmerick, make an Electuary of it with Sugar, add to every ounce of it three drops of Oyl of Aniseeds made by distillation, and if you put a little Ambergreece to it, it will be better. Take of this Electuary two or three times a day the quantity of a hazel-nut; but take not above one ounce in a day.

Besides this, to strengthen the Stomach, use this following Stomacher.

Take Wormwood, Marjoram, Rosemary, Rue, of each one handful; Cloves, Cinamon, Mace, of each an ounce; bruise these Spices, and mix them with herbs shred small, and make a Stomacher thereof, and apply it. And you may likewise anoint your Stomach and Region of the Liver with Oyl of Nutmeg and Oyl of Roses.

Dr. Farrar gave this Receipt to Sir K. Digby, who

who recommended him to the Lord, and Sir. K. made the Bargain between the Lord and the Doctor, who was to have five hundred pound for his Cure; and I heard Sir K. say, that after twelve or thirteen days, the Patient began to piss in great abundance, and so very stinking, noisom, roping Matter, that the Nurse which emptied the Pots, was scarce able to endure the stench and noisomness of it: And continuing the Remedy, the Lord was perfectly cured.

The Silver Pills, as we prepared them in Sir K. Digby's Elaboratory, are also a specifick Remedy against the Dropsie; the description thereof is in Sir Kenelm Digby's Collection of Chymical Secrets, Printed for me in 1682.

A very good Plaister to be applied to the Belly for the Dropsie.

Take Rue, Camomil, Melilot, Calamint, of each two ounces; beat them small, and boyl them in Wine, and Oyl of Dill; then add Gummi Carane, Gum of Wax, of each as much as sufficeth to make a Plaister.

C H A P.

CHAP. IV.

Of Choice and Experimented Remedies against the Stone and Gravel.

Dr. Mynsicht his Stone-breaking Wine.

TAke whole Barly, red Cicers, of each one ounce and half; Roots of Rest-harrow, of Eringo, of Liquoras, of each one ounce; roots of Stone-Parily, half an ounce; Juniper-Berries bruised, Winter-Cherries, of each one dram; Gromwel seeds, Haws, Seeds of Mal-lows and Marsh-Mallows, of each one dram and half; flowers of Broom and Violets, of each one dram; dried Figs and Sebestens, of each twelve in number; cut and bruise them all, and put them to infuse in Rhenish wine and Rain-water, of each three pints, for four and twenty

ty hours ; then boyl it until a third part be consumed ; then strain it being cold , and to the strained Liquor add a quarter of a pound of refined Sugar, and keep it for Use.

It is much recommended to be of great Use in Diseases of the Reins ; it provokes Urine, and the Terms , breaks , dissolves , and expels the Stone, whether in the Reins or Bladder ; it opens and dissolves all slimy and Tartarous Matter obstructing those Passages. Drink a good draught of it every morning fasting.

*A most Precious Spirit to break and bring away
Stone and Gravel.*

Take roots of Elecampane , Burnet , Parsly, stones of a Perces head , Crabs Eyes, Goats-blood, of each one ounce ; seeds of water-Carrots , white Saxifrage , Fennel-seed , Aniseed , Gromwel-seed, Roman Nettles, Broom, Juniper berries, Winter-Cherries, of each half an ounce ; Pepper, white, black and long, of each two drams ; bruise all the Ingredients ; and mix them, and digest them in Spirit of Wine for twenty days ; then distil it in *Balneo Mariae* ; then dissolve in the distilled Spirit, Salt of Crystal two drams ; then take a hundred Monkey-pease, or Hoglice (those that rowl themselves round when they are touched) bruise them, and infuse them in the Spirit, until the Tincture is extracted ; then filter it, and keep it for Use.

This

This breaks the Stones in both Reins and Bladder, and brings it away by Urine, as also the Gravel. Take it in Arsmart water; the Dose is from one spoonful to three. It is a great Specifick in this Case.

Another Stone-breaking Spirit.

Take the shells of an Estridge Egg, pulverizee it, and digest it in Spirit of Salt, until it be dissolved, and the Egg-shells appear in bits; then filtre, and keep it for Use.

This Medicine was invented by the Emperor's Physicians, and as *Clossens* says, is second to none against the Stone and stoppage of Urine; it opens strongly, forces away the Stone and Gravel, expels Water in Dropsies, provokes the Terms, and sometimes purges by Stool.

Dr. Bacon's Remedy against the Stone and Gravel, which he gave to Sir Kenelm Digby.

Take four Gallons of running water, four pound of fine Sugar in Powder, Eringo roots, and Raisins of the Sun stoned, of each one pound; a Branch of fresh Rosemary: Boyl all these together till half be consumed; then work it up with a little Yeast; then Tunn it, and put the Peel of a fresh Limon into it: when it hath done working, you may bottle it if you please: of this drink morning and evening, and whensoever

ever you are adry. The said Doctor hath had great Experience of this.

The L. of Denbigh his Remedy against the Stone, unto which he attributes his Cure of the Stone, as he told Sir K. Digby.

Take a good ounce of Melon-seeds, and near quart of small quick Beer, and a little Rhenish wine; brew the chief quantity of the Drink with the yolks of six new laid Eggs, and draw the Milk out of the Almonds with another part of it, add a little Spirit of Clary, and as much Virgin-Honey as will sweeten it; then mingle and brew all together, and drink a large draught thereof.

This Drink is also very healing, and very strengthning every way, If you have not good Melon-seeds, you may take a good quantity of branched Almonds, and you may put in Juice of Orange, and what you please.

An Experienced Remedy for the Stone and Gravel, and Stoppage of Urine.

Take wild Carot-seeds one dram, bruise them little, and powr upon them a draught of white wine; stop the Bottle close, and let it stand all night; the next morning strain it through a linen Cloth, and drink it.

This cured a Gentleman in France, who was much troubled with Stoppage of Urine, and

Viscosities ; which they called the Stone ; once taking this Remedy, preserved him from all inconveniencies of Urine for half a year. When the Disease grew again upon him, he took again this Remedy.

Another for the same.

A Gentlewoman told me that she was much troubled with the Gravel, Strangury, and stoppage of Urine, so that in ten days time she did not make a pint of water, which was a great torment to her ; she was taught to take Oyl of Olive and Milk, of each a quarter of a pint, and a spoonful of honey ; mix all together, and drink it blood-warm. This opened the passage of Urine, and caused her to make water in abundance, with Gravel, and she was perfectly cured. Oyl of sweet Almonds would have been better than Sallet Oyl.

Sir K. Digby's Remedy for the Gravel and Strangury, and Stoppage of Urine, which I prepared many times for him, and by which he found great Relief.

Take the white of a new-laid Egg, and beat it well with a Spoon in a Porringer for a quarter of an hour ; then let it settle, and take off the Scum ; mix the clear with two spoonfuls of white wine, and four spoonfuls of red-Rose-water, and put to it one ounce of Sugar-Candy in powder ;

against the Stone and Gravel. 51

powder; mix all well together, and take it in the morning fasting, and another at night going to bed. Continue this six or seven days.

Another very precious Remedy against the Stone, Gravel, Stoppage and Strangury of Urin, of Dr. Horstius.

Take Saxifrage roots one ounce; Jews stone one ounce and a half, asparagus and Scordium, of each half a handful; seeds of Parsly, Bishops seed, Ivy of the wall, broom, bay-berries, of each two drams; prepare them all, and powr thereon a sufficient quantity of Rhenish wine; digest it in the Sun, or in warm Sand for twenty days.

It is an excellent Remedy against the Stone and Gravel, Ulcers in the Reins and Bladder; it is good against the Colick, it provokes Urin and the Terms. The Dose is seven or eight spoonfuls in morning fasting.

Another Remedy against the Stone and Gravel.

Make a Posset of a quart of Milk, Ale and white wine, a quarter of a pint; then having taken off the Curd, put into the Posset Parsly roots, Leaves of Pellitory of the wall, and Mallows, of each a handful, water cresses half a handful, two sprigs of Thyme, Liquoras bruised one ounce; shred the herbs, and let all boil until there remain but a quart, which sweeten

with Sugar-Candy, and drink a Draught of
in the Morning, or at any time before meat.

*Dr. Horstius his great and approved Water to break
dissolve and bring away the Stone and Gravel.*

Take of the Juice of Leeks, Onions and Rason the
dishes, of each two pounds; Juices of Limon
Pelitory and Moufe-ear of each half a pound
Calx of Chrystal, Pigeon-dung of each half
pound; digest it for ten days, then distil it.

*This is recommended to be one of the most exce
lent Medicines yet known against the Stone and Gra
vel: Dr. Salmon says he hath known it do wonder
even in desperate Cases: You may give it from o
dram to half an ounce at a time, in some fit Vehicla
as Rhenish wine, or Allone, or in Persicary wa
ter.*

*Note, That if you add to the Composition two
pound of Monkey-pease, the heads of them being
pulled off, and thrown away, and then the Bodice
bruised, it will be much the better.*

A Remedy to provoke Urine, much approved.

Take a black Flint stone that strikes Fire, heat
it red hot in a strong fire, then put it into a pint
of white wine, and cover the pot, and when it
is thorowly quenched, let the Patient drink it
clear off.

Another

against the Stone and Gravel. [53]

Another for the same.

Take Horse-dung new made, boil it in Malaga; then strain it, and lay the Horse-dung very warm between two cloaths, or Plaister-wise from the Throat to the bottom of the Belly, eight or ten Inches broad; apply it at night, the Patient lying upon his Back: apply hot fumes on the outside to continue the Heat.

This hath been proved by many with good success.

To provoke Urine in an hours time, mix fine Powder of Saffron with black Soap, and apply it to the Navil, being spread on Leather.

Sir Kenelme Digby's Excellent Remedy against the Stone, which the Lady Digby, Sir Kenelme's Mother usually took, and found the greatest Benefit by it.

Gather the Leaves of Golden-rod when it is in its greatest vigor; dry them in the shade, and when you are troubled with the Stone or Gravel, take one ounce thereof (made into subtil powder) in a small Glass of white wine and Milk, of each a like quantity; repeat this as often as there is cause for it.

When the Herb is fresh and green, you may boil a handful of it in white wine Posset Drink, and drink it instead of the dried Herb, which is to keep all the year.

*The Lord Ruthen's Receipt to prevent the growth
of the Stone and Gravel.*

Take French Barly a handful, wash it in several waters, Marsh-mallow roots, half a handful, Liquoras two drams, sweet Fennel seed, a spoonful; boil these in a Pottle of Spring-water till a Pint is consumed or more; then strain it, and dissolve in it a dram of Gum Arabick.

Drink of this cold in the Morning fasting, and as often as you please, till it gives you ease.

*Another very good Remedy against the Stone and
Gravel in the Kidneys.*

Take of Mallows and Pelitory of the wall of each a handful; sweet Fennel seeds, Grumwel seeds bruised, and Raisins of the Sun stoned, of each one ounce; Liquoras scrap'd and bruised half an ounce, ten Figs sliced; boil all these in a quart of new Milk (till a fourth part is consumed) then strain it, and with white wine and small Ale, of each three quarters of a Pint make a Posset; drink thereof at pleasure, half a Pint at a time, adding to it a spoonful of Syrup of Marsh-mallows to every draught.

Another

against the Stone and Gravel. 55

Another very good Remedy for the same, much approved.

Take Saxifrage, Pelitory of the wall, wild Thyme, young Radishes, Leaves and Roots, Parsly Leaves and Roots, the tops of red Nettles, red Sage, and Harts-horn rasped, of each handful; shred them all very small, or rather stamp them, and infuse them all night in a Gallon of new milk; the next morning distil it with moderate heat. Drink of this Water with Syrup of Marsh-Mallows.

Another for the Stone and Gravel, and for Strangury and Stoppage of Urine, much approved.

Take the Fat of a Buck Rabbit, melt it, and anoint the Back and Reins with it.

This will open the Passage of Urine wonderfully. A Child was cured with this, so that in twenty four hours it made four Pots full of Urine.

Diet for prevention of the Stone and Gravel, or to be observed by such as are troubled with it.

Forbear eating of Eggs, all salt and tart meats and sauces, Pork, Milk, or any thing made of Milk, except Possets, Cabbage, Colworts, Colli-flowers, and such like; let your Diet be Mutton, Veal, Rabbit and Fowl, and the quantity

moderate; let your Drink be of the midling fort, and not too stale; forbear drinking Claret, drink Spanish Wine rather than French.

CHAP. V.

Select Remedies against all sorts of COLICKS.

Dr. Turner's Remedy for the Cholick and Stone.

TAke two drams of Jet, one dram of Elder-flowers, Date-stones, one Nutmeg, Parsly-seeds, and Gromwel seeds, of each a spoonful; let them be all powdered and finely searced; take the weight of sixpence thereof in a draught of Posset-drink made with Ale and white Wine; take it in the Morning fasting, and about four in the Afternoon.

Another

Another for the same.

Drink of the distilled water of Parsley in white Wine or good Ale; it helpeth the Collick or Strangury, and consumeth the Stone.

Another for the Collick, Stone, Strangury and Dropsie.

Take Sena one ounce, Ginger, Aniseeds, Licorizas, Mace, Nettle-seeds, and great Saffron, each two penny weight, Cinamon three penny weight; reduce it all into a fine Powder, and take half a spoonful thereof in Posset, Wine, Ale or Broth.

present Remedy for all kind of Collick what soever.

Take Mint, Sage (both of them dry) of each two handful; digest them in a Pottle of the best Spirit of Wine in a Cucurbite for eight days; then distil it in *Balneo Mariae*, taking but third part of it; the rest is good, but in a weaker degree. Take of the first Spirit a dram and half in two ounces of white Wine.

For the Wind-Collick and Stone-Collick.

Take four long Pepper Corns, two Races of Ginger, both bruised, two sprigs of Rosemary, the shells of two new-laid Eggs in fine Powder, the

the inner Skins being taken away; boil them together for a quarter of an hour in a pint of white Wine; then beat the yolk of an Egg in a little white Wine, let it boil a walm, and brew them together with two ounces of Loaf-Sugar; drink it warm going to bed.

This hath holpen very many.

Another for the Wind-Collick and Stone.

Take four hard red Onions, boil them in three pints of strong Ale till a quart is consumed; then strain it, and drink it warm.

For the Collick and griping of the Guts.

Take Sage and Mint, boil them in a fit proportion of Claret Wine; then strain it, and sweeten it with a little Sugar, and drink it warm.

Another for the same, from the Lady Drury.

Take a green Turf of Grass, and lay it to the Navil, the green side next the skin, and let it remain there till you find ease.

Another for the Collick, Pain in the Stomack, or Worms.

Take a spoonful of the Powder of dried Orange peels, drink it in Wine, Broth, or warm Ale.

For

For the Collick or Ulcer in the Kidneys.

Make a Posset of Milk and white Wine, put thereto three spoonfuls of red Nettles, and an ounce of Syrup of *Althæa*. Take this proportion for three Mornings together, and by God's assistance, it will ease you of the pain.

For the Wind-Collick.

Take Columbine Leaves, Camomile, red sage, of each a handful; stamp and press the juice out of them; put as much Beer to it as will make a Posset; and having taken off the Curd, put into it Ginger and Nutmeg at discretion, and drink it warm.

CHAP. VI.

Of Remedies against all sorts of AGUES and FEAVERS.

A Remedy against an Ague.

TAke a large Nutmeg, and grate half of it, and mix it with the yolk of an Egg beaten; then put to it five or six spoonfuls of Plague-water; shake it well together, and let the Patient drink it an hour or two before the Fit, or as soon as he perceives that his Nails begin to change blew; repeat this until it be cured.

This is a very wholesome Medicine, it strengthens the Back wonderfully, and cannot be taken too often.

Ano. h. r.

Another for the same.

Take a spoonful of good strong Mustard, mix it with a draught of hot Ale, and let the Patient drink it whenever he perceives his Fit will come upon him. Repeat this two or three times if it cures not the first time.

Another for the same.

Take four spoonfuls of the Juyce of red Nettles, mix it with eight spoonfuls of strong Ale, give this to the Patient warm an hour or two before his Fit; let him lie warm covered in bed to sweat, with Bottles of hot wather at his feet and under his Arm-pits to cause Sweat.

You need not give so much of the Juyce to a Child; proportion it according to their age: This quantity here set down is for middling persons. If his Fit be uncertain, let him take it so soon as he feels any emotion of his approaching Fit.

Another Remedy for an Ague.

Take of Rue and Peniroyal each a handful; boil them together in a Posset made of Ale and Milk; drink a good draught thereof warm in a Morning fasting, and when you go to bed; continue this for three days together.

This cured a Woman that gave suck.

Sir Kenelm Digby's Remedy for the Ague, which hath cured many.

Take three drams of *Venice* or *London Treacle*; put it into a quarter of a pint of white Wine, and put it into a little pot very close covered, let it stew simpringly for half an hour, stirring it sometimes. Let the Patient take this an hour or two before his Fit, shaking it well together, and drinking it warm, let him go to bed, and cover himself warm to sweat. Repeat this two or three times.

This Medicine was fetched far and near, and it was delivered to all that came for it; and many persons were cured by it, both rich and poor; as also several of Sir Kenelme's Family. It is a wholesome and safe Remedy.

A Plaister for the Ague.

Take Hops and Salt, of each a handful, Corants a quarter of a pound; stamp these together in a Mortar, and lay it to the wrists.

Another Plaister.

Take Linseed, and bruise it well in a Mortar; make it into a Pultice with the Patient's own water, and lay it to the wrists.

Another

Another.

Take of the Leaves of strong Tobacco six
drams, Corants a small handful; beat them to-
gether in a Mortar; then mix them with so much
Turpentine as will make them into a Salve;
which spread upon Leather, and lay it to the
wrists. Spread it an inch thick, and lay it on
twenty four hours before the Fit.

*It will cure either a Tertian, Quotidian, or
Quartan Ague.*

*The Countess of Kents Powder, according to Sir
Kenelme Digby's Method, and as it was pre-
pared by his Order in his Laboratory, and as I
prepare it now.*

Take four ounces of black ends of Crabs-
claws, taken when the Sun is in the Sign of Can-
cer, Crabs-eyes, fine Pearls and Corals prepared,
of each an ounce; yellow Amber, half an ounce;
roots of *Contrayerva*, *Virginian Snakeroot*, of
each six drams; Oriental Bezoar three drams;
of the bones that are found in the hearts of
tags, four scruples; reduce all into a subtil
powder, sprinkle the Crabs-claws and Crabs-
eyes, and the Powder of Pearls and Corals with
little Juice of Limon to make it ferment a lit-
tle: Then the next day mix all well together,
adding one ounce of Tincture of Saffron, and
pour upon the Mass (when you incorporate it)
three

three or four spoonfuls of Spirit of Honey, or Jelly of Harts-horn, and Jelly of the Skins of Vipers that have been dried in the shadow. Then add to this Composition one ounce of *Trochisque* of Vipers; grind it all well together to make it well incorporate; then make it up into little Balls, and let them dry, and keep them for Use.

The Vertues.

This Powder is a most Sovereign Remedy in all Pestilential and Epidemical Distempers, in all Malignant, Spotted or Purple Fevers; it drives out the Small Pox and Measles, drives the Venom from the Heart, and hinders the Vapors to fly up to the Head and Brain; it is sudorifick, and drives out by transpiration all bad humors, resists Corruption, and corroborates and strengthens Nature.

The Dose is from six to twenty or thirty Grains, and in an extremity of the Plague one may give it from thirty to forty grains.

Sir K. D. had this Powder always ready by him in his Closet; and many persons of Quality far and near sent to him for some of it, when any of their Children had the Small Pox or Measles, and never any did miscarry of all that took it. It is also good against the biting of mad Dogs, stinging of Vipers, and other venomous Beasts.

A Cordial Julep to be taken with this Powder in the hot Fit of an Ague and Fever.

Take of the Countess of Kents Powder twelve grains, Cochinele two grains; grind them together, and let the Patient take it in a spoonful of the following Cordial Julep, drinking four spoonfuls more of the said Julep after it; this must be given when the hot Fit has been one hour upon him, and once in two hours let him take five spoonfuls more of the said Julep, and continue as long as the hot Fit lasts.

The Cordial Julep.

Take of the Elixetary-Milk-water, six ounces, Plague-water three ounces; double refined sugar six drams, mix them together. *This was ordered by Dr. Brooks.*

The Preparation of this Water you shall find in the Chapter of Cordial Waters.

Another Julep to cool in Fevers.

Take twelve parts of water, and two of honey, boil them very gently together, until they have scummed away all the Scum that will rise, and have clarified it with Whites of Eggs; then take it from the Fire, and put to it one part of Vinegar, and let it run twice or thrice through a Hypocras-Bag. Drink three or four
F spoon⁴

spoonfuls of it Morning, Evening, in the Night, once in two hours, or when you will.

This hinders the Fermentation of Sharp Humors, and their flying up to the Head.

A refreshing and cooling Drink in a Burning Fever.

Take four Quarts of Fountain-water, and five spoonfuls of French Barley, scald the Barley first in two or three waters, then boil it with half a pound of Corants, until a Quart be consumed; then put into it two handfuls of Wood-forrel, and as much common Sorrel shred small, and stamped; let them infuse in the Decoction for an hour without boiling; then strain it, and drink thereof with the Juyce of an Orange and a little Sugar.

An Excellent Julep of Lemons for a Calenture, or Burning Fever.

Take Limons and peel them, then press out all the Juyce from them, which being settled four and twenty hours, powr off the Clear, and strain it, or filtre it, and digest it in a stone-bottle in hot water or in Sand, for twelve days; then filtre it again, and digest again as before: repeat this until it settle no more fæces; in the mean time calcine the yellow Rind or Peel of the Lemons, and with distilled water draw the Salt out of the Ashes; put this Salt to the purified

All Juyce; and digest them for some time together; then put it into little Vials, of an ounce each, which is the Dose for a big body.

Two Dose of this will cure the greatest Burning Fever: it is best to give it by it self; but if the Patient doth not like the Taste of it, you may mix a little Sugar with it.

This is much better than the Syrup of Lemons; in the boiling there evaporates away the greatest part of that which is the best of the Lemons. This will keep good five or six years.

Dr. Farrar his approved Remedy for a Purple Fever.

Take Cochinele in fine powder thirty or forty grains to a person of twenty years, give it in some fit Cordial Water, or in Wine, if you have no Cordial Water at hand. If the Patient be younger, proportion it to his Age; as seven grains to a Child of three years old, eighteen grains to one of 6 years; after twice or thrice giving this, and keeping the Patient warm, the Disease will break out in Spots: But fail not to give it once or twice after they are stricken with it.

*Mr. Bussan, a famous Chirurgion in France.
his Approved Remedy for a Burning Fever,
wherewith he cured many, and one in Sir Kenelm's
presence.*

Take of the Leaves of Honisuckle a good
quantity, stamp them in a Mortar, put as much
fair water to it as will make a Glister; then
strain it, and put it into the Bladder or Syringe,
and give it the Patient not quite cold, but blood-
warm.

'It opens the Body, and cools the Veins.'

*'A Drink good in a Burning or Intermittent Fever;
or in the hot Fit of an Ague.'*

Take Whey, or Posset drink, if you have not
Whey; boil in Borage, Bugloss, Purslane, En-
dive, Succory, Sorrel, Violet Leaves, Lettice,
Knot-grass, and Mallows, with a Parsly root,
and a Fennel root, all shred small; let them
boil until the strength is out; then strain it, and
let the Patient drink thereof blood-warm all the
time of the Feaver.

CHAP. VII.

*select Remedies against the PLAGUE.**The King of Poland's Preservative against the Plague.*

Take the best Wine-Vinegar, six quarts,
 Juice of Celandine clarified, nine pints,
 Leaves and Roots of Avens, Roots of Elecam-
 pane, of each one ounce; Roots of Angelica,
 Cloary, Juniper Berries, of each two ounces;
 Take one handful; digest this two days in a
 gentle heat; then strain it, and keep it in Bot-
 tles clean stopped.

*This is a powerful Remedy, both for preserving
 from, and curing the Plague, and other Malignant
 Fevers: It also clears the Eye-sight to a wonder, ta-
 king a little Glass-full of it in the Morning fast-*

It is recorded that no man that drank this Medicine in the Great Plague 1592. was infected with it, but was preserved from it and all other Diseases.

Another great Preservative against the Plague.

Take Sage, Leaves of Elder, of *Rubus Idensis*, Rue, Rosemary, Wood-Sorrel, of each half a handful; stamp them all together in a stone Mortar; then put them into a stone-Pitcher, or other like Vessel, and powr upon them a pint of good white Wine, and a pint of Vinegar; let it stand to infuse for four and twenty hours; then strain it, and add to the strained Liquor half a pint of Angelica-water; then dissolve in it Mithridate and Venice-Treacle, of each one dram. Take of this Liquor one spoonful in the Morning and at Night, and you shall be preserved: And if you fear you have taken any infection, take two or three spoonfuls of it, and go to Bed, and procure Sweat.

The Great Antidote and Preservative which Sir Kenelm Digby bid me get prepared for his Family, when that Great Plague began in London in the year 1665, was thus:

Take a pound of the Leaves of Wood-sorrel, and pound them by themselves half an hour; then take three pound of fine Sugar in powder, and mix these together, and keep it stirring

and beating for three hours more; and then take four ounces of Mithridate or *London-Treacle*, and pound them all together for half an hour longer, which makes four hours in all; then put it up in Gally-pots, and tie it up close with a Bladder, or Leather, or Paper.

In time of Infection, take the quantity of a large Nutmeg every Morning fasting; and if you have taken any Infection, or if you find your self stricken with any Disease at the Heart, or pain in the stomach, take almost as much more, and go to Bed, and procure a moderate Sweat for an hour: Of this I took my self, and went up and down the City every day in the time of the Plague, and through God's Blessing was preserved, and all those that took it.

To preserve one in time of Infection, Sir Kenelm says, it is good to eat a little of the Tops of Rue with Bread and Butter, and a little very old strong Cheese in the Morning, and to drink a Glass of Stomack-water, Claret-wine, or wine and water after it.

An Excellent Perfume to burn and perfume the House in time of Infection.

Take Talk, and reduce it to Powder, and mix it with Vinegar, and burn it upon a Fire-hovel of Coals, and your House will be preserved

ved from any infectious Air. *This hath been sufficiently experienced.*

Another Perfume.

Take Roots of Angelica dried and pulverised; mix this powder with Vinegar, and let it steep therein three or four days; then put of this mixture upon a hot Brick every Morning and Night.

In Germany and Holland in time of Infection, they burn Juniper-berries on a Chaffin-dish of Coals, or upon a fire-shovel of Coals, and so go about the house with it, and into every Room. If the Juniper-berries be bruised, and mixt with Vinegar; and then burn'd it will be more effectual.

My Lady Allens Plague-Water.

Take Rue, Egrimony, Wormwood, Salendine, Sage, Balm, Mugwort, Dragons, Pimpernel, Marigolds, Fetherfew, Burnet, Sorrel, Scabious, Wood-bittany, brown Mayweed, Avens, Turmantil, Carduus Benedictus, of each a handful; Rosemary two handfuls; Angellica, Burdocks, of each one handful; shred all these together very small; then steep them in the best white Wine, as much as will cover the Herbs; then slice in a half quarter of a pound of Elecampane-roots: let all these lye in steep three Days and Nights, stirring them
once

once in twelve hours; covering the Tub close when you still it; lay it not above an Inch thick in the bottom; save the first running by it self.

The London-Plague-Water.

Take Roots of Angelica, Masterwort, Butcherbur, Piony-roots, of each four ounces; Vipers-grass, Verginian Snake-roots, of each one ounce; leaves of Rue, Rosemary, Balm, *Cardus Benedictus*, Scordium, Marigold with the flowers, Dragon, Gotsrue, Mint, of each two handfuls; shred the Herbs, and cut the Roots, and stamp them a little; and infuse them for two days in six quarts of Nants-brand; then put thereto six quarts of fair water, and distil it in a Limbec, drawing from it two Gallons, which put up in Bottles, and hang two drams of Safron in it, tyed up in a rag; or make the Tincture of two drams of Safron, with the first running; and mix that with the best of your water. To every quart of this water put two ounces of fine Sugar.

This is an excellent thing against the Plague, and all malignant Distempers; as the small Pox, Measles, Malignant, spotted and purple Fevers, &c. The Dose is from one ounce to two in Angelica, or sage-water, sweetened with Syrup of Clove Gillyflowers: you may also make a Julep of it with Alexeri Milk-water, as is directed in the Chap. for fevers.

Dr. Burges, his *sovereign Antidote against the*
Plague.

Take Sage, Rue, of each one handfull; shred
 and stamp them, and boyl them in three pints off
 Malmsey till a pint is consumed; then strain it,
 and set it over the fire again, and put it a penny-
 worth of long Pepper; Ginger half an ounce;;
 Nutmegs and Cloves, of each two drams; beatt
 and mix them together, and let it boyl a Walnu
 or two; then put into it one ounce of Methri-
 date, and half an ounce of Treacle, and a
 quarter of a pint of hot Angelica-water. Take
 of this a spoonful at a time every Morning du-
 ring the Contagion; and if already infected,,
 take two spoonfuls and sweat upon it.

Under God you may be confident of this sovereign
Antidote; for there hath never been Man, Woman or
Child, yet heard of, that made timely use of it, that
it hath not secured. It is excellent also in the small
Pox and Measles, or any malignant Fever.

Another very sovereign Antidote.

Take choice Myrrh, Cinamon, Aloes, Suc-
 cotrina, of each three drams; Bol armoniach,
 Mastick, *Lignum-Aloes*, Cloves and Mace, of
 each half a dram; powder the Myrrh, Aloes,
 and Mastick together by themselves, and the o-
 ther Ingredient together by it self; then mixe
 them well together; and keep it in a Glass close
 stopp'd.

Take

Take every Morning early two penny-weights of this powder in a Glass of white Wine mingled with a little water; and you may boldly venture, without fear under God, among the infected without danger.

Sir Walter Raleigh's Experiment to draw forth a rising or Plague-sore.

Take a Cock-Chicken, pull the Rump bare, and hold it close to the sore till the venom is drawn out, for then the Chicken will die; but you must apply fresh till the Chicken lives.

A sovereign Remedy against the Plague.

Take Elder-leaves, Rue, red Sage, and red Bramble-leaves; stamp and strain them severally with a quart of white Wine for all the several strainings; then mix it all together, and add some white Wine-vinegar, and Syrup of Wormwood; drink a spoonful of this Morning and Evening; and God willing it will secure you; for there is no Medicine more effectual than this. If the Sore appears, use the Rump of the Chicken above-mentioned.

In the Chapter of Cordial Waters you will find more Plague-waters.

An approved Remedy to cure the biting of a mad Dog, whether Man or Beast.

Take a handful of Rue, shred and stamp it; one dram of Treacle, and a spoonful of the shavings or filings of Tin; put all these into a quart of Ale, and boyl it till half be consumed; then strain it; and give the Patient thereof two spoonfuls, twice a day, Morning and at Night.

A most excellent Remedy against the biting of mad Dogs, Vipers, Serpents, or Snakes, experienced by a famous Chirurgeon

Take of the lesser *Consolida*, or Larks-spur; Chervil the white ends of Leeks, the tops of Broom, of each two handfuls; a little new Cream of the Morning-Milk, and a good handful of Salt; stamp them all together in a stone-Mortar, and with Juice rub the part grieved, which will be hard in the Flesh, and sometimes black; then lay the mark upon the part poultiswise, and tie it fast on with Rouls: the swelling will assuage in a short time, and the evil will be cured. Sir *Kenelm D.* relates, that the said Chirurgeon had cured some with this Remedy, whom other Chirurgions would have cut off the Arms or Legs bitten by venomous Beasts; and that among the rest, he cured a man in Sir *Ks.* presence, whose Arm was as black as Ink, being bitten by a Serpent.

Against

Against Venom or Poyson

Take Seeds of Sage, bruise them, and boyl them in Goats Milk, what quantity you please, till it is wasted to a third part. Drink thereof three days; It is a very soveraign and effectual Remedy.

For biting of a mad Dog.

Take rusty Bacon stamp it well with Bittony, Agrimony, of each equal parts; apply it to the Wound.

For biting of a Serpent, or any venomous Creature.

Drink the Juice of Plantine; and stamp Celandine and Plantine together, of each a like quantity; temper them with Urine, the staler the better, and apply it to the sore; it will assuage the swelling, and draw out the venom.

Also anoint the place with the Oyl of shell-nails being prickt with a Needle, and lay thereon a Snail unprickt,

CHAP.

(87) *Chap. VIII.*

Select Remedies against the FALLING-SICKNESS.

A very Efficacious Remedy against the Falling-Sickness, wherewith Sir Kenelm Digby cured a Minister's Son at Frankfort in Germany, in the Year 1659, to which I was an Eye-Witness.

TAKE of the Skull of a Man that died of a violent Death, of the parings of Nails of a man, of each three drams; Reduce this to a fine Powder, and grind it upon a Marble-stone; then take Polypode, of the Oak dried two drams, Mistletoe of the Oak gathered in the wane of the Moon half an ounce, Mistletoe of the Tile-tree two drams, Piony roots half an ounce; reduce all into a subtil Powder; then take six ounces

ounces of Sugar, boil it to the consistence of
sugar of Roses; then mix all the Powders with
it, and stir them well together over the fire,
that they may well incorporate together; then
take it from the fire, and make it up into Ta-
blets or Lozenges, about a dram apiece; where-
of, give one in the Morning fasting, and ano-
ther two or three hours after Dinner, and ano-
ther two hours after Supper: Continue this so
long as the Lozenges last.

Another for the same.

Sir *Kerelm Digby* relates, That in the year
1663. the Lady *Warwick* told him, That a
Daughter of her Husband's Elder Brother had
the Falling-Sickness in the greatest extremity;
so that she fell like a Logg seven or eight times
day, without any motion; They had put her
into the hands of the Ablest Physitians in *Eng-
land*, who in effect could do her no good. A
Gentleman, one of their Neighbours, under-
took the Cure, and performed it thus:

Take true Mistletoe of the Oak, the Leaves,
the Berries, and all the tender Branches, dry it
suddenly in an Oven, after the Bread is drawn;
then reduce it to a fine Powder; of which, give
as much as will lie upon a Shilling for one of
ripe years; for middle-aged, a Sixpence; for
a Child, a Groat: Give it Mornings and Even-
ings in Cowslip-water, three days before, and
three

three days after the Full of the Moon; Repeat this Remedy for some Months together.

This Cured also my Lord Herbert's Son, and many other persons of Quality.

The best time to gather the Mistleto, is in the Month of September, when it bears Berries, and in the waning of the Moon.

Dr. Mynsight his Excellent Remedy against the Falling-Sickness.

Take Sena two ounces, Turbith, Mechoacan, of each half an ounce; Raspings of Elks-hoof and Man's Skull, Nutmegs, of each two drams; Roots and Seeds of Peony, Mistleto off the Oak, of each half a dram; Cardamoms, Cassia ligna, Cloves, of each one dram; Flowers of the Male-Peony, of Lilly-convallis, off Lavender, of the Tyle-tree, of each half a dram; Rhenish Wine, one quart and half a pint: Digest it for two days in a warm place; then strain it, and sweeten it with double refined Sugar, three ounces.

This hath been confirmed by many Experiences, to be a singular Remedy against most Diseases of the Head and Brain; and Dr. Mynsight says it is a Divine Remedy against the Falling-Sickness, taking three or four ounces of it in the Morning fasting.

C H A P. VIII.

*Of Choice Remedies against all Diseases of
the EYES, and to strengthen the Sight.*

An Excellent Water against Dimness of Sight.

TAKE Benjamin one ounce, pure Honey, half
a pound, water of Fennel and Rue, of
each two ounces; Marjoram-water, one ounce;
mix them together, and distil it in a glass Still,
in our Engine.

*This Water hath made some see that have been
quite blind, washing twice or thrice a day with it:
it strengthens the Sight wonderfully.*

Dr. Scroderus his Excellent Water for the Eyes.

Take water of Eye-bright, of Fennel, Vervain, of each three ounces; Juyces of Celamidine, Rue, of each two ounces; long Pepper, Cloves, Nutmegs, Saffron, of each one scruple; Rosemary flowers, half a handful; Sarcocolla, Aloes, of each three drams; Galls of Partridgess one ounce; cut and bruise all small; then add Sugar, Honey of Roses, of each one ounce; put all into a Glass Alembick, and distil it in *Balneo Mariae* with a gentle fire; to every ounce of this Water put one dram of rectified Spirit of Tartar.

This Water being dropt into the Eyes two or three times a day cures Suffusioo or Catarachs, Pearls, Films, and other defects of the Eyes; as Experience hath often testified.

Another for the same.

Take white Vitriol, two drams; Barberries husked, three drams; Rose and Fennel-water, of each one pint; boyl them with a gentle fire to the consumption of half; then add Camphir three drams; then filter it through gray paper; and keep it for use.

This Water takes away Films, Spots, Pearls, and other things which dim the Sight.

A Green

A Green Eye-Water, much Approved.

Take Verdigreece two drams; yellow Oriment one dram; white Wine and Rose-water, of each five ounces; boil it gently five or six Walms; then take it off, and leave it upon the Faces without straining it.

This Water being dropt into the Eyes, cures the Membran and Web, takes away the Heat and Inflammation of the Eyes.

Water against Heat, Redness, and sharp Rheum of the Eyes.

Take Rosewater, Eyebright-water, of each two ounces; of *Trochisci albi Rhasis*, one dram; prepared Tutia, twenty grains; mix them together, and keep them in a Glass for Use; wash the Eyes therewith two or three times a day.

Another Water for the Eyes.

Take Rose, Plantane, and Fennel-water, of each two ounces: Tutia prepared, two drams; Fennel-seeds beaten, half an ounce; mix it all together, and keep in a Phyal close stopped: when you use it, strain a little of it, and wash the Eyes there with two or three times a day.

An Oyntment good for the Eyes

Take Spirit of Wine, two Spoonfuls; Spirit of Therebintin, one spoonful; the yolk of a new-laid Egg, and a spoonful of fresh Butter :: beat and mix it together, and put a little of it into the corner of the Eye.

Dr. Salmon's Excellent Eye-Water.

Take Rose-water three quarts, white Vitriol, five drams; digest them ten days; then filter it; then digest it ten days more; then filter it again, and add *Saccharum Saturni*, six drams; Camphire half a dram; digest again twenty days; then boil it, and filter it, and keep it for Use.

The Author says he hath made many see which had been blind several years with Films, Pearls, and other things, by barely washing the Eyes therewith four or five times a day for some time. It cures all manner of red and blood-shot Eyes, and Rheumatick, sore and inflamed; for which it is to be esteemed as a Jewel.

A precious Water for the Eyes, that hath restored the sight after some years lost in a short time.

Take red Rose-leaves dried, Smallage, Maiden-hair, Hyssop, Endive, Succory, red Fennel, Rib

Libwort, Celandine, Eyebright, of each two handfuls; wash them, and dry them, and steep them in white Wine for twelve hours; then distill it, and wash the Eyes with the water.

Another Eye-water excellent for Pin or Web.

Take white Wine, red Rose-water, each a pint; put them into a bottel; and add to it, Aloes, Hepatick, Lapistutia, in fine powder, and of the finest Sugar, of each four ounces; stop the bottel close, and set it in the hot Sun for a moneth, shaking it two or three times a day.

This Water is most Excellent, for any Pin, Web, Film upon the Eyes: It also taketh away the itching, heat, and soreness thereof.

Another precious Water for the Eyes.

Take Ground-Ivy, Celandine, and Daisies, of each one handful; stamp them with a little fine Sugar, or Sugarcandy in a stone-Mortar, then add half a pint of Rose-water; then press out, and put the liquor in a bottel, and keep for use.

This is recommended to be one of the best Eye-medicines that can be made. It taketh away all manner of Inflammations, Spots, Webs, Itchings and smartness in the Eyes; strengthens the Sight, and restores it though near lost. Dip a Feather in, and drop it into the Eye.

*Another Excellent Water, for sore, red, or bloody
shot Eyes.*

Take *Laps Calaminaris* the worth of a groat make it red-hot in the fire, then quench it in a pint of white Wine; do this nine times presently one after another; then grind some of the same Stone to fine powder, and put it into the Wine; put all into a Glass well-stopped, and drop some of it into the Eyes with a feather.

For a Pearl in the Eye.

Take an Egg, make a hole in it at one end, and shake out the white and yolk; then take three Cocktread, and put it into the shell again, with the quantity of a Hassle-nut of Honey, and the quantity of a Pea of white Copperas; then fill up the shell with Conduit-water, and set it to boyl gently upon hot Embers, till half of it be consumed; then filtre it, and drop frequently thereof into the Eyes; it will continue good a Fortnight.

An Approved Water for the Eyes; especially for the thick Cream growing over the sight of the Eyes.

Roast an Egg very hard; then peel it, and cleave it in the middle, and take out the yolk: then put into it a small piece of Allum, and while

it is hot joyn it together again) then put it in a Cloth, and wring it very hard, and save the water that will drip from it ; then put into this Water a little fine powder of Ginger ; mix it together, and drop it into the Eye with a feather two or three times a day.

For sore, red, and blood-shot-Eyes.

Take green Parsley, stamp it very well with the white of an Egg ; lay it to the sore Eyes ; it will soak out the Blood, and take away the redness.

1 Drink for dimness of sight caused by swimming in the Brows.

Take a handful of Suddernwood, boyl it in a quart of white Wine ; sweeten it with Sugar ; and drink thereof Morning and Evening.

Another Drink, which cures all Pains, Inflammations, Soreness and Defluations in the Eyes. Much approved of by Sir Kenelm Digby.

Take a handful of Ground-Ivy-leaves, and stalks, wash it clean, and swing it in a Cloth ; then shred it, and stamp it a little ; then boyl it in a quart of good Ale to a pint ; then strain it ; and take half a pint of it in the Morning fasting, and the other half at Night going to bed.

This is as admirable also to cure all Head-ach, Coughs of the Lungs, Consumptions, Stone and Gravel. It also cures the Jaundies, Obstructions of the Liver and Spleen.

Another Remedy for the Eyes.

Take English Copperas four ounces; grind it with one ounce of Camphir; put this in a Pipkin, and cover it with a Poringer, with some weight in it to keep it down; then set it upon gentle fire, to calcine it; and when it is hard take off the Pot and let it cool; then take out the matter and grind it to powder; and add four ounces of Bolarmoniack; then sift it finely. Take of this powder half an ounce, put into it a quart of water, and boyl it together; then put it in a Glass, and keep it for use. Dip a little green Sarsenet in it, and shut your Eyes, washing only the Eyelids, except they be very ill and inflamed, and then you may drop some into them; and if you find it too strong of it self, take one spoonful of it, and two spoonfuls of Rose-water, and so use it.

To restore a decay'd sight, and refresh and strengthen the Memory.

Take Eyebright gathered in *August*, before Sun-rising; make it into small bundles, and hang them up to dry where the Sun comes not; then bruise them grossly, and infuse them in white Wine;

Wine; and drink thereof three or four times a day, leaving the Wine always upon the Herbs.

An Excellent Remedy to strengthen the Optick Nerves, help a weak sight, and kill a Pin or Web.

Take a handful of Mayweed, two Munky-cases; (some call them Sows or Hog-lice, these which roul themselves round like a Pepper-corn when you touch them.) stamp and strain this together into a quart of Ale, putting in a little Ale to strain with. Drink of this till you find help; which God willing you will do in three or four quarts.

Another Excellent Water for the Eyes to strengthen the sight.

Take three quarts of Mallago-Sack, six ounces of Ship Bisquets, four ounces of white Sugarcandy; reduce them to fine powder, two handfuls of dried Elder-flowers; let them infuse twenty four hours; then distill it in *Baino Marie*; and with a piece of soft Spunge bath your Eyes therewith Morning and Evening when you go to Bed, and at any other time.

To stay a great flux of Rheum in the Eyes, often proved.

Take the white of an Egg, beat it until it is all froth; then let it settle, and cut a round piece of Sheeps-leather, prick it full of holes, and wet it in the Egg-water, taking off the froth; then scrape over it some Bolarmoniach, and apply it to the Temples; but if the humour abound, then lay a piece along the Forehead at Night when you go to Bed. Let it reach over the Temples.

To draw back Rheum from the Eyes.

Take a red Colewort-leaf, as much in quantity of red Sage, and a little Bay-salt, stamp them together, and put it in a Linnen-cloth, and lay it in the hollow of the Nape of the Neck; use it two or three Nights together; and God willing it will draw the Rheum from the Eyes.

Another approved one for a Pin or Web.

Take white Sugarcandy in fine powder, Honey and red Rose-water, of each one handful; boyl it together, and scum it clear, and drop it into the Eye.

Another

Another to dry Rheum, to strengthen and cleanse the sight.

Take Rose-water, one ounce, and a spoonful of white Wine; Tutia, one dram; Aloes, Epatica, and white Sugarcandy, of each twenty grains, all in fine powder; put all into a bottle; and drop thereof now and then into the Eyes.

For redness, soreness, itching, heat, and inflammations of the Eyes.

Take Celendive, three-leav'd-grass, Daisy-leaves, and Ground-Ivy, of each one handful; pick, wash, and drean them; then stamp them, and put in four spoonfuls of white or red Rose-water; then strain it, and put into it the bigness of a Wall-nut of white Sugarcandy; keep it in a Glass for use.

It is very good for the purpose aforesaid: the Ground-Ivy is Alehoof.

Another for the same, and to strengthen the Sight.

Take Rose and Plantine-water, of each two ounces; Aloes, Epatica, half a dram; white Copperas, two drams; white Sugarcandy, one dram; boyl them with a soft fire; being cold put it in a Glass for use; drop thereof into the Eyes.

Another

Another for the same.

Take Plantine, two handfuls; Houfleeck, one handful; stamp and strain them, and let the Juice settle; then powr off the clear, and add half as much Rose-water, the fourth part of a spoonful of powder of white Sugarcandy, and quench in it *Lapis Caluminaris* the bigness of a Wall-nut. Drop four drops of this water into the Eyes, Morning and Evening, lying upon your back.

For a Pearl in the Eye.

Take Hemlock, stamp it in a stone-Mortar; then put little Honey to it, and work them well together: If the Pearl be in the right Eye, apply a Plaster of it to the left Wrist, if in the left Eye, to the right Wrist; let it continue there three or four days.

Another for the same.

Take the Marrow that is in a Goose-wing, mingle with it Ear-wax, and work them well together; and anoint the Eye with it, and it will kill the Pearl.

For a prick with a Bush, stripe or blow in the ball of the Eye.

Take the white of a new-laid Egg, beat it, and then mix it with Honey; set it over a soft fire, and keep it stirring that it may not curdle; then spread it on a little Flax, and lay it on the eye, changing it every Morning and Evening; and by the blessing of God it will help it.

Another for a stroke or blow in the Eye.

Take Juice of Smallage, Juice of Fennel, and the white of a new-laid Egg, beat them well together, and apply it to the fore Eye.

Another for a stroke in the Eye.

Stamp Wormwood with the white of an Egg, and lay it warm three days together to the Eye or Eyes; then wash the Eye with Plantine-water and Honey.

A precious Water for the Eyes.

Take Smallage, Fennel, Plantine, Egrimo-ny Bittony, Eyebright, Scabious, Rice, Pimpernel and Sage; shred them all small, and steep them in the Urine of a male-Child, with a little Frankinsens; then distill them. Bath the Eyes with this water.

CHAP.

C H A P. IX.

Mr. Lochers, an able Apothicarry of London, his excellene Oyl for Deafness; approved by himself, and given to Sir K. Digby.

TAKE Oyl of bitter Almonds, and Oyl of Spicknard, of each six drams; black Helbore, half a scruple; Coloquintida, half a dram; Oyl of Exceter, two drams; Juice of Onyons, Juice of Rue, of each two drams; boyl these gently till the Juices be consumed; then strain it, and add two drops of Oyl of Aniseed, and one of Oyl of Oryganum. Powr a drop or two of this Oyl into the Ear, and lye upon your Bed with that Ear upwards that you intend to drop into; lye still for a quarter of an hour after; then drop into the other if it

re-

require. It is to be continued a Moneth or two, or three, as you find benefit: when you have dropt into the Ear, you must stop it with a little black wool dipped in the Oyl.

This has curd many of thick hearing and noise in the Ears, come by cold or sickness

Another Remedy much approved for the same.

Take a large Eel, flaw it, and cut it into three pieces; then stick them with Rosemary and Sage; and bake them in a pan in the Oven, laying them upon two sticks in the pan to keep them from falling into the liquor in the bottom; then strain the liquor, and scum off the Oyl or Fat; whereof take four spoonfuls, and as much spirit of Wine; mix them together; take of this mixture two spoonfuls; of Juice of Onyons, and Juice of the white ends of Leeks, of each one spoonful; put all into a Phiol, and stop it close, and shake it well for an hour, to make them well incorporate together: powr two or three drops of this into the Ear: and in all things observe the directions as in the former.

This was given me by a worthy Gentleman at Paris, who assured me he had cured the Governour of Callais his Sectreary with it, who had been deaf near twenty years; his deafness comming by a sickness.

Another

Another Excellent Remedy for the same.

Take an hundred of the large Ants Eggs, Take
 black Hellebore, Radishes sower bread, sweet
 Almonds, white Amber, of each one ounce; ^{er in the}
 Pulp of Colcquintida, Castor, Leaves of sweet ^{to be}
 Marjoram, Wormwood, Savin, Rue, of each ^{embled}
 two drams; bruise and mix, and infuse them in ^{an ender}
 two quarts of spirit of Wine rectified; digest ^{boch fast}
 them twenty days; then distil it in *Balneo Maria*; ^{ing es to}
 then put into the distilled spirit an hundred ^{lay take}
 live Munky-pease bruised; digest again for ^{ear for}
 twenty four hours; then filter and keep it for ^{ed of the}
 use.

Put a few drops of this Spirit into the Ear ^{Dr. C}
 Morning and Evening, stopping the Ear with ^{Drop}
 black Wool immediately; and it will take away ^{il or Q}
 the difficulty of hearing and deafness; as also ^{it burn e}
 all kind of noise, continue it till you are cured. ^{lying}

Another Remedy for Deafness.

Take of the Juice of Bittony, mingle it with ^{ed.}
 a Womans Milk that gives suck to a Boy; dip ^{The}
 black wool therein, and put it into the Ear; use ^{to digge}
 it eleven days together or more; if in that time ^{found}
 you find any benefit by it, then take Milk, boyl
 it with Oatmeal, and Juice of Bittony; and
 lay it poultiswise over the Ears Night and day;
 and continue it for some time.

Another

Another Remedy against Deafness that cometh of Cold.

Take a ranged Loaf of Bread of a mean Sweetbaking, well leavened and baked, cut it asunder in the middle, and lay both the parts very hot to both the Ears, first laying a linnen Cloth doubled next to the Skin as thin as the Patient can endure the heat; bind them on fast with a Cloth fastned on the head, and let it continue as long as the Patient feels any warmth, and then he may take another; if the Cold be great, you must use it for two or three Mornings together; take heed of taking Cold when you leave them.

Dr. Clodius his Remedy against Deafness.

Drop into the Ear one drop (no more) of Oil or Quintessence of Rosemary (which will not burn or pain them) and after it is soaked in, lying with that Ear up, stop the Ear with black wool dipped in the Spirit of Rosemary. Repeat the Drop after a day still as you find need.

This will cure a Deafness caused by Cold and Humors clogging and benumbing the Ears, and causes sometimes pain in them.

Another for the same.

Take red Mint or Horse-mint, mortifie and squeeze it in the hand till it renders Juice ; then take it with its Juice, and put it in the Ear ; change it often ; this will help the Deafness if the person hath heard before.

Another for the same.

Take Rue, Rosemary, Sage, Vervain, Marjoram of each a handful ; of Camomil two handful ; stamp them to mash, and mould them ; Rie- Dough, make thereof, one Loaf, bake it as other Bread ; then cut it in the middle, and as hot as may be suffered bind to your Ears, and keep them on warm and close for one day.

CHAP.

CHAP. X.

*Best Remedies against the MEGRIM
and HEAD-ACH**Sovereign Remedy for all Head-Ach, much
approved.*

Take a good handful of Ground-Ivy or Ale-
hoof, wash it clean and swing it in a Cloth,
shred it and stamp it a little, and boil it in
part of strong Ale to a pint: Give half of
in the Morning fasting, and half at night go-
ing to bed.

*This cures also all Pains, Inflammations and De-
mons in the Eyes; it is good against the Faun-
Coughs of the Lungs, Consumptions, Stone
Gravel, Obstructions of the Liver and Spleen.
Kenelm says, That the Herb being stamped,
applied to a Felon like to a Cataplasim, cures it*

marvellously and speedily: it is admirable for old Sores, which if they need cleansing, you may add little Copperas and Honey.

An Approved Remedy for Phrensie and Madnes.

Sir Kenelm Digby relates, that he was assured by a person of Credit, that one cured a woman that had been mad some years, by giving her draught of the Juice of Ground-Ivy, or Jill-go-by-th' ground, at once taking; and then tried it afterwards upon several others, and had always the same infallible effect.

Another Approved Remedy for Phrensie and Madnes.

Take the Juice of Sage, of Burnet, and Ground-Ivy, and give it to the Patient drink.

For the Head-Ach.

Take red Rose Leaves dried, mix them with Wheat-flower, Vinegar, and Oyl of Roses, and some Housleek; boyl them together until it is thick; then spread it upon a linnen-Cloth, and lay it upon the Forehead, and Temples, and it will ease the pain.

The Conserve of Rue is excellent for the Head and Brain preserving against Apoplexy, Paralysis, and the like. Make it thus; beat two parts

Against the Megrin and Head-ach. 101

Sugar, with one of Rue into a Conserve; eat
 thereof in the Morning fasting about the bigness
 of a large Nutmeg.

Another for the Head-ach or Megrin.

Take of the Oyntment called *Unguentum de-
 gum Rubrum*, one dram; Mastick powder'd,
 two drams; mix them, and make them into a
 plaster; which spread upon Leather, and lay
 it on the Temple on the pained side, or on both
 sides, and renew it every other day until the
 pain cease. *This I have approved.*

Another for the same.

Take a spoonful and half of the Whites of
 Eggs beaten, a spoonful of white Wine-vine-
 gar, Pepper in powder, and Frankincense, of
 each two drams; a spoonful of Honey; mix all
 well together, with as much Wheat-flow-
 er will make it into a Plaster, whereof make
 a plaster, taking it all, and apply them to the
 temples, changing them every Morning and
 Evening.

*Another for the Forehead to take away the
 Head-ach.*

Take four ounces of Rose-water; Oyl of
 Rose, one ounce; Rose-vinegar half an ounce;
 mix them together, and beat the white of an

H 3

Egg

Egg therein ; dip linnen-Cloth In it, being mill warm, apply them to the Forehead.

It asswages the pain of the Head, and repellent hot vapours.

Another for the Head-ach.

Boyl Camomil and Bittony in red Wine, and drink thereof.

For noise in the Head, or troubling in the Ears.

Take a green Ashen-stick, and put one end into the fire ; and out of the other end will issue forth water, which must be saved and mixt with a little Sivet ; drop thereof a drop or two into the Ear, and immediately stop it with a little black wool moistned in the same ; lye still a quarter of an hour with that Ear upwards you drop into ; then drop also into the other in the same manner.

An approved Medicine for a scald head.

Take half a peck of Oyster-shells, where the Oysters are newly taken out, burn them in clear fire, and when they are well calcined reduce them to a fine powder, and sift them fine as flower ; then mix it with *unguentum album* so that it be pretty stiff ; keep it in a Gally-pot for use ; it will last a year. Anoint the Head with it every day.

against the Megrin and Head-ach. 103

This is good also to dry up a waterish, itching
tumour in any part of the Body.

Another for a scald head.

Take Oyl of Olives, two ounces; put it in
a dishful of clear running water; stir and
beat them well together, as you would make
butter; then add some fine powder of Brimstone,
and May-butter, and make an Oyntment thereof
and anoint the head therewith.

Another for the same.

Take Rosen, half a pound; Pitch, two oun-
ces; then put into it the bigness of a small egg
of Hogg-fleet; (Barrows-grease) let them boyl
a little together, stirring it well; then take it
off, and keep it in a Gally-pot for use.

Clip off all the hair from the scald head, as
close as possible may be. Then whiles the Oynt-
ment is yet warm, spread it upon new Locke-
s that was never washed in Soap, and cut them
into divers Plasters, and keep them by you; you
may make as many at once as will serve a month;
when you lay them on, warm them a little be-
fore the fire only to make them stick; dress it
twice in a week; and when you see that the Pla-
sters have taken away the hair, and that the head
is bare as ones hand; then dress it but once
a week: you must pick off that hair with the
point of a Knife that the Plasters bring not off
with them; which you must do every time you

dress it till all the hair is clean come of: Begin to dress it *Michaelmas*, and continue it till *March* is past: and when the Head and Skin looks white, then it is a Cure; but as long as it looks red it is not cured; therefore dress it until it looks white. The hair you clip off from the Patients head, you must burn, and mix the ashes with the Oyntment while it is boyling.

For the Head-ach.

Take Cloves, Mace, Nutmeg, of each one dram; fine Sugar, half an ounce; reduce all to a fine powder; and take the fourth part thereof in a Cup of warm Posset made with Ale: It is very effectual. Also the Juice of Ground-Ivy snuffed up in the Nose, doth purge the Head, and doth often cure very great and old pains in the Head.

Another for the Head-ach, and to draw humours out of the head and face.

Take a new-laid Egg, open the top, and put out part of the white, then put in some powder of Commin-seed by degrees, and powder of Aniseed; then close up the Egg with course paste; then set it in the Embers to roast leasurely till it is very hard, and then cut it in the middle, and lay it hard to the Nape of the Neck.

It is approved.

For

*For a Cold and stuffing in the Head, to draw Rheum
from the Head, and comfort the Brain.*

Take an Orange, and pare off very thin the yellow Rind; rowl it up conveniently to thrust up into the Nostril, turning the inner moist side outward to be next your flesh within the Nose; put a rowl into each Nostril.

It will cause sneezing, and will make much water run down at the Nose, and comfort the Brain.

*Dr. Scroderus, his Cephallick Wine for the Head
and Brain, &c.*

Take Roots of Avens, two ounces and half; of Succory, one ounce and a half; of Elecampane one ounce; Cetarach, Paulsbittony, Carthusius, Liverwort, Centory, of each, one handful; dried Orange-peels, half an ounce and two drams; cut the Herbs, and bruise the Roots and Barks, and infuse them in a Gallon of Rhenish Wine for three or four days, shaking it often; then strain it, and drink a Glass-ful thereof every Morning fasting, and another at Night going to Bed.

It rectifies all Distempers of the Head and Spleen; it is also excellent for the Breast and Lungs; and is excellent in curing of Catarachs.

*A most Excellent Powder for pain in the Head
and Stomach.*

Take Aron-Roots, cut them small, and steep them in white Wine twelve hours; then powr of the Wine, and powr fresh Wine upon it, and let it steep as long; then dry them, and reduce them to powder. Take of this powder two ounces; Acorus, Burnet, of each one ounce; Crabs-eyes, half an ounce; Cinamon, three drams; Salt of Wormwood and Juniper, of each half an ounce; Sugar of Roses, one ounce; pulverise, and mix them together, and keep it in a Glass stopp'd.

This powder is a good Cephalick, and stomatick; is excellent against the Megrim, Vertigo, Melancholly, Coldness and Weakness of the Stomach, Wind, Stone, Quartan Agues, and all Tartarous Obstructions. Dose, from one Dram to two in a little Canary.

*The Lady Lusons Receipt to make one sleep in Erensie
and madness.*

Take the Gall of a Hare, boyl it in white Wine, and let the Patient drink thereof, and it will cause him to sleep until you give him Vinegar.

C H A P. XI.

Mrs. Rutherges Cordial Electuary against
MELANCHOLY.*Against Melancholly*

TAKE Conserves of Roses, of Borage-flowers, of Cowslip-flowers, of Clove Gilly-flowers, of each one ounce; of preserv'd Citrons, two ounces; of Alkermess, half an ounce; preserv'd Nutmegs, preserv'd Mirobolaus, of each half an ounce; Bezoar, fifteen grains; Tincture of Safron, half a dram; mix them together, and make it up in an Electuary, with Syrup of Clove Gilly-flowers, adding two or three drops of Oyl of Cinamon.

Another

Another against Melancholly.

Use to drink before Meal a Glasse of Clarret, with a spoonfull or two of Syrup of Clove Gilly-flowers: after meals eat some Marmalade of Quinces, or preserv'd Citrons.

A Drink very good for the Head and Eye-sight.

Take Bittony, Eyebright, Agrimony and Plantane, of each two handfuls; Ground-Ivy, three handfuls; shred them and stamp them, then boyl them In six Gallons of strong Wort for three quarters of an hour; then strain it through a Seive, and let it cool, and throw the herbs away; when it is fit put Yest to it, and put it up into a Runlet, and when it hath done working, close it up, and after seaven days, broach it, and drink of it at all times when you are thirsty: When it is half spent make more, and use it for two months together in the Spring, or in the Summer.

To purge the Head.

Take the Root of Pellitory of Spain, and chew it to and fro between your Teeth a good while; it will purge the Head, and fasten the Teeth.

Against

Against Hypochondriack Melancholy.

Set Horse-fleeces to the Fundament; and at Spring and Fall purge with Mechoacan Ale, or some other easie purging Ale for a Fortnight together; then take Conserve of Roses, two ounces; Conserves of Bugloss and Marygolds, of each one ounce; Cinamon in powder, one dram; mix them unto an Electuary with the Syrup of Poppies.

Take thereof the quantity of a Nutmeg three times in a week, when you go to Bed.

For the Head, and to strengthen the Memory.

Anoint the Temples of the Head once a month with the Gall of a Partridg; also rub the Soles of your Feet with mustard made with Vinegar.

Another Excellent Electuary against Melancholy, by Mr. Cranish.

Take Conserves of Borage and Bugloss-flowers, of each half an ounce; Confection of Alkerns, one ounce; Diambra, a penny-weight; Conserve of Rosemary-flowers, half an ounce; Orange-flowers candid, half an ounce; of the yellow Rind of Citron in powder, a penny-weight; *Aromaticum Rosatum*, two penny-weights;
two

two leaves of Gold ; incorporate these well together, and make thereof an Electuary; and take of it every Morning fasting, and at any time when you are afflicted with pensiveness and Melancholy.

A Cordial and Stomack Electuary, by Sir B. B.

Take Ginger, Cloves, Mace, Nutmegs and Galingal, of each one ounce; Cubebs, Coral and Amber prepared, of each two drams; Fennel-seeds, Dilseeds, and Caraway-seeds, Liquorice and Aniseeds, of each two ounces; reduce all into a very subtil powder, and make them into an Electuary with Conserve of Roses, and a sufficient quantity of some Cordial or Pectoral Syrup.

It comforts, Strengthens and warms the Stomach, and the Heart; expells Wind, and gives ease in the Collick and Iliack Passion; and is a good Pectoral; take the quantity of a large Nutmeg of it three times a day.

An Electuary for a Cold or Cough.

Liverwort, Hartstongue, Maidenhair, Hysop, Coltsfoot, Germander, Horhound, and Agrimony, of each one handful; shred them small, and boyl them in two gallons of Spring or Conduit-water, until it is consumed to a quart; then strain it, and put into the water a quart of Honey

...ey, and two ounces of the choicest Elecampane
...oot dried, and reduced to fine Powder; boil
...ese together to the consistence of an Electua-
...stirring it continually to prevent burning to;
...en put it up, and keep it for Use.

Take the quantity of a Nutmeg in the Morn-
...ag, and at Night, and in the Afternoon, and
...the Night, or at any time whensoever the
...ough troubleth you.

*An Electuary for Shortness of Breath and Phthi-
sicks.*

Take Manna two ounces, Sugar penides, three
...unces; Fox Lungs reduced to Powder, two
...unces; Oyl of Almonds, an ounce; Cassia new
...rawn, half an ounce; make an Electuary with
...yrup of Hyfop, or Ground-Ivy. Take half an
...unce of it in the morning fasting, and two hours
...efore Dinner, and in the Afternoon and at Mid-
...ight.

*It is excellent for Asthma and Phthifick, and when
...e Lungs are stoppt with Phlegm, so that the Pati-
...nt cannot but with difficulty draw his Breath.*

*Another Pectoral Electuary for stopping in the
Breast and Pipes.*

Take Elecampane, Hyfop, Liquoras, Gin-
...ger, Aniseeds, Cinamon and Galingal; all re-
...duced into fine Powder, of each a dram; boil
...them in six ounces of clarified Honey; add two
...ounces

ounces of brown Sugar-candy; while it is hot stir them all together: Take the quantity of an Nutmeg of it Morning and Evening, in the Night, and in the Day-time; let it go down leisurely, and drink not soon after it.

This hath cured many of Stoppage in the Breasts and Pipes.

Dr. Franck his Electuary for a Cough or Cold.

Take Elecampane root dried and made into fine Powder half an ounce; Liquoras and Sugar candy, both in fine Powder, of each three spoonfuls; make an Electuary with clarified Honey. Take the bigness of a Nutmeg of it in the morning, and when you go to bed; let it go down leisurely, and if the Cough troubles you in the night time, take also of it.

This hath holpen extream great Colds or Coughs. These Pectoral Electuaries were left out in the first Chapter.

An Electuary to comfort the Brain and Stomack, and sweeten the Breath.

Take Sage two handful, Rosemary flowers an ounce and a half, Cloves five drams, Cinnamon a dram, Nutmegs a Scruple, all in fine Powder; make it into an Electuary with Clarified Honey: Take of it half a spoonful in the Morning, and presently drink after it a Cup of burnt Claret.

Another

Another Electuary to comfort the Spleen and Stomach.

Take Sarsaparilla one ounce; the rind of the Root of Tamarisk, three drams; of the Root of Zedoary, two scruples; Purslane-seeds, one dram; reduce all into a fine Powder, and with Syrup of Citrons, and Syrup of the Juice of Orange, a sufficient quantity; make an Electuary.

An Electuary to comfort the Stomach, and prevent engendring gross Humors in the Brain.

Take Cinamon one dram, Lignum Aloes and Mace, of each half a dram; Cloves, one scruple, and fine Sugar or Sugar-candy, half an ounce; reduce them all into very fine Powder, and with Wormwood water make it into an Electuary; and take thereof two or three drams in the Morning fasting three hours before Dinner; make it into Lozenges of two or three drams piece, and eat them in like manner.

Most Excellent Electuary to strengthen the Stomack and Liver; which is also very good against the Scurvey.

Take green Ginger preserved, it is sold by Confectioners, and Conserve of Roman-wormwood, two ounces; Conserve of Wood-forrel,

Forrel, two or three or four ounces (more or less, as you conceive your Liver shall require) beat and work them together into a Pulp. Take thereof the quantity of a large Nutmeg two or three times a day.

You may make the Conserves by beating the herbs raw with two or three parts of fine Sugar to one of Herbs.

A Cordial Drink for weakness of the Stomack, and want of Digestion.

Take three pints of good Claret Wine, and half a pint of Mint-water; of Cinamon and Nutmeg, of each half a dram; of fine Sugar four ounces; reduce the Ingredients to Powder and put all into a Coffee-pot, and cover it close stopping the Pipe of the Coffee-pot, and let it stand in hot water for twenty four hours, but let not the Water boil: Then take it out, and strain it through a Hypocras-bag. Drink of this warm a Sack Glass-ful at a time.

If you have not a Coffee-pot, you may use a stoneware Jugg or Bottle, stopping it close, but let it not be full.

A very Excellent Plaister for the Stomack, that hath done notable Cures.

Take Mithridate, spread it pretty thick upon Leather, then strew upon it all over some grated Nutmeg

more require
p. Take
g two of
the
to be
Nutmeg, laid also pretty thick on ; and cover
is with another Leather like the former, sew-
g them together round about the edges : lay
is to the pit of the Stomack. The bigness of
the Plaster is to be a hands-breadth round.

*It is excellent for all Indigestions, Weakness and
Pain in the Stomack, which causes Loosness.*

*Another Cordial Drink for a weak Stomack and
want of Digestion, devised by Dr. Mynsight.*

Take Cinamon, Mint, half an ounce, Ma-
ck, Galingal, Cloves, of each two drams ;
Lam. Aromaticus, Cardamom, Ginger, of
each half a dram ; *Lignum Aloes*, Roots of
Sage and Zedoary, of each half a dram ; re-
duce them all to Powder, and digest them in a
part of Canary Wine, in a warm place, or in
a bath, or *B. Mariae*, until the Tincture is extra-
cted ; then strain it, and take thereof a small
draught Morning and Evening with a few drops
of Spirit of Vitriol.

*It warms and comforts the Stomack, and is ex-
cellent against trembling, fainting and swooning Fits
and Vomiting.*

Another, by Dr. Mily.

Take Cinamon, half an ounce, Cloves, Mace,
and Nutmegs, of each half an ounce ; seeds of
Anise, Coriander, and Ginger, of each two
drams ; bruise them, and digest them in five
pints

dints of Rhenish Wine; then strain it, and sweeten it with fine Sugar to your Taste. Drink thereof a quarter of a pint at a time.

It comforts and warms a weak and cold Stomack, causes a good Appetite and Digestion, and rectifies most Distempers of the Head and Brain.

My Lord Chesterfield's excellent digestive Powder to comfort the Stomack after Meat, or otherwise.

Take sweet Fennel-seed, half an ounce; Coriander seeds, one ounce; shavings of Hartshorn and Ivory, of each half a dram; Cinamon and Pear, or Crabs-eyes, of each half a dram: Sugar of Roses, two ounces; white Sugar-candy, three ounces; reduce all these severally into a subtil Powder, and then mingle them together, and so take thereof; keep it in a warm place. Dose so much as will lie upon the point of a Knife.

Dr. Riverius his infallible Remedy to stay a Vomiting

Take the true Salt of Wormwood, half a dram, mix it with the Juice of half a Limon and give it the Patient to drink; you may mix it with a little Mint-water.

It is a Sovereign Remedy which I have often approved with great success: it hath never failed.

*cheer the Heart, and comfort the vital Spirits,
and prevent Melancholy.*

Take of Harts-horn, one handful; of the
roots of Celandine, Flowers of Borage, and
Langue de Beuf, of each a handful; shred
the Herbs small, or stamp them a little, and
steep them in a Gallon of Brandy for a night;
then distil it; the distilled water sweeten with
sugar, and hang two drams of Saffron in it tied
in a Sarcenet Bag. Drink a little of it in the
morning fasting.

*Another Cordial to cheer and comfort the Heart,
and prevent Melancholy, and make the Body lightsom.*

Take a pint of Rhenish Wine, half an ounce
Cinamon-water, Water of Baum, Bugloss,
and Borage, of each half an ounce, Juice of
Citrons one ounce, half a pound of Sugar-can-
ny; seeth them together in a little strong glass-
bottle, setting it in boyling water; drink there-
of a quarter of a pint in the Morning fasting in
the Summer Season.

In the Winter season take a pint of Malmſie,
Muscadine, Cinamon, Cloves and Ginger,
of each two drams; Grains of Paradise, one
dram, Sugar, two drams; Musk one grain;
bruise the Spices, and boil all together in a Bot-
tle of Water; then strain it, and take a quarter
of a pint thereof fasting.

C H A P. XII.

¶ Select Remedies for all Diseases of the
M O U T H.

This Chapter contains Choice Remedies
for the Teeth and Gums, Scurvey in
the Mouth, &c.

For a Canker in the Mouth.

TAKE the Leaves of Woodbine, of Bramble
of Columbine, of each one handful; a little
Rosemary; shred them, and boil them in
fair water to the consumption of half; then
strain it, and put into the Liquor two or three
spoonfuls of Honey, and a piece of Roch Allum
in Powder, and three or four spoonfuls of V
negar

gar. Gargle the Mouth with the Water, and
rub it with the Herbs three or four times a day,
oftner if need be.

Another for the same.

Take Honifuckles, Plantane, and Sage, of
each a handful; Daizy Leaves, an ounce; boil
them in a quart of Water till they come to a
boil; then put to it Vinegar and Honey, of
each one spoonful, and a little Allom and white
salt.

*Another Approved Medicine for a Canker in the
Mouth.*

Take a Pint of Wine-Vinegar (the red is
best) Herb of Grace, Red Mints, Red Sage,
and Rosemary, of each a sufficient quantity,
chopped them small, and boil them together in the
Vinegar; then put into it a spoonful of Honey,
the bigness of a Walnut of Allom, and half a
spoonful of white Salt. Wash the Mouth well
therewith.

*It is a present and infallible Remedy which hath
Cured many.*

An Excellent Gargle for Inflammations of the Mouth, Jaws, and Throat, desperate Squinies, and other Diseases of the Mouth.

Take Poppy-water, Plantane water, of each an ounce; clarified Juice of Self-heal, two ounces; Diamoron, six drams; Saltpetre, four drams; mix them together, and gargarize with it often.

Another for the same.

Take Album Grecum, two drams; Liquor scraped, one ounce; Roch Allom, one dram; boil them a little in Rose and Poppy water, and Self-heal water, of each a sufficient quantity; then strain it. Take of this Decoction one pint; Rhenish or White Wine, a quarter of a pint; Diamoron and Dianicum, of each half an ounce; mix them together, and make a Gargle, and use it often in a day.

Dr. Scroderus his Water against the Distempers and Inflammations of the Throat and Palat.

Take Leaves of wild Pear-tree, Parsley, Sannicle, Woodbine, Water-Germander, Cinquefoil, round Birthwort, of each two handful; Thorough-wax, four handful; Stale Ale, six quarts;

against Distempers of the Mouth. 121

squarts ; bruise the Herbs, and put all into a Vessel close stopped, and let them ferment for three weeks ; then add three ounces of *Album Gracum*, and distil them.

It is excellent against all Inflammations of the Throat and Palat, and Soreness of the Mouth. Drink two or three Spoonfuls of it in the Morning, in the Afternoon and at Night ; likewise gargle often with it, or dip a linnen Rag into it, and wrap it about the Throat.

An Excellent Water to cure the Squinsie, sore Throats, Cankers in the Mouth, Heat and Inflammations, Bleeding of the Gums, and to fasten and whiten the Teeth.

Take Waters of Self-heal, Poppy-water, of each four ounces ; *Diamoron*, Syrup of dried Roses, of each an ounce ; Spirit of Sulphur, half a dram ; mix them together ; and gargle your Mouth with it.

An Anodine Gargle for the Tooth-ach.

Take Roots of Pelitory of Spain, two drams ; Ginger, Olibanum, of each half an ounce ; Red Sage, Henbane Seeds bruised, of each one dram ; Long Pepper, Opium, of each a scruple ; boil these in a pint of Vinegar ; then strain it, and gargarize with it.

It gives present ease in all Pains of the Teeth.

Another

Another Excellent Gargle against the Squinsie, sore Throat, Tumors, and Pain of the Mouth and Jaws.

Take Milk hot from the Cow, *Album Gracum*, half an ounce; Honey of Roses, two spoonfuls; Verdigreece, half a dram; boil them a little; then strain it out, and gargarize with it often:

It cleanses and heals Ulcers.

An Approved Remedy for the Tooth-Ach.

Take a little Cotton, and imbibe it with *Lucatellus's* Balsom, and so put it into the hollow Tooth.

This cured a Person that had the Toath-Ach in great Extremity, and had tried many Medicines in vain; after a little while he had used this Medicine, the Pain ceased, but came again within a week after: Then he applied the same Remedy a second time, and the Pain soon ceased, and never came again, though before he was very often subject to this Pain.

An Excellent Water for the Scurvey in the Mouth, and to fasten loose Teeth, to preserve and strengthen the Teet's, and Gums, &c. often approved.

Take Allom, one dram; Bolearmonick, two drams; Myrrh, half a dram; pulverize them, and

And put them into a pint of Claret, and when you use it, shake it well, and take a spoonful of it in your Mouth, and rub the Teeth and Gums with it; you may warm it.

Another for the same.

The Oyl of Myrrh is a most excellent thing to preserve the Teeth and Gums, and to fasten loose Teeth.

Make it thus:

Take fine chosen Myrrh in subtil Powder, put it in the Whites of hard Eggs, which set in a Cellar in a Bason, putting some Sand in the bottom of the Bason, to set the Whites of Eggs in, that they may stand upright, and the Myrrh will all dissolve into an Oyl; which is very excellent: mix this Oyl with some Oyl of Sage, made by distillation, and put them into Canary wine, wherein dissolve a little Salt. Wash your Teeth and Gums with this.

Another Remedy for the Tooth-Ach

Take Mastick and chew it in your Mouth, till it be as soft as wax, then put it into the hollow Tooth, and let it remain till it is consumed, and it will certainly take away the Pain thereof.

Sir Kenelm Digby's Sympathetical Powder hath cured many Persons of the Tooth-Ach; the
Pre-

Preparation whereof, with its Use and Virtues, will be set down in another Chapter below.

*Dr. Mynsight his Excellent Remedy for the
Tooth-Ach.*

Take the Shaving of *Lignum Vite* (which you may have at the Turners) Shavings of Sassafras, Sarsaparilla, of each an ounce ; Roots of Pelitory of *Spain* ; Raw Allom, Nitre, of each half an ounce, Seeds of Staves-acre, and of Henbane , of each two drams, Opium, Cloves , Mother of Thyme, Organy, Saffron, of each a dram ; reduce to powder what is to be powdered, and then mix them well together, and put them into a Bottle or Matress, and powr upon them good *Nantz* Brandy and Vinegar, of each one pint and half ; keep it in a warm place, or set it in warm water for some days ; shaking it often, let the Bottle be stopp'd very close with a Cork, and tied with a Bladder.

Take a little of this Liquor in your Mouth, and hold it on that side the Teeth ake, and the Pain will cease immediately ; also given inwardly, and used outwardly, it is one of the greatest Anodines in the world, eases Pain, and causes Rest. Dose is half a spoonful in a little Wine.

To

To Cure the Tooth-Ach, by the Lady Jennings.

Take white Hellebore, infuse it in white Wine Vinegar, over a Chafing-dish of Coals; then take half a spoonful of it, and hold and gargle it in that side of your Mouth where the Pain is, and it will give you present Ease. Proved by Mr. Bearson.

Another against the Tooth-Ach, and Rheum in the Teeth and Jaws.

Take a quart of old Crab-Verjuice, put it into an earthen Pipkin; put thereto Roch-Allom, the quantity of a Walnut, a few Cloves bruised, Rosemary and Thyme, of each one Branch; boil all together to a Pint; when it is cold, put it into a Bottle, and take a spoonful of it warm in your Mouth, and gargle with it on that side the Humor and Pain lieth, it will dry and stay the Rheum, and not draw it, and will fasten the Teeth infallibly. Proved by Mr. Fleetwood.

An Opiate for the Tooth-Ach.

Take Camphire, two drams; Opium, one dram; Castor, half a dram; pulverize them, and mix them with Syrup of Clove-gilliflowers over the Fire, that they may well incorporate to an Opiate.

It is excellent to assuage the Tooth-Ach; when any of the Teeth are rotten and hollow, put but a little into the hollow of the Tooth, and let it remain there; and renew it as often as need requires.

A most Excellent Opiate to cleanse and whiten the Teeth, which is much used by all the Nobles in France.

Take Pumice stone burnt, White Coral, Cuttle-fish Bone, and Cream of Tartar, Florence-Orrice-root, of each an ounce; reduce them all to a fine powder; Sal-armoniack pulverized, two drams; Musk and Amber, of each six grains; grind them all together upon a Marble Stone, or in a Stone-Mortar, with an Iron Pestle; adding so much Honey of Roses by degrees as will make it into an Opiate by grinding.

Then put it up in Gally-pots, and keep it for Use. Rub your Teeth with it.

Ladies that do not love the smell of Amber and Musk, may leave it out, and it will be never the worse for it; and it may be perfumed by adding a few drops of Aromatick Oyls; as Oyl of Cloves, Cinamon, Essence of Orange and Limon Peels, &c.

An infallible and much experienced Remedy to cure the Tooth-Ach, and to fetch out the Worms that are in the Gums and hollow Teeth.

Take Henbane Seeds well bruised, two spoonfuls;

s; Bees Wax four ounces: shred the Wax, and make it soft in warm water; then mix the ed well with it, and make a Candle thereof with Cotton Thred; hold the Candle being lighted, in your Mouth, putting the Heat and noak of it go into your Mouth as much as may be endured; and hold your Mouth over a bringer full of Water, and the Candle will draw out the Worms, and they will fall with the Rheum into the Water, so that you shall see some of them alive.

This hath been sufficiently experimented.

You may also put the end of a Funnel to the Tooth, and so hold the Candle in the Funnel, holding your Mouth over the Water.

C H A P. XIII.

Select CORDIAL WATERS
Distilled.

This Chapter containeth the choicest Cordial Waters; with the true description of that famous Water called the Queen of Hungarys Water.

The Lady Hewits great Cordial Water for all cold Diseases, to comfort the Stomach, the Spirits, the Head, the Heart, to stay the Rheum, the Hiccock, the bloody Flux, against the Plague, the Meazles, the small Pox, the Palsie, the Dropsie, and the Consumption of the Lungs. Copied from a Receipt in my Ladies Daughters hand; which she gave to the Countess of Monmouth.

TAke Roman Wormwood, Sage Bittony, Speremint, unset Hyfop, Setwel, Thyme, mother of Thyme, Bawm, Pennyroyal, Saincle, Salendine, Watercresses, Hearts-ease, Field-dazies Flower, Leaf and Roots, Angelica, Germander, Callamint, Tamarix, Colts-foot,

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Lot, *Carduus Benedictus*, Avena Valarian, wild
Marjoram, Saxafrage, Pellitory of the Wall,
Impernel, Varvain, Parsley, Rosemary, Sa-
vory, Scabious, Egremony; of all these one
handful pickt; a quarter of a peck of Rosema-
ry-flowers; half a peck of Cowslip-flowers;
half a peck of red Roses; of Camomile, Madi-
shair, sweet Marjoram, Plantane, Cumphry,
Pierrow and Rue; as much of these as shall re-
main, being picked out of a handful of each:
Of *Aromaticum Rosarum*, three drams; Spick-
ard, two drams; Elecampane-Roots dried,
Calamus Aromaticus, Galengal, Cubebs, Carda-
mom, Grains, Pepper, Lignum, Alces,
Chinne, Veroinca, Juniper-berries, one dram;
Bedoaria, two drams; Ginger, Cinamon, Cloves,
Mace, Nutmegs, Mellelet-flowers, of each two
drams: then take Fennel-seeds, Parsley-seeds,
Annyseeds, Caraway-seeds, of each two drams;
Mastshorn, one pound; all your Drug-spices
and Seeds, being beaten somewhat gross; and
all your Herbs being washed, wrung in a Cloth,
and shred: put them all into an earthen pot, with
two gallons of the strongest Sherry-Sack, to steep
all Night; your Drug-spices and Seeds, being
to be put into the midst of the herbs: Then
when you still, which must be the next day, out
of the whole quantity you must draw a quart of
the first, which is best; then a pint of the se-
cond which is next in goodness; and mingle
those three pints together, which is the usual
water; and if it prove too strong, put a little
K more

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more of the weaker sort to it : The third and last sort is for other uses, as hereafter ; you must Aromatine each Pottle of your first useful and drinking Water, with thirty grains of Beaser ; twenty four grains of Musk, twenty grains of Ambergreece ; one pound of Sugarcandy ; two drams of Coral ; two drams of Pearl, and one dram of Amber : all must be beaten very small and must be stirred twice a day till it be dissolved.

Another very precious Cordial Water of very great vertue, called the Golden Palse-Water ; Copied from my Lord of Portland's Copy that he had from my Lady Lovelace ; composed by Dr. Mathews

Take flowers of Lavender, two quarts ; spirit of Wine, one gallon ; and half digest them in a glass-bottel close stopped in the Sun for six days ; then distill it in an Alembick, with its refrigeratory, and keep the Spirit. Take flowers of Sage, of Rosemary, of Bittony, of Borage, of Bugloss, Lillies of the Valley, and Cowslips, of each half a handful ; put them all into a gallon of Spirit of Wine ; and put into them leaves of Bawm, of Fetherfew, tops of Rosemary, and flowers of Stechas, and Bayberries, of each half an ounce ; powr upon them the foregoing Spirit of Lavender-flowers, and digest them twenty four hours ; then distill to dryness ; then put into this Spirit the thin yel-

low

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Now Rind of Citron-peel, and Piony-seeds husk-
ed, of each three ounces; Cinamon, Mace,
Nutmegs, Cardamoms, Cubebs, yellow San-
ders, of each two drams; wood of Alves, half
dram; bruise them all, and digest for twenty
four hours; then strain it, and put it up in a
large glass-bottel, and hang in't the following
ingredients.

Take Pearls ground to subtil powder, one
dram; Ambergreece, Musks and Safron, of
each half a scruple; red Rose dried, and red
Sanders, of each two drams; red Sanders, Ci-
tron-peels, dried all in subtil powder, of each
one dram; put them all in a Sarfenet-bag, and
hang it in the Spirit.

*Note, That in the old Copy the quantity was double
both of the Spirit and of Ingredients; and the di-
gestion was to be continued six weeks; but being
corrected by a judicious Phisitian, who judg twenty
four hours to be a time long enough for such rectified
spirits to extract the powers end vertues of any ordi-
nary vegetable, especially its flowers and leaves.*

The Vertues.

*It is of exceeding vertues against the Palsie, Apo-
lexie, the Falling sickness, and all cold Distempers
of the Head, Brain and Womb: It chears and com-
forts the Heart, the Animal and vital Spirit, warms,
strengthens, and comforts a weak and cold Stomach,
and recovers lost appetite: It is excellent against
Fits, Vapours, Convulsions, Megrims, Vertigo, loss*

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of Memory, dimness of sight, Melancholy, swooning, fortifying Firs, and Barroness in Women. You may take half a Spoonful to one whole Spoonful of it in Garmentary, or in black Cherry-water, or Syrup.

Note, That in every Distillation you must distill to dryness, because the Spirit of Wine is rectified. The flowers are to be put into the Spirit of Wine when they are in their prime: and that infusion kept till the other things are ripe and fit to be put in.

Another great Cordial Water of great vertue.

Take great Ants that are full of Eggs, and in the full of the Moon, in May or June, two handfuls; put them into a glass-bottel, and powr upon them so much Spirit of Wine as may cover them the breadth of three fingers; digest them in the Sun until they turn to water by putrefaction; into one pound of this water put flowers of Rosemary, Borage, Bugloss, Rosess, Marjoram, Bawm, of each one handful; Castor, four ounces; Confection of *Ana Cardimur*; two ounces; *Diamoschu dulcis*, one ounce; waters of Bugloss, Bittony and Tile-flowers, of each one pound; bruised Cinamon, one ounce; digest them together forty days; then distill it in *Balneo Mariae*: If you burn the remaining Feces to ashes, and extract the Salt out of it, and put it to the distilled Spirit, it will be more efficacious. It is both Cephalick and Pectoral; cureth Consumption, and by reason of the *Ana Cardimur* wonderfully strengthens the Memory,

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...ly, fortifies the Brain, and strengthens Nature, and is much recommended to beget courage. It attenuates, expelleth Wind, and is vulnerary: it revives the heart; warmeth and comforts a weak and cold Stomach. Dose, two or three Spoonfuls in Sack, or any other fit vehicle.

A rare Cordial Water against Frights; excellent for Women with Child to prevent miscarrying. Dr. Scroderus.

Take Lillies of the Valley, two handfuls; infuse them in three quarts of strong white Wine for a fortnight; then distil it in *Balneo Mariae*, into the distilled water put Cinamon, one ounce and half; Cubebes, half an ounce; Cloves three drams; Mace, Calingal, Ginger, Zedoary, Saffron, of each two drams, bruise them all grossly, and let them infuse in a Vessel close stopped for some days in the Sun: then put into each Jar Lavender-flowers, of each one handful; let them digest for some days longer; then distil it in *Balneo Mariae*: If you calcine the Feces, and attract the Salt out of them, and put it to the water it will be more effectual.

It is very proper for Women with Child being frighted; It prevents Miscarrying, and strengthens the Womb, and the Child. It is a great Cordial: Child-bearing Women ought never to be without it.

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The Alexitery Milk-water

Take of *Carduus Benedictus*, six handfuls; Wormwood, four handfuls, Speremint, two handfuls; shred them small, and stamp them a little; then powr upon them two gallons of new Milk; let them infuse for six hours, and distill itt in a cold Still or in an Alembeck, taking off the head sometimes, and stir the matter well with a stick, else the milk will grow in a Cake at the top and hinder the water from rising.

My Lady Newports Excellent cooling Stomachal, Alexitery Milk-water.

Take Angelica, one part; Mint and *Carduus Benedictus*, of each four parts; Wormwood, two parts; shred them small, and bruise them a little, and put them in an ordinary Still, and powr upon them enough new Milk to soak them but not to have the Milk swim much over them. Distill this as you do Rose-water; stirring itt some times with a stick to keep the Milk from growing to a Cake.

When you will drink this water alone, sweeten it with fine Sugar to your Taste. You may drink a Wine-glass-ful at a time.

Dr.

Select Cordial Waters distilled. 135

Dr. Scroderus, his Excellent Cordial Water fall
Women; which is esteemed as a Panacea among or
the Noble Ladies of the Palatinate.

Take Cinamon, Nutmeg, Mace, Ginger,
Cloves, Grains of Paradise, Cubebs, Carda-
mom, of each one ounce and a half; long Pep-
per, half an ounce, Galingal, Zedoary, of each
one ounce; pulverise them every one by them-
selves, then mix them together; then take
Leaves of Sage, Mint, and Bawm, of each one
handful; shred them small, and mix them with
the other Ingredients, and powr upon them three
quarts of good white Wine; let it stand to infuse
for fourteen days close stopped; then distill it
in a Balneo, or in an Alembick well tinned
within.

It strengthens the Womb, cureth the Suffocation
thereof, expelleth Wind out of the Stomach and
Bowels; It also strengthens and warms the Stomach,
and a cold Womb; and that so successfully, that
all the Noble Ladies of the Pallatinate esteem it as
a Panacea or Alheal.

Dr. Scroderus his second Cordial Water of great
Vertues.

Take Tops of Rosemary, sweet Marjoram,
Sage, Bawm, of each one handful; Cinamon,
Grains of Paradise, of each one ounce; Mace,
Galingal, of each two ounces; Nutmeg, Cloves,

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Ginger, of half an ounce; Juniper-berriess two ounces; bruise the Spices and Seeds, and shred the herbs small, and infuse them all in three quarts of Rhenish Wine for a month; then distill it.

This Water cures the Head-ach, Megrims, Vertigoes, Melancholy, illness of the Stomach, stinking Breath. It causes fruitfulness, facilitates Delivery; It strengthens the Stomach and the Womb, and 'tis good against the Palsie and Apoplexy.

Dr. Horstius, his most excellent Cordial Water for the Head, and for the Womb.

Take Nutmegs, Mace, Ginger, grains of Paradise, Cloves, half an ounce; Rhubarb one ounce; Castor, Spicknard, of each half an ounce; Oyl of Bays; let the Spices be whole, and infuse them in the best Canary or French Wine seven quarts; digest them in a glass close stopped for ten days; then strain it, and beat the Spices to a Pulp, then digest them together again for three days; then distill it in *Balneo*.

This Water is as good for the Head as for the Womb; It cures most Diseases of both; It is exceeding good against the Epilepsie, and Fits of the Mother, obstructions of the Spleen and Liver: It is good against Melancholy, and gross vapors ascending to the Head.

Another

Select Cordial waters distilled. 137

A. other great Cordial Water of very great vertues, which causeth fruitfulness, and procures Conception.

Take of the great Ants or Pismires which are full of Eggs; and in the full of the Moon, in the month of *May* or *June* two handfals; Spirit of Wine rectified so much as may cover them the breadth of three fingers; digest them in a close Vessel till the next full of the Moon; or until they turn to water by putrefaction: Then to a quart of this water take flowers of Rosemary, Roses, Bugloss, Borage, Marjoram, Bawm, of each one handful; Castor, four ounces: Confection of *Ana Cardimus*, two ounces; *Diamoschu dulcis*, one ounce; bruised Cinnamon, one dram; waters of Bugloss, Bittony and Tile-flowers, of each one pint; digest them for forty days; then distill in *Balneo Mariae*.

This is a great Cordial, and Pectoral; it is Cephalick, and vulnerary, and wonderfully strengthens the Memory, and fortifies the Brain; it strengthens Nature, and some think begets Courage; causes fruitfulness, and procures Conception.

A rare Water against Hettich Fever.

Take Hyfop, Ground-Ivy, *Rosa solis*, Centaury, Maidenhair, Sorrel, Cinkfoyl, Scabious, Succory, Burnet, Dandikeon, Yarrow Agri-mony

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mony, Haulsbittony, Watercresses, of each half a handful; of the four greater cold Seeds, of each half a dram; flowers of Borage, of Bugloss; Roses, Poppies, two pugils; Roots of Elecampane; Succory, Burnet, of each thirty six; Crayfish-shells, Snails bruised, of each twenty in number; of a Calves Lung, half a pound; water of Liverwort one pint, or instead thereof water of Dandy Leon, being all prepared, powr upon them so much of Goats Milk as will soak them well; let them stand to infuse for five or six hours; then distill it in an ordinary Still.

This water is very powerful against Hectick Fevers, and most Diseases of the Lungs; as Phthisick, shortness of breath, Asthma; it destroys Accidities; It nourishes and restores in Consumption being taken Morning, Noon and at Night before Supper; the Dose is about two ounces.

The Lady Elizabeth Giffords Cordial Water.

Take four quarts of Nants-Brandy, put therein Borage-water and Poppy-water, of each a pint; Sugarcandy, two pound; Figs shred and Raisins stoned, of each one pound; red Roses clipt and dried, two handfuls; red Mint, one handful; Rosemary-flowers, half a handful, and as much Hyssop; a few Cloves bruised; put all these in a large double Glass, with a narrow mouth; (such as Apotaries have in their Shops) stop it close, and let in the Sun for two or three months.

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months. It is an excellent Cordial and Pectoral Water good for the Head and Stomach, Breast & Lungs.

The Lady Bagnals Cordial Water; much Approved.

Take Angelica leaves two handful, Carduus ~~handful~~, Baum and Sage, of each five handful; Angelica seeds, and sweet Fennel seeds, of each five ounces; Liquoras bruised, two ounces; shred three Herbs, and bruise the Seeds, and put them to steep in two Gallons of the best Canary, with the Cordial powder of *Aromaticum Rosatum*, *Diamusculus dulcis*, of each one ounce; let them stand four and twenty hours; then distil it with a gentle Fire; then put to the distilled Water Sugar dissolved in Rose-water.

Dr. Stephens's great Cordial Water for Women.

Take Cinamon, Cloves, Galingal, Ginger, Nutmegs, Grains of Paradise, Aniseeds, sweet Fennel-seeds, and Caraway seeds, of each one dram; Thyme, Mother of Thyme, Mint, Sage, Penniroyal, Pelitory of the wall, Rosemary, red Roses dried, Flowers of Camomil, Origany of Lavender, of each a handful; shred the Herbs, and bruise the Seeds and Spices, and infuse them for twelve hours in a Gallon of French wine; then distil it, and save the first, second and third Running, by themselves.

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It is Cordial, strengthens the Heart, comforts and revives the Spirits; being given to a Woman in Labour, it facilitates the Birth, and causes a good Delivery; and after Delivery, it brings away the After birth, cleanses the Womb of Impurity, and restores Strength; it comforts the Stomach, and is good against Swooning and fainting Fits, and Fits of the Mother. It is good against the Stone and Gravel; and preserveth Youth.

Dr. Mountford's Cordial Water.

Take Angelica leaves, half a pound, Angelica seeds, and *Carduus Benedictus*, of each six ounces; Leaves of Baum and Sage dried, of each four ounces; sweet Fennel-Seeds, nine ounces; Liquoras, half a pound; *Species of Aromaticum Rosatum dulce*, and *Diamocum dulce*, of each one ounce; infuse them in thirty two quarts of Sack for five or six days; then distil it in an Alembick, and draw off ten quarts of the strong, to which add white Sugar candy, half a pound, and half a pint of Rose-water; tie it up close, and keep it for Use.

Aqua Mirabilis, Sir Kenelm Digby's Way.

Take Cubebs, Galingale, Cardamoms, Melilot flowers, Cloves, Mace, Ginger, Cinamon, of each half a dram; Juice of Celandine, one pint; Juice of Speremint, and Juice of Baum, of each half a pint; Flowers of Cowslips, Rosemary, of Borage, Bugloss and Marigold, of each

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Take two drams; bruise the Spices, and infuse
all with the Juices in three pints of Sack, one
pint of strong Angelica water, and half a pint
of red-Rose water; let it infuse twelve hours;
then distil it in a Glass Still, and first lay Harts-
tongue leaves in the bottom of the Still. Keep
the first, second and third Runnings by them-
selves.

*This is a great Cordial, it comforts the Heart,
Stomach, and Vital Spirits; it strengthens the Head
and Memory, preserveth Youth, and procureth
good Colour. It is Cephalick and Pectoral, it
expels Wind, and is of great force against the
Colick, pains in the Side and Stomack; it
comforts and warms a cold Stomack, and strength-
ens it; it is good against Coughs, Shortness of
Breath and Asthma's, as also for most Disea-
ses of the Head and Brain: It revives the
spirits, and helpeth swooning Fits. It is a counter-
poison and Antidote against the Plague, and all ma-
gnant Fevers and pestilential Distempers, and pre-
serves from the Apoplexy. The Dose is one ounce,
or a Rosemary Water, Sack or any other Cordial
Water.*

Dr. Augustine's Excellent Rosemary-Water.

Take the Tops and Flowers of Rosemary in
the midst of May, gathered before Sun-rising,
of each one handful; four or five good Elecam-
pane Roots, of Red Sage, two handfuls; stamp
them

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them in a stone-Mortar; then take Cloves, Mace, and Cubebs, of each three ounces; Aniseeds half a pound; bruise them all severally; then mix all together with the Herbs, and put all into a large stone Bottle or Jugg, and powr upon them six Gallons of good white wine; stop it very close, and set it in the ground fifteen days; then distil with a gentle Fire; and sweeten it with fine Sugar.

This is a most precious Cordial Water, it rectifies all Distempers of the Head and Stomack, comforts the Heart, revives the Spirits, and is excellent against the Palsie and Apoplexy, all fainting and swooning Fits, and Fits of the Mother, Falling Sicknes, Convulsions, Megrims, Vertigo, Letargy, and other Diseases of the Head: Use it both outwardly and inwardly.

An Excellent Approved Water against all Infections, all cold Diseases of the Head and Stomack, for the Dropsie, Palsie, preserving Health, expelling all Tumors; Devised by the King's Physician.

Take what quantity you please of Bawm-water, and to every pint thereof take Aniseeds, Liquoras, of each two ounces; bruise them, and infuse them in the water four and twenty hours; then put into the Still Treacle, four ounces; Sage and Celandine, of each a good quantity; powr the rest upon them: then sprinkle over them one ounce of Bole-armenick in fine Powder; distil it with a moderate Fire.

Dr.

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Dr. Butler's Admirable Cordial Treacle-Water.

Take one ounce of raspt Hartshorn, boil it in three pints of Spring-water, to a quart; then take Roots of Gentian, Elecampane, Cyboreis and Tormentil, of each one ounce; of the Flowers of Borage, Bugloss, Rosemary, and Marigolds, of each two ounces; Citron-peels one ounce: then take one pound of the best Venice-Treacle, and dissolve it, six quarts of good strong white wine, and three pints of Red-Rose water; infuse all together in a Vessel close stopped, stirring it sometimes for two days; then distil it in a Glass Alembick, or in a Copper Alembick, with its Refrigeratory or Bucked Head: Keep every Running by it self, and mix them as you best like, and spend the weakest first, sweetning it with Sugar.

It is an Excellent Cordial, it comforts the Heart, revives the Spirits, prevents swooning and fainting-fits, is very good against Agues and Fevers, Worms and small Pox, to drive the Venom from the Heart. It is excellent against the Plague and Infection, all Epidemical and Pestilential Diseases. Dose two spoonful of the strongest for aged People, and of the small for Children.

Dr.

Dr. Bnessius, a Physitian at Paris, his Cordial Water of green Walnuts, as he makes it every year; He gave the Receipt to Sir Kenelm Digby.

Take a good quantity of the Flower or Blossoms of the Walnut-Trees, it is a long green Excrecence, and is the first thing that buddeth out; stamp them in a stone Mortar, and press out all the Juice from them in an Apothecaries Press: distil this Juice in a Glass-Still in *Balneo Mariae*, or in Sand, and keep the Water, save also the Mark that you pressed the Juice out of. Then when the Nuts are as big as Hazle Nuts, take also a quantity of them, and stamp them, and press out the Juice; which distil there remains in the bottom a thick Substance like an Extract; which keep, as also the Water. Then when the Nuts are growing big, and have but a Jelly in them instead of a Kernel, and are fit to preserve, take a quantity of them, and stamp them, and press out the Juice; which distil as before, to a like Consistence as the other: Mingle your three Waters together: and this is his Water of Walnuts, which is a great Cordial, and is Diaphoretick: It is much recommended for the Cure of Agues, and intermitting Fevers, and all malignant Fevers. It fortifies the Stomack, Head and Brain, is good against the suffocation of the Mother, it is good against the Colick caused by Wind and Flegmatick Matters.

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rs. The Dose is from three or four ounces
seven or eight.

I saw a Letter from a Person of Quality at Pa-
s, to Sir K. Digby, wherein he related to S r K.
that he had cured himself of a Quartan Ague by
taking a Glass full of the said water which he had
made, taking it assoon as he found the least Symp-
m of the approaching Fit, he went to bed and co-
vered himself very warm, and fell asleep, and had
Fit at all that time nor never after.

The thick Consistences which remain after the di-
stillation of the Juices, the said Doctor putteth to-
gether, and when he hath evaporated them to a fit
height for making of Plaisters (if they were not so
ready by their distilling) he putteth to them (re-
moved from the Fire) a little Venice-Turpentine
about an eighth or tenth part, or a little more, and
a little Powder of Cinamon and Cloves, and a little
heat-flower to thicken it, also a little Salt, and
put it in a Pot all the year; of this he makes Plai-
sters for the Stomach, from the Sternum to the Na-
bil, and six or eight fingers breadth; which let re-
main on as long as it will stick, taking it off some-
times to wipe away the Water.

This comforts and strengthens the stomach wonder-
fully when it digesteth not well.

You should so proportion your Substances or Nuts as
have about a like quantity of juice of each.

For Crudities and indigestions of the stomach when
loosness followeth, (which usually commeth from
L eating

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eating more than one can digest) he prescribeth two or three days very slender diet; and to eat one Morning three or four candid or preserv'd green Walnuts, and to drink a little burnt Claret after them, or raw Wine, eating a mouthful of bread: this setteth the Stomach very right.

The way how to candite and preserve green Walnuts will be set down in the Chapter of preserving and candying.

A rare Cordial Water called the Royal Aqua Vitæ.

Take Lignum, Aloes, Roots of Zedoary, Angelica, Carline, Thistle, and Valerian, of each one ounce; Cinamon, Mace, and Citon-rind, of each six drams; Cloves, lesser Cardamoms, and sweet Fennel-seed, of each half an ounce; flowers of Rosemary, Sage and Marjoram, of each two small handfuls, which is to be bruised, and put them in to a stone Jugg or Bottle with Spirit of Wine and Malmsey Wine, of each four pints; stop the Vessel close and them macerate in a warm Bath for three days, then distil them in a sand Bath, or in *Balneo Marie*, dissolving in the distilled water fine Sugar, then put it up for use. And if you would have it perfumed, you may dissolve in it Ambergreece and Musk, of each half a dram.

This Water is much esteemed and used by all the Nobles in France: The perfection of it is, that although there be not many Ingredients, yet they are of great vertue. It fortifieth the Brain, Head and Stomach, strengthens the Memory, comforts the Heart, reviveth the Spirits when enfeebled by the

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Stillation of the Spirits, or overpressed by the abundance of ill qualities or bad humors. It is to be taken fasting, from one spoonful to three in some proper liquor.

A Cordial Water, or Spirit of Cinamon.

Take chosen Cinamon bruised, one pound
aqua Vite, three pints; the best Rose-waeter
two pints; let them digest a day or two close
stopped; then distil it in an Alembick with a
refrigeratory, or in a Glass Cucurbite, or a Tin
Cucurbite with a Glass-head: such as described
our Engine: The first pint will be pretty good,
and the last milky and sweet of the Cinamon;
the strong of the Spirits. You may distil this
if you perceive it commeth no more strong of
Cinamon. Keep every one of these three Wa-
ters in a Vessel apart close stopped.

The spirituous Water of Cinamon, is good speedi-
ly to comfort and fortifie all the noble parts, and
principally the Heart: for which reason it is gi-
ven with great success in swooning and fainting
fits. It comforts and strengthens the Stomach, excites
the natural heat thereof, helpeth Digestion, stays Looseness,
repels Wind, and eases Chollicks which are caused
thereby. It is much recommended to strengthen Women
in Labour, to facilitate the Birth, and ease their pains.
It is also very good to provoke the Terms, and to exhale
the vapors that rise in the Matrix. It is given alone of
the first runnings mixt together, from half a spoonful
to a spoonful when there is any necessity; but when you
take it often, it is better to keep to the lesser Dose.

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Sir Kenelm Digby says, that Lignum Cassia
maketh a much finer Spirit than Cinamon; he
made it thus, as I make it now.

Take four ounces of the quilled sort, which
is the finest and best; bruise it well, and put
into a gallon of Mallago-Sack. Digest them
together three or four days in *Balneo*; then distil
still it with a very gentle heat: If you will receive
there, severe the first, second and third runnings
as the custom is; but if you will have it richer
of the Wood, distil off all together as long as
cometh with vigor, and put that liquor upon fresh
Cassia, and digest as before, and then distil: re-
peat this till it be as strong as you desire; but the
last time you put fresh wood you may keep three
runnings each apart; you may also distil it with
three parts of Wine and two parts of Rose-water;
then sweeten it with Sugar.

A Cordial Water of Clove Gilly flowers.

Put *Aqua Vita*, or Sack upon Clove Gill-flow-
ers; digest them two days; then distil it in a
Glass Body, laying other Clove Gilly-flowers upon
on the mouth of it upon a Boulter-Cloth: (that
the spirit rising and passing through the flowers
may tinge it self of a beautiful color) then distil
the Spirit as strong as you like it, which sweeten
with Syrup of Clove Gilly-flowers. Sir K. D.

A L:nn

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A Lemon-Water.

Pare of the yellow thin Rinds of Lemons, thin as to make Chips, which will be as low as the Pores go; and put them into a Glafs-body with a Head and an Alembeck, and distill them in a *Balneo* with a gentle heat: you shall have a very sprightful water; (with Oyl swimming on it, which conserves it) whereof a little will aromatise Wine or any Liquor. and make it very pleasant. Sir. K. D.

If you distill Rasps in a cold Still, and put a little of that Water into Sack, or other Wine, or into sweet or white Wine and Water; it will aromatise very strong of Rasps, (without changing the colour) and make it very pleasant: two or three Spoonfuls is sufficient to a quart of Sack. Sir K. D.

An Excellent Orange-water, or Spirit.

Take the parings or Chips of the Rind of an hundred Oranges into a Cuburbite, so large that they fill not above a third part full, powr on them three quarts of good *Aqua Vite*; then put on the Head and Alembeck, and lute it all with paste and paper, stop the Vessel of the Alembeck, and let it stand to digest three or four days; then distill it with a gentle heat in a *Balneo*; keep the first quart by it self, for it will be excellent good; then change the Receiver, and the Oyl will come over with the rest of Liquor,

L 3

when

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when it beginneth to come weak leave off distilling. Mingle one pint of excellent Syrup of Clove Gilly-flowers with the first quart; and it will be an excellent Cordial Water: you may aromatise it with Ambergreece if you love Amber.

A Cordial Water very good for Women; from a great Lady.

Take Penyroial, red Sage, sweet Marjoram and Rosemary-flowers, of each one handfull; pick them well, and rub them in a Cloth; then shred them small, and put them into a stone Jugg, and pour upon them one Gallon of Sack: stop it close, and let them digest two days; then distill it carefully; the best way of distilling this Water, is in a Cucurbite with a Glass-head, and in *Bainco Mariae*. If you distill it in a cold Still, you must give a gentle fire, keeping wet Napkins upon the top of the Still to keep it cool: then sweeten it with fine Sugar, or Sugarcandy; and hang a little Sarsenet in it with two drams of Safron.

The Grand Duke of Florence, his Excellent Caledonistial, or Imperial Water of great vertues, which he gave to the Duke of Vandome, who gave it to Sir Kenelm Digby.

Take of Turbit, that which is white and Gummiish, two ounces; Mastick, Nutmegs, Cinnamon

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Cinamon, Cubeb, of each half an ounce; yellow Sanders, two ounces; bruise all these and put them in a Glass-body; and put into them two ounces of Venice Turpentine, and two pound of white Honey; then powr upon them two quarts of very good Spirit of Wine, or Nants Brandy; stop the Vessel very close, and digest it two days; then distill it in *Balneo* till it begin to come whitish; then take the Vessel out of the *Balneo*, and set it in a sand Bath; and having changed the Receiver, distill it by degrees, and you will have a whitish water; to which add half a pound of newly drawn Oyl of Spicknard, and prepared Pearls, and Corals, of each half an ounce; an ounce of Cream of Tartar, in subtil powder; stop it close, and keep it for use: then encrease the fire, and distill to dryness, and you shall have a reddish, Oylish Water; which keep also by it self.

The first clear Water, is a most sovereign Remedy for the Wind and Stone-Collick, and for any pains of the Stomach; it is also good for Surfeits, and excellent for obstructions of the Spleen and Liver: It purifieth the Blood, comforts the Brain, and strengthens the Memory. It is a sure and infallible Remedy for the Fits of the Mother, as also the Convulsion Fits and Falling-sickness: the Dose is half a Spoonful; with as much of any distilled Water, or an fair water.

The second whitish Water is an excellent Remedy for the Stone and Gravel: it is also very good for Sores and Wounds, Ulcers and Fistula's, warming

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a little of it, and bathing the parts afflicted there with, it cures the Noli me tangere, Erisipelas, or St. Antonies fire.

And if you mix some of the first water with it, it will be more efficacious.

The reddish Water, is an infallible Cure of the Hemoroids and Piles.

It is also excellent for the Gangreen and Wounds.

An Excellent Cordial Water for Surfeits, and for an Ague.

Take six quarts of *Aqua Vite*, put into it a peck of red Poppy-flowers; let them infuse twenty four hours in a Glass close stopped; then strain it, and press it well, and put the clear Liquor into the Glass again, with Figs and Raisins stoned, of each two ounces; Aniseeds beaten half an ounce; all tied up in a Bag; set this in the Sun for ten or twelve days: For an Ague, take two or three spoonfuls of this Water, and dissolve in it the bigness of a Hasle-nut of *London-Treacle* an hour before his fit; and let him stir upon it, and do what moderate exercise he can, and fast four or five hours after it.

Sir Kenelm Digbys Cordial Poppy-water, for Surfeits, as he had it prepared every year for his Family; is thus,

Take a wide mouth-Glass of six quarts, and put into it five quarts of the best double still'd
Aniseed

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Aniseed-water; then thrust in as many red Poppy-leaves as will fill it top-full; and let them infuse twenty four hours; then strain and press them out, and put in as many fresh Poppies, and let them infuse as long; then strain them again, and put in fresh, and let them infuse six or seven days; then strain and press them well from the Liquor; and then strain the liquor from the Dregs: then put into it six ounces of stoned Raisins of the Sun, and a pound of stoned Cherries; and half a pound of fined Sugar; then stop the bottle very close.

This is an excellent Surfeit-Water, and very efficacious. Sir Kenelm Digby's Cook-woman had once surfeited her self, by eating of those venoms and dangerous fish called Mussels, she was very bad, her heart and Stomach very much oppressed, and her Body was full of red spots; she took a Cup of this Surfeit water, and was perfectly cured: and I my self have had experience of the good effects of this Water; having at one time surfeited my self by eating of those Mussels, so that I found my Heart and Stomach oppressed in such a manner, that it seemed as if there lay a very heavy burthen or weight upon my Stomach, and could scarce fetch my breath; my Face and the white of my Eyes was as red as a Scarlet; They gave me a Glass of this Surfeit-water and it presently cured me.

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The Lady Dacreses Cordial of black Cherries, wherewith she was cured of a great dizziness giddiness and swimming in her Head; and many others have found the like effects of it. Sir K.D.

Take four pound of black Cherries, squeeze out first all the Juice from them; then bruise the rest with their stones in a stone-Mortar, then put them with the Juice into a *Bag*, with Bawm, and tops of Rosemary shred very small or stamped, of each one handful; Cinamon and Nutmeg, of each half an ounce; then powr thereon two quarts of Sack; stop it close, and let it stand twelve hours; then distill it, and draw so much of it that it be weak like *Aqua Mirabilis*; sweeten it with Sugarcandy to your taste.

The said Lady distilled this in an ordinary, cold Still; but Sir K. D. sayeth he thinks it were better to distill it in a Cucurbite; you may have one made of Tin; (which will serve you many years, whereas a Glass one is very apt to break) and fit a Glass-head to it, and so you may distill either in a sand-Bath, or in Balneo Mariæ. It is a pleasant Cordial Water; drin^k a little Wine, a Glass-full at a time, in the Morning fasting, and at Night going to Bed.

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My Lady Poltney told Sir Kenelm Digby that she had known black Cherrie-Wine do great effects in that case: Make it thus;

Press out the Juice from black Cherries, and then bruise the rest with the stones, and press that again; then put both Juices together, and let them settle; then put the clear into bottles, with a lump of Loaf-Sugar into each bottle to make it work; after it hath wrought, and is ripe, drink of it.

The true and genuine Receipt of that famous Spirit, called the Queen of Hungaries Water; so called by reason of the wonderful effects which a Queen of Hungary received by it at the age of seventy two years.

Take four pound of Rosemary flowers, gathered in a fair Morning, two or three hours after Sun-rising, and picked from all the green part; put them into a Cucurbite, and powr upon them three quarts of Spirit of Wine well rectified; press down the flowers into the said Spirit, and then cover the Cucurbite with its Head and Alembick) lute well all the Juncture with paste and paper; then place it in a sand Bath, and lute a Receiver to it; then leave it so until the next Morning; then distill it with so moderate a fire, that whilst the Spirit distilleth the Head may not be so much as warm; or to hasten the distil-

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distillation, you may cover the Head with a linnen Cloth doubled several times, and dipped, in cold water, and dip again, and cool the Head several times; continue the distillation until you have drawn about three quarts of Spirit, which will be very pure, and charged with the best and volatile substance of the flowers; then take out all the fire, and let the bath cool; unlute the Vessels, and put the Spirit into a Bottle well stopped; then strain and press out the liquor that remains in the Cucurbite, and clarify it; then put it into the Cucurbite again, and distill it until it remaineth in the bottom of the consistence near as thich as Honey, or a thick Syrup, which put into a Pipkin well glazed, and boil it over a gentle fire to the thickness of an ordinary Extract: Put the last Spirit into a bottle by it self.

The great fame and reputation of this Water, and the great Vent for it in Germany and France for many years since, has caused several persons, as ignorant as wicked, to prepare it after their manner, taking only the tops of Rosemary, with the flowers instead of the pure flowers well picked, which makes the scent of the Water stronger, but more tart and unpleasant as well as the taste; and instead of rectified Spirit of Wine, make common Aqua Vitæ serve their turns.

The true Spirit of Rosemary-flowers well prepared, is a most sovereign thing against all cold Distempers of the Head and Brain. It is also an excellent Remedy against all cold Diseases and affecti-

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ns of the Nerves and Joints; against Rheumatisms and cold Gouts. It cureth the Head-ach, dissolves and dissipates the vapors that causes the Megrin and Vertigo, strengthens the Memory, helpeth deafness and noise in the Ears by dropping two or three drops of it into the Ear; strengthens and clears the sight, by washing the Eye-lids therewith, and dropping of it into the Eyes; it healeth Contusions, Bruises and Swellings; it asswages the Tooth-ach, fortifies and strengthens the Stomach and Bowels, creates an Appetite, and helpeth Digestion; it opens obstructions of the Liver and Spleen, as also the Womb, suppressing the vapors thereof. It is of great power to preserve and strengthen natural heat, and to ease aged People of a great many of those Diseases that attend upon old Age. The Dose is from half a Spoonful to a whole Spoonful in Wine, or any Cephalick Cordial Water: For the Head-ach, Megrin and Vertigo's, you may snuff up a little of it into the Nostrils, and apply it with a linnen Cloth doubled to the Temples and Forehead; and in the same manner it is to be used for Bruises and Swellings, Rheumatisms and the Siatica. It whitens, softens, and smoothen the Skin, preserving the Complexion and Beauty thereof, being used either alone, or mixt with wild Tansie-water, Water of Lillies, or Water-Lillies, or May-dew distilled. In short, there is hardly any Remedy to be found that produceth so many and good effects as this Spirit, as several famous Authors confirm and testifie, as well as Experience can testifie.

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The second Spirit you distilled from the Liquor pressed out, is also good, and may produce good effects, for it will stay longer in the Stomach than the first, by reason it containeth less of the volatile part of the flowers. The Dose must be doubled.

A most precious Cordial Elixir of Dr. Mynsight.

Take red Roses dried, Mint, Bawm, white Sanders, Cinamon, Orange and Citron-peels, of each half an ounce; Lignum, Aloes, and Mace, of each two drams; Seeds of Coriander, of Angelica, of Anise, of sweet Fennel, of each half an ounce; Spicknard Galingal the less, Safron, Cardamoms, Cloves, of each half a dram; prepare and bruise them all, and put them into a Cucurbite, and having powred thereon three quarts of Spirit of Wine, and two quarts of Damask-Rose-water, fit on the Head, and lute it well, and let it stand to digest eight days; then distill it so long till you have seaven pints of water: In this Water put *Lignum Cassia* well bruised, two ounces, Safron, half a dram, Juice of Alkermis; let it stand to digest for some days; then strain it and sweeten it with fine Sugar or white Sugarcandy.

It is a most excellent Cordial, and very odoriferous: It exhilarates and comforts the Heart, revives the Spirits, comforts the Brain and Stomach, augments natural heat, causes a good digestion, expels wind, and is a most incomparable Remedy against the Chollick and griping of the Guts; it takes away
Colds,

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lds, and opens Obstructions of the Lungs, Liver and Spleen; preserves Health; and as the Author says, keeps back grey hair, and prolongs life.

Those that love Amber and Musk, may put into the distilled Water with the other Ingredients, Amber-reece and Musk, of each half a scruple, ground together in a little Mortar with a little Sugar, and then tyed up in a little Sarsenet; or you may perfume it at any time, as you use it with a drop or two of the tincture of Amber set down in the Chap. of Perumes. The Dose is one spoonful or two.

Cordials to be taken after Physick to comfort and settle the Stomach, and to cause Rest and Sleep.

Take of Alkermess, one dram and half; Syrup of Cowslips, a good spoonful; Dragon and red Poppy-water, of each one ounce; mix them and take it when you go to Bed.

Or take of the Conserve of Clove Gilly-flowers, two drams; Diascordium, one dram; Syrup of Cowslips, one spoonful; mix them with strawberry-water, Lettice, Carduus, or Rose-water, and take it Bedward.

Or take Conserve of Roses and Methridate, of each the quantity of a Hasle-nut; mix them with some Cordial Waters and Syrup.

Another Excellent Cordial to cause Rest and Sleep in a Fever, or when one is oppressed with pain, as also in a Surfeit, or after Physick.

Take Confection of Alkerms, one dram and an

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an half, Diafcardium, one dram; Syrup of Cloves
Gilly-flowers a good spoonful; mix them very
well with two ounces of Dragon-water, or red
Poppy-water, or *Carduus*-water, as the Disease
requires. *It is an excellent Cordial.*

*Dr. Farrar, his great strengthening and restoring
Cordial Electuary and Drink.*

Take Conserves of Rosemary-flowers, Con-
serve of Borage-flowers, Conserve of Cloves
Gilly flowers, of each half an ounce; Electu-
ary of Diasatirion, one ounce; Candid Ringo-
Roots, six drams; *Venice-Treacle*, two drams;
Nettle-seeds, and Seeds of Rocket, of each half
a dram; *Species Diomoschi dulcis*, two scruples;
Syrup of Stoechado's, so much as will suffice to
make it up into an Electuary. Take the quan-
tity of a Nutmeg of this Morning and Night, cr
when you will, and drink a little of the follow-
ing Decoction after it.

Take Leaves of Sage, of Organy or wild
Marjoram, Rosemary and Nettle-tops, of each
one handful; Chamæde, Chamepit, Stoechao's,
of each half an handful; Seeds of Nettles, of
Rocket, and of sweet Fennel-seeds, of each three
drams; Roots of Pellitory of Spain, half an ounce;
shred them all small, and boil them in a quart of
Fountain-water; then strain it, and mix the strain-
ed liquor with a pint of old Mallago-Sack.

*This strengthens Nature wonderfully, and is ex-
cellent for old Men, taking a little glass-full after
the foregoing Electua y.*

CHAP.

C H A P. XII.

Select Cordial JULEPS.

*opening, purging and cooling Julep for Chol-
ler and burnt Humors.*

Take French Barly, two spoonfuls; Succory
with the Roots, of Maidenhair, Liverwort,
and Sorrel, of each half a handful, Roots of
Annel and Grass, of each half an ounce; of
the four cold Seeds beaten, of each two ounces;
Mell them in a sufficient quantity of Fountain-
water, a pint and half; then strain it, and infuse
it half an ounce of Sena; then take Tamarins
and Polipode, of each three ounces; Mechoa-
n, Jallop, and Hermodactils, of each two
ounces; Currans bruised half an ounce; of Bo-
ry, Bugloss and Rosemary-flowers, of each
half an ounce, if they are to be had, if not you
M may

Select Cordial Juleps.

may leave them out: bruise them all, and infuse them warm in a sufficient quantity of Succory-water; then boil them until there remains a pint; then strain it, and infuse in it four scruples of Rubarb in thin slices, and three ounces; then strain it again, and add Syrup of Roses, and Cream of Tartar, of each one ounce; then add the first decoction: Take of this a quarter of a pint every Morning as long as it lasts.

A cooling, opening, Cordial Julep, good in Feversish Distempers.

Take Succory-water, four ounces, Rose-water, two ounces; Syrup of Violets, of Rose-Salutiva, of each half an ounce; Spirit of Vitriol, fifteen or sixteen drops; mix and shake them together, and take thereof two or three spoonfuls at a time.

Another Cooling Julep.

Take Barley-water and Sorrel-water, of each half a pint; Syrup of Violets, and Syrup of Juice of Citrons, of each one ounce; Spirit or Oyl of Vitriol, twelve or fifteen drops or so much as will make it of a grateful acidity.

A Corro-

Cordial Julep against Melancholy, Vapors and Palpitation of the Heart.

Take Bawm-water half a pint ; Borage
Rose-water, of each two ounces ; a few
drops of Oyl of Sulphur ; in which infuse
one scruple of Safron for four hours ;
strain it, and dissolve in it one ounce of
Syrup of Citrons and Clove Gilly-flow-
er of each half an ounce ; mix all and make a
Julep.

*It is comfortable and refreshing, as also restora-
tive. Drink a spoonful or two at pleasure.*

*Mynsight, his excellent Cordial and cooling
Julep.*

Take half an ounce of Endive-water ; of
Celery and Rose-water, of each half a pint ; of
Water-lillies and Scabious, of each six ounces ;
Camomil-water, two ounces ; Syrup of Violets
or Roses, half a pound ; Juice of Limons, two
ounces ; mix them, and add Spirit of Vitriol so
much as to give it a grateful acidity.

*It is an excellent Remedy in a burning Fever, in
putrid, purple, malignant Fever, and all other
malignant Distempers. It is a very excellent thing ;
it resolves Inflammations, quenches Thirst, moistens a
body, and is a pleasant Cooler, being cordial.
Dose is five or six spoonfuls.*

*A most excellent Cordial, cooling Tincture
Roses*

Take two quarts of water, make it boiling hot; then powr it into an earthen or white Basson, or a deep Pan, and put into it two or three spoonfuls of Spirit of Vitriol, and stir it with a clean wooden stick; then put into it a good handful of red dried Roses of that year; stir them well, and thrust them even in the liquor; then cover it, and let it stand to cool; then strain it without pressing the Roses, and you shall have a Tincture as red as a Ruby. Be sure you do not make it in any Tin or Pewter Vessel, for it will lose the color.

It is a very pleasant Cooler, and a great Cordial and strengthens the Liver, the Kidneys, and the Stomach; It is excellent in Fevers.

A Cordial Water to prevent and cure the Apoplexy

Take Tops of Marjoram, Jilly-flowers, Lillies of the Valley, of Rosemary, Lavender, Sage, Primroses, of each three handfuls; infuse them in Spirit of Wine rectified, and Orange flower-water, of each three pints; set it in the Sun for eight days; then distil it in a sand Bath, and keep the Water.

This Water is excellent to fortifie the Brain and the noble parts; and is given from half a spoonful

a whole one, as well to prevent as to cure the Apoplexy, and all Diseases of the Brain.

The best way to distil a most Odoriferous and Spirituous Rose-water, far beyond any that can be drawn by ordinary means, and as much to be commended for its pleasant and penetrating Odour, as for its Vertues.

Take 20 pound of Damask-Roses pick'd, stamp them in a Stone-Mortar with a wooden Pestle; mix and beat with them by degrees one pound of gray Salt powdered; put it into a large earthen Pitcher, or into two, crush and stamp them down very close, and order it so that the Pitcher may be quite full; then stop it up close with a Cork fitted to it; then close it up with yellow Wax made warm, so that no Air can get in; then tie a Bladder about it, and set it in a cellar for six weeks: Then open the Pitcher, and you shall find the Roses to have a kind of Bell of Wine, which is a Sign of their fermentation, and of the aptness of the spiritual parts to separate from the terrestrial, and to ascend in distillation. Take out a pound of these fermented Roses, and distil them in a Cucurbite upon a Balneo Maria, between lukewarm and boiling hot, until the Roses remain almost dry; then take them out, and make the Cucurbite clean, and put into it seven or eight pound of fresh Roses out of the Pitcher, stopping the Pitcher up close again; then pour upon the

Roses the water that you distilled; distil it as before, until the Roses be almost dry, then take them out, and put in fresh Roses, and pour upon them the distilled water, and distil again as before: Continue doing thus till you have distilled all your Roses; and thus you shall have a most Odoriferous Rose-water, which will smell all the House over while you are distilling: and you may pickle what quantity of Roses you please whilst they are in their season, and severall Pitchers with them instead of one, and you may distil them when you please, at *Michaelsmas*, or at *Christmas*, for they will keep good a long time, provided your Pitchers be well stopp'd and closed. Thus they commonly do them in *Germany* and in *France*. And of this Rose-water you may draw an Inflammable Spirit that will burn like Spirit of Wine, by rectifying it in a Mattress with a long Neck with a Head upon it.

Sir Walter Raleigh's great Cordial according to the Counsel and Advice of Sir Ken. Digby and Sir Alexander Fraiser, first Physician to his Majesty.

The first Ingredients of Animals.

Harts-horn calcin'd in the Vapors, Distillations, and Circulations of Spirit of Wine, with some rasp'd Harts-horn, both powdered, of each an even quantity, in all four ounces.

Th

The Second.

Of Oriental Bezoar-stone reduced into impalpable Powder, three ounces.

The Third.

Of Oriental prepared Pearl, two ounces.

The Fourth.

Of the Flesh, Hearts and Livers of Vipers, they being first stripped of their Skins, and dried in a Glass-bottom in *Maries* Bath, until they are fit to be reduced into Powder, three drams; put two drams thereof to the Vegetables, and add one dram to the Powders.

The Fifth.

Musk powdered with some white Sugar-candy in a Marble or Stone Mortar, thirty rains, and afterward dissolve it in a vaporous bath with Spirit of wine in a Pelican, and draw off the Spirit again with a gentle heat of the same Bath, unto the consistency of a thick Syrup, which must be afterwards mixed with the other things.

The sixth.

Amber-greece, four drams powdered in a Marble, or stone-Mortar, with some white Sugar-candy so long till they are perfectly united, which will be very troublesome without the subtil and fiery Oyl of rectified, and thrice passed over most pure salt of Tartar in *Maries* Bath; therefore this mixture of Sugar and Amber-

greece must be put in a Glasse-bottle, and powd over it of this subtil Oyl until it overtops it the breadth of four fingers; then close the Vessel, and place it in a vaporous Bath until it be united by dissolution; then filtre it through Cotton into a glass-Viol, and being cooled, there will be united of these three Bodies, a Butter or Cream most delicious and pleasing, which already of it self is a great Cordial: thus the Amber-greece must be prepared for this Operation.

The Tincture of Coral to be taken as in the Author's first Receipt; and strike down the Pearl with Oyl of Vitriol, and Oyl of Sulphur, in equal parts for that is the best way.

Vegetives, and first Roots.

Which are the Angelica, Tormentil, and round Birthwort-roots, of each one ounce; the *Fraxinella*, or white Dittany-Roots, the Carline, the *Contra Yerva* and Gentian-Roots, the Serpentary of *Virginia*, the Valerean and Zedoary-roots, of each half an ounce: the fittest time to gather these Roots, is the beginning of the Spring.

Secondly, Plants.

Which are Bittony. *Carduus Benedictus*, *Scordium*, or Water-Germander, the Dittany of Crete, Marjoram, Mints, Bawm and Seddual, of each four handfuls: these Plants to be gathered a little after Sun-rising in a serene, dry day, the Dew being dried off, and not after Rain.

Thirdly,

Thirdly, Flowers.

Which are, Borage and Bugloss-flowers, Clove-gilly-flowers, the red Rose, Rosemary-flowers, *Rosa solis*, the Marygold and Elder-flowers, of each one Pottle; Safron, half an ounce; flowers of Nutmegs or Mace, two ounces.

Fourthly, Fruits and Berries.

Namely, Cardamoms, Cubebs, Alkermes-berries, Juniper-Berries, Cloves and Nutmegs, of each one ounce; the Juice of Alkermes, of which all over *Europe* is made the Confection of Alkermes, is supposed better than the dried Berries, as in the Authors Receipt.

Fifthly, Barks and Rinds.

Which are, Sassafras and Cinamon, of each four ounces; Limon and Orange-rinds, of each two ounces.

The Vegetables, if they be dry must be put into gross powders, if green, they must be cut very small with Sissers, for shredding with a Knife will waste the Juice.

Sixthly, Woods.

Wood of Aloes and Sassafras of Virginia, of each four ounces: These Woods must be extracted in a pure and simple Spirit, or some of that Spirit drawn off from the course extract, to perform which, there needs no more than to proceed simply in the same manner as before in

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the digestion and filtration of the last Extract; then mix this resinous Extract with the Sugar, the Extracts, Powders, Syrup, which must be done by dissolving gently with some of its proper Spirit in a Pan; and thus unite it gently with some Syrup before it be joyned with the rest, otherwise it will remain in lumps, and will not dissolve in the Stomack with ease enough to communicate its vertue when it is needful a Cordial should operate.

Seaventhly, Minerals.

Minerals, which are the Oriental Bole, or Bole of *Arminia*, the sealed Earth, or *Terra sigillata*, Coral, the *Unicornu minirale*, or white Loadstone, of each four drams; Gold, two drams.

To prepare these Earths, that is to say, the Oriental Bole, and sealed Earth; you are to take some of the liquid Extraction of the Vegetables aforesaid, which enter into this great Cordial and Water these two Earths therewith into a Glass-boy till they are reduced into a liquid Pap; then draw off this Liquor by distillation, with a gentle heat of a vaporous Bath and this continue for seaven times, or rather till the Operator can find out by the taste of the Earths that they are sufficiently impregnated with the favour and vertue of the Cordial Plants; for then it is time to leave off; drying what is in the Vessel in the same degree of heat till there appears no more moisture in the head of the

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Alembick, nor a drop of Liquor pass through the Neck of the Alembick; put afterwards these Earths, thus impregnated, in a glass-Vial very well stopt to enter them afterwards into your composition; reduce the *Unicornu minerale* into subtil powder.

Then all these various Ingredients must be mingled well together on a grinding stone as before, and by degrees mingled with the Sugar-candy, which must be a pound and half, the Musk and Amber-greece according to Art,

Before you take this Cordial, examine your Stomack, and if it be troubled with some sudden indispositions which may cause a nausea or sickness or sickness, by reason of some sharp, malignant humors that sojourn in the bottom of the Ventricle; in this case the Stomack ought to be cleansed with a simple, natural, gentle vomit, that indispositions of the Stomack may not be attributed to the Remedy; and then this great Cordial to be made use of in all seasons, from all sorts of persons, of what Sex or Age soever, but still with the advice of a Physitian: Its Dose is, from six grains to half a dram, to preserve and maintain health; and from half a scruple, or twelve grains to a dram or four scruples, when concerns the care of such Diseases to which it is appropriated, which only belongs to the Physitian to discover; who not only knows the vertue of this great Cordial, but also examines the disposition of the subject, both in health and sickness who is to receive it; reflecting upon the

Select Cordial Juleps.
the Time, Dose, Age, Sex, Temper and Climate.

A Cordial to procure Sleep and Rest.

Take a quart of the best unsophisticated Claret-Wine; put into it a handful of Cowslip-flowers; one handful of Borage-flowers, and a slip of Rosemary; set it on the fire, and when it is ready to burn, smother it in the first flame, and keep it in the pot till it is cold; then strain it, and put thereto three ounces of Clove-gilly-flowers well mingled together, and every Night at your going to Bed, take a Wine-glass of it, you must not warm it the second time.

CHAP.

CHAP. XIII.

Select Phisical ALES and DIET-
DRINKS.

*The Earl of Linsey's Scurvy-grass-Ale, whereby
he was cured of the Scurvy and Dropsie.*

TAKE half a peck of Sea-Scurvy-grass-leaves,
eight handfals of Sage; two handfals of
Wormwood; one handful of Horse-radish-
roots sliced; two ounces of Scurvy-grass-
seed; two pound of Raisins of the Sun sto-
ned; one handful of Wood-Bittony, and the
peels of two Oranges; put them into a thin
bolter Bag, and hang them in twelve gallons of
small Ale after it hath done working, and after it
hath stood a week, drink thereof.

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The Lord Linsey was much troubled with the Scurvy, Dropsie, and pitting of his Legs, of all which this Ale quitted him; his use was to take a draught of it in the Morning fasting at least two hours before Meat, and another in the Evening, and sometimes also at Meals: It caused a good digestion of his Meat, and fortified his Stomack, and made him more vigorous.

Sir Kenelm Digby's Scurvy-grass-Ale, which he made frequent use of.

Take Sea and Garden-Scurvygrass, of each half a peck, and two ounces of the Seeds; eight handfuls of red Sage; English and Roman Wormwood; one handful of Horse-Radish-Roots sliced; two pound of Raisins of the Sun stoned; one handful of Wood-Bittony; two Oranges stuck with Cloves, or bruised Cloves, and two or three Oranges more slightly stampd with the other Ingredients; put them all into a thin bolter Bag, and hang it in an empty Vessel of a fit seize; but first put some weight into it to make it sink, and hang it so with a string fastned about the Bung-hole, as the lower part of the Bag may only rest upon the bottom of the Barrel, and the upper part hang by the string; then turn upon it twelve gallons of midling Ale, that so it may ferment and better draw out the vertue of the Herbs. This was the only Ale that Sir Kenelm made use of in the time of his health, both for himself, and for those of his Family that would drink of it.

Cock-

Cock-Ale.

Take an old red, or other Cock, and boil him indifferent well; then flea him skin-clean-off, and beat him flesh and bones in a stone-Mortar all to mash; then slice into him half a pound of Dates; two Nutmegs quartered; two or three blads of Mace; four Cloves; and put to all this two quarts of Sack that is very good; stop all this up very close that no air may get to it for the space of sixteen hours; then Tun eight gallons of strong Ale into your Barrel so timely as it may have done working at the sixteen hours end; and then put therein your Infusion and stop it close for five days; then bottle it in stone-Bottles; be sure your Corks be very good, and tye them with Packthread; and about a Fortnight or three weeks after, you may begin to drink of: you must also put into your Infusion two pound of Raisins of the Sun stoned.

Another Cock-Ale.

Take an old Capon or Cock, pull, draw and superboil it, and cut off the Head and Legs; then beat it to a mash (as before) in a stone-Mortar; then take four Nutmegs; an ounce of Mace; if you will, as many Cloves, which being all bruised, put to the Cock, and powr on it all two quarts of good Sack; let this steep four and twenty hours in an earthen Pipkin; then take a

a pound of Dates ; four pound of Malago Raisins; and if you please twelve Eggs-shells and all but first beat the Dates and Raisins ; and then mix all with your Infusion. For this quantitt you must take eight gallons of small Ale ; and when it has done working, put in all your Preparation ; let it stand three days, after which draw it into Bottles, and let it be nine days before you begin to drink of it.

An Ale or Drink to cure a Consumption. *Ap*
proved.

Take half a Pound of blanched Almonds grossly beaten ; four ounces of Aniseed ; and three ounces of Liquoras bruised ; red Rosess Hyfop and Purslain, of each three ounces, a little bruised ; boil these in two gallons of Ale-wort, the first running to one gallon ; then (when it is cold) put into it a quart of Malmsey ; afterward bottle it, or keep it close in a stean pot : Drink of it in the Morning fasting, and in the Evening two hours before Meat.

It preserveth from a Cough, strengthens the Constitution, and cureth a Consumption.

A ex-

An Excellent purging Ale, or Diet Drink to be used in the Spring and Fall, to open Obstructions of the Liver, Spleen, and Meseraical Veins, cleanse the Blood, purge Choler, Flegm, and Melancholy, cure Itch and Scab.

Take Agrimony and Scabious, of each a good handful; four Madder-roots, two red-Dock-roots, Aniseeds one ounce, Cinamon half an ounce, Mace two drams, three Nutmegs, Liquoras two ounces and a half, Hermodactils and Colipody, of each three ounces; Sena four ounces, Sarsaparilla two ounces; bruise the pices, cut the Roots, and slice the Liquoras; put them into a Bag, and hang them in some five gallons of midling Ale, and after three or four days drink a Draught every morning seven or eight days together.

Mechoacan Ale to purge the Dropsie.

Take four ounces of *Mechoacan*, three ounces of Hermodactyls, three ounces of *Lignum vita*, three Races of Ginger, two Nutmegs; cut all these in thin slices; put them into a Canvas bag, and hang them in two gallons of new tunn'd Ale before it hath work'd, with a stone in the bottom of the Bag, and after it hath done purging, powr in Endive and Cichory-water, of each a pint; and after seven days, drink such a proportion (as may give you some four Stools a
N day)

day) every Morning fasting, and if your Bodie be extraordinarily subject to any Infirmitie, either hereditary, or by disordered Diet, add such Herbs as are most pertinent to the Nature of your Disease.

This Purgation of Mechoacan is so wholsome and effectual, that if it be drunk a fortnight at Spring and Michaelmas, it will not only take away the Causes of the great Dropsie, and all kind of Agues, the Stone, and Accidents of the Brain, and infirmities of the Spleen, but also restore the Complexion to an excellent Habit and Colour, defending the Bodie from a number of Inconveniences

A Purging Ale by Dr. Butler, Physitian to King James

Take Sea and Garden Scurvi-grass, of each a peck, Sena and Polipody of the Oak, of each four ounces, Sarsaparilla six ounces, Caraway seeds and Aniseeds, of each half an ounce, Liquoras two ounces, Agrimony and Maidenhair of each two indifferent handfuls; cut the Sarsaparilla, scrape and slice the Liquoras, then let them be altogether grossly beaten, then put a Gad of Steel into the bottom of a Canvas Bag to make it sink, and upon that all the former ingredients, and hang it in a Vessel of a fit size, and Tunn upon it four gallons of good Ale after four or five days you may drink of it, and when it begins to grow stale, draw it into Bottles,

es, and Cork it close, and set it in a cool Cell
upon the Stones, or in Sand.

If you would have it more purging, increase,
double the proportion of Sena.

*Be Dock-Ale to clear the Blood, and open the Ob-
structions of the Liver.*

Take the same quantity of Ale, and wipe half
peck of Dock-roots, and slice them, two good
handful of Succory roots, one good handful of
common Serrel roots, slice all these, and put
them into a Bag, and hang them in the Ale as the
former, & when it hath hung a week, Bottle it up.

*An Excellent purging Ale prescribed by D. Wright,
with the Minium Plaister, for any Ach or swell-
ing.*

Take two gallons of Wort not thoroughly
boiled, and three handful of Dock-roots sliced,
boil them therein till a pottle be consumed, then
add thereto Liverwort, Endive, Succory, Fu-
fory, Scabious, Agrimony, of each three
handful, and boil them in the same Liquor till
another pottle be exhausted; then when it is
cold, strain it, and put this Liquor to three
gallons of Wort boiled perfectly well; let them
both be of one and the same temper when they
are mixed; then hang therein in a Bag (with a
head of new Steel) the following Ingredients:
Scurvigrass three days by the Fire, or in an

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Oven

Oven upon Sieves, in a temperate heat, that it may dry leisurely; when it is reasonably dry, shred a pound of it, then take three ounces and a half of Sena, one ounce of Jalappa, one ounce of Rhubarb, three ounces and a half of Garaway seeds, a handful of Orange peels, half a handful of Citron peels, half an ounce of Sassafras, and a dram of Nutmegs, slice what is to be sliced, and then bruise them together grossly, and hang (with the Gad of steel) in the Bag as aforesaid, adding to them two handful of wheat-bran; this for four gallons of Ale or Beer prepared according to the former direction.

The Minium Plaister to be used with this Ale in occasion be.

Take half a pound of red Lead finely fearned, a pound and half of Oyl of Roses, and half a pound of yellow wax, slice the wax, and melt it gently with the Oyl; when it is melted, put in the Red Lead, and stir it continually upon a gentle heat, until it begin to be brown, then until it be cold. When you would mix it with Diachylon, take equal proportions of that and the Red Lead.

A purging Ale for the green Sicknes.

Take of Sena half a pound, Polipody four ounces, Epithimium two ounces, Agarick and Rhubarb,

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ake three
of Jalap
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ubarb, of each one ounce, sweet Fennel-
ed and Aniseed, of each an ounce and half,
rsaparilla five ounces, Sassafras one ounce,
quoras half an ounce; make a Bag for three
llons of new Ale, and about two or three days
er it hath done working, drink of it both E-
ning and Morning, without intermission, the
antity of five ounces, and about two or three
ys after the ending of it; let blood in the
rm, then rest a day; after which, take the
eel-wine for a Fortnight; after that, rest two
three days: and lastly, take the Pills *de Tri-*
s Fernelii, Dose half a dram, more or less,
you find cause, at least half an hour before
pper, thrice in a week.

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*purging Ale or Beer, very good against Melan-
choly, Flegm, Choler, and all terrestrial Hu-
mors, to purifie the Blood, and quit the Scur-
vy, &c.*

Take the Juices of Sea and Garden Scurvy-
rass, Tops of Hops, Apples, Fumitory, A-
rimony, Cicory, Borage, Baume, Scabious,
iverwort, and Mugwort, all stamped together,
our ounces; Roots of Polipody of the Oak,
wo ounces, the Roots of Asparagus, Borage,
ugloss, Sorel, Cicory, Red Dock, Elecam-
ane, and Grass-roots, of each half an ounce, the
ward Rinds of the young Sprouts of Ash,
he Rinds of Capers and Tamarisk, of each
three drams, Liquoras and Epithimum, of each

a dram and half; Maidenhair and Agrimony of each two good handfuls, Broom Flowers, Violets, Borage, Bugloss, of each a good handful, the four greater and four lesser cold Seeds, of each four drams, Sena six or eight ounces, Rhubarb one ounce, Mechoacan, one ounce and half, Fennel-seed, Aniseed and Caraway-seed, of each six ounces, Shavings of Ivory, Harts-horn, yellow Saunders and Sassafras, of each half an ounce, Ginger two drams and one Nutmeg; prepare all these according to Art, and make a Bag to ferment and work in six gallons of midling Ale, or eight Shilling Beer, and after it hath wrought, put in the Juices; it purgeth adust burnt Humors, and openeth Obstructions of Liver and Spleen.

Another, to be used in the Spring for Scab and Itch.

Take red Endive, Cicory, and Scabious, of each one handful, Sena three ounces, *Lignum vite*, shav'd or chipt, four ounces; a red Dock root or two pith'd and shav'd; put them into a Canvas Bag, and let it work in a gallon of strong new Ale, and so drink a good draught every Morning fasting, and an hour after Dinner, using Exercise.

[A purging

and other Diet-Drinks.

A purging Ale for the Spleen and Liver.

Take the Roots of Monks Rhubarb, and red
Madder, of each half a pound, four ounces of
Sena, and two ounces of Ginger, Scabious and
Agrimony, of each a handful; with a Horse-
radish root; wipe and slice your Roots, and put
all together into a Canvas Bag, with half an
ounce of Rhubarb sliced; hang this in three gal-
lons of strong Ale; when it is Tunn'd up, let
it so continue the space of a week, and then
draw it out into Bottles.

An Excellent purging Ale or Diet-Drink for Spring or Fall.

Take Sena of *Alexandria*, Polipodium, and
Ashen Keys, of each four ounces, Aniseeds, sweet
Fennel seeds, Bayberries hull'd, and Sassafras li-
ced, of each two ounces; Rhubarb two drams;
slice all that are to be sliced, except the Sena; put
them all into a Boulter, or thin Bag, and hang it
in three gallons of the strongest Ale, not hopp'd,
when it hath stood four days after working,
drink thereof first in the Morning, and last at
Night, a pint at a time, or thereabouts, begin-
ning with it first at Night, and take Posset-drink,
or warm Broth, some two hours after you drink
it in the Morning, to forward the working of it,
keep warm, and use moderate Exercise.

This is excellent against Dropsical Humors to cleanse the Blood, and purge Flegm, and Collic, expell th Winds in the Stomack, and very much strengtheneth.

Sir Kenelm Digby's Wound-Drink for any Fistula, Corroding Ulcer, or old Sore, or the King's Evil, wherewith he did a great Cure at Frackfort in Germany where I was with him, as you may see at the end of this Receipt.

Take a good handful of Sage, and as much of Rue after they are well pickt from the stalks : chop and bruise them a little ; but see that none of their Juice be severed from them ; put these into a thin Bag of boulder-Cloth, and hang it in four gallons of ordinary small Ale well brewed as soon as it is Tunn'd ; at the same time take three hundred of live Munky-pease, otherwise called Sows, gathered under Wood, Timbers and Stone ; but you must be sure to take those that rowl themselves round when you touch them like Pepper-corns, which the other, flat, fort do not do but run away when you touch them ; pull off their heads, and throw them away, and bruise their Bodies with a little of the Ale, that you may get all the substance and moisture out of them, which pour into the rest of the Ale, and put their Skins into the Bag among the Herbs that so you may lose nothing of them ; after it hath wrought sufficiently, begin to drink of it at Meals, and at all times you have

have occasion to drink: and continue the use of it till you are cured, drinking no other Liquor all that time: and to make it more grateful to the Taste, may you add one fourth part of white Wine: before one Vessel is near spent prepare another, that you may always have one under another, and keep a slender and wholsom Diet; forbear eating salt-Meat, or salt-Fish.

With this Drink Sir Kenelm Digby cured Sir William Curtious his Daughter at Franckforth in Germany of a coroding Ulcer in her Leg after many Remedies taken in vain; which had so mortified the place by the long continuance of it, that the Leg was shrunk, and was shorter than the other by at least two inches.

It is not to be wonder'd at, That this Drink should do so great effects; (it being composed of so few Ingredients) since all famous Authors ascribe such wonderful vertues to these Creatures, and that experience testifies; That they cleanse, resolve, and nourish to a wonder; They dissolve the Stone in both Reens and Bladder to a slime and bring it away: They open Obstructions, cure the Jaundies, all Obstructions, stoppage and Strangury of Urine; They help the Collick, Asthma and shortness of Breath, restore lost Appetite. They are excellent, and much recommended for the curing of all sorts of Cancers, and schirrous Tumors in what part of the Body soever, the Kings Evil, all sordid, inveterate and rebellious Ulcers, and old Sores. The same Drink cures the Kings Evil to admiration. Dr. Salmon says, that he orders two hundred of them to be bruised

sed and strained into a quart of White or Rhenish Wine, or Ale, and so to be continually drunk for a time. Being dried, and the Powder mixed with Honey, and applied, cureth the Squinsie, and sore Throat.

Another Diet-Drink for the Kings Evil, Fistulaes, sore Breasts, Legs, or any other Sores, or Ulcers.

Take Sanicle, Agrimony, Avens, wild Bugloss, red Bramble, Dandelion, Wood-Betony, Ribwort, wild Daylie-Roots, and Leaves of Mugwort, Plantane and Wormwood, of each two handfals; of the Raspings of *Lignum Vitæ*, of each one handful; which you may buy of the Bowl-Turners, one pugil of Hartshorn; shred and bruise all the Herbs until the vertue is boiled out of the Herbs; then strain and press out all the Juice from the Herbs; then set the Liquor on the fire again, and clarifie it with whites of Eggs, and so much Honey as will make it drink pleasant and not sharp; then boil it a little more; then let it cool; then take three spoonfals of Monky-pease, or Sows, such as in the foregoing Receipt pull off their Heads and through them away; bruise their Bodies with some of the Liquor, and press out all their substance into the Liquor when 'tis cold, then bottle it up, and it will keep a compleat year. Drink thereof two or three times a day, using some fit Purgations before the use of this Drink.

Mr.

Mr. Barnet's Excellent Diet-Drink, wherewith he cured three of his Children of the Kings-Evil; he had it from an able Physician.

Take Sarsaparilla, Bark of *Lignum Vitæ*, of each three ounces; China-Root, Polipode of the Oak, Sassafras and sweet Fennel-seed, of each two ounces; Elecampane, one ounce; Stechadoes, half an ounce; of the Raspings of *Lignum Vitæ*, four ounces; bruise them all, and infuse them in three gallons of Fountain-water for twenty four hours; then boil it gently for two hours in a Vessel close stopped; then put into it two handfuls of tops of Rosemary; four handfuls of Arch angel-flowers; two ounces of Liquoras bruised, and two ounces of Maiden-hair; let them boil an hour longer; then take it off and strain it; and being cold, put into it two ounces of Sena; and let it infuse all Night, the next Morning strain it again, and drink a good draught of it in the Morning fasting, the like at four in the Afternoon, and another at Night; continue the use thereof till you are cured. Note, the Patient during the use of this Drink, must abstain from all gross Meats; as Beef, Pork, Bacon or any salt Meat, or Fish; as also from Milk, Butter and Cheese. After the first Draught in the Morning, he may eat a Mess of Water-grewel about two hours after.

Another

Another approved Drink for the Kings-Evil, though broken out in divers places.

Take Herbrob, Mugwort, Smallage, and Agrimony, of each four handfuls; shred and stamp them alittle; then take three hundred of Munky-peale, or Sows, and bruise their Bodies, throwing away their heads, and squeeze out all the Juice from them with a little white Wine) then put their husk among the Herbs, which put into the bag of Boulter-cloth, and hang it in four gallons of new ordinary small Ale well brewed; then put into it the Juice of the Sows and white Wine; and after it hath wrought sufficiently, drink of it at Meals and at all times; drink no other Drink till you are cured, which may be in a Fortnight or a Month.

The Author says he gave this Drink to one for a swelling and humor in her Nose, whom it cured.

It will cure the Evil of any sort, broken or otherwise. He says that it hath cured those that had the Sores or Evil broken out in every Joynt; taking no Drink for a month, at Spring and Fall.

Besides this Drink, you may apply outwardly the following Remedy when the Evil is broke out.

Take Garden-Snails, with their Houses, and beat them in a Mortar with a little Parsly into the consistence of a Plaister, and so apply it to the Sore or Sores and change it every Morning.

Dr. Farrar affirmed to Sir K. Digby that he had cured with this Remedy a most contumacious, foul, inveterate Kings-Evil several times touched by the King, and wrought upon by the best Chirurgions, and given over as desperate: He says it is also good to take away the raging pains of the Gout.

Another Infallible outward Remedy for the Kings-Evil.

Take Garden-Snails; beat them in a stone-Mortar with their shells; then put to them the Dung of a Hen new made so much as she voids at once; put to it a piece of Rye-bread an Inch square, with the yolks of two new-laid Eggs, and one ounce of Oyl of Lillies; mix and grind all these well together till it is like a Poultice; then heat it, and lay it as hot as can be endured upon the Sore or Sores, and renew it every Morning fresh till it is whole: Note the Party must take first some Purge to cleanse the Body before the use of this Remedy.

An Experimented Wound-Drink or Potion, which Cured a Gentlewoman of an Ulcer in the Reins in six weeks space, as Sir K. Digby relates.

Take Leaves of the large Comfrey, Agrimony, Mugwort, of each two handful, *Mumia*, half an ounce, *Paul's Betony*, or Speedwel, six handfuls; shred the Herbs, and powder the *Mumia*, and boil them in a sufficient quantity of white

white Wine and Water in a Vessel close covered; then powr off as much as you can of the Clear, and then distil the remaining, and put the distilled Water to the clear Decoction that you powred off. Take of this a little Glas-ful in the Morning fasting, and as much at four in the Afternoon.

This cured also a Gentleman, who being cut of the Stone, could not be healed.

A very good Diet-Drink for the perfect Cure of the Dropsie and Scurvey.

Take Wormwood, Maidenhair, Betony, Agrimony, and Fumitory, of each a handful; red Dock Roots, and Madder Roots, of each three ounces, Polipode two ounces, Sena five ounces, Rhubarb sliced thin, two ounces, Mace, Nutmeg, Galingale and Cloves, of each two drams, Mechoacan thin sliced, Hermodactils, two ounces, Sarsaparilla four ounces; shred the Herbs, and stamp them; and bruise the Roots and Spices; put all into a Bag, and hang it in six gallons of six shilling Beer, with a pint and half of Juice of Watercresses, and two pints of Juice of Scurvigrass; and let it work together six or seven days, and then drink thereof as oft as you please.

Note, That you must not fill the Vessel too full; for it must not work over. You may add to the Composition half a pound of Horse-Radish Roots bruised.

An

An Excellent Drink to cool and temper a hot Liver.

Take two Gallons of Whey new made, boil therein one Fennel Root, and one Mallow Root, their Piths taken out, and the Roots bruised; Sena two ounces, Borage, Bugloss, Violet-leaves, Endive, Succory, Agrimony, Sorrel, Scurvigrass, Water-cresses, and Cinquefoil, of each a handful, Liquoras six drams, sweet Fennel-seeds, one ounce, Cloves, Mace, Cinamon, and Juniper-Berries, of each two drams; shred the Herbs, and bruise the Seeds, and let them boil in the Whey till two quarts be consumed; then strain it into an earthen Vessel, and being cold, put into Bottles, and keep them in a Cellar. Drink thereof a Draught in the Morning as soon as you are risen, and another an hour before Supper; continue the Use thereof for some time, the longer the better for your health.

It is good also for the Stomack, but especially for a hot Liver.

An Excellent Diet-Drink for the Gout, Dropsie, Scurvey, or any humid Disease.

Take three ounces of Sarsaparilla, Sassafras, and Liquoras, of each two ounces; China root one ounce; boil all these in a new earthen Pipkin, in six quarts of Spring-water with a gentle Fire,

Fire, until it comes to four quarts; and halff an hour before you take it from the Fire, put in half an ounce of Cinamon, and six drams off Sena; strain it, and drink thereof three weekss together without any Drink all that while; and eat nothing in the mean time but roasted Mutton, and Fowl or Rabbit, without Sallet.

A Drink for a burning Scab or a salt Humour.

Take of *Lignum vite* half a pound, of the Bark of *Lignum vite*, Aniseed and Liquoras, of each one ounce, Honey ten ounces, Violet leaves, Strawberry leaves, Harts-tongue and Liverwort, of each a handful; French Barly two ounces, Raisins of the Sun stoned one pound and a half, twelve Figs sliced; stamp the Herbs, and boil all these in three quarts of Spring or Conduit water to two quarts; strain it, and give a draught of it Morning, Noon and Night, drink it cold.

An Oyntment to be used with this Drink.

Take white Lead, Litarge of Gold, Litarge of Silver, and Sulphur, of each an ounce; reduce all into a fine powder, and make an Ointment thereof with Sallet Oyl and Vinegar, of each four ounces; grind the powder with them by little and little in a Mortar, pntting in some Train-Oyl, and sometimes Vinegar.

A sin--

Singular Remedy very much approved, for a scorching and itching Humor, that waters and itches; which cured a Gentlewomans Arm which did abound with very ill disposed waterish Humors.

Take Fumitory four handfuls, Languede beif and Scurvey gras, of each one handful; Mad-r two ounces, Harts-tongue one ounce, Rhubarb sliced, and Sena, of each half an ounce, Sweet Fennel-seed bruised one ounce, Roots of Ecampane, and red Dock both bruised, and Marrans wash'd and bruised, of each half a pound; boil them all in two Gallons of Ale to one Gallon; then strain it, and drink a pint thereof in two draughts every Morning fasting at two hours distance; taking the last draught three hours before Dinner.

Note, That it is much better to boil it in clarified Whey.

An Ointment which she used with the Drink.

Take Sheeps Suet well tried one pound; boil in a pint of Plantane water, and a pint of the Juice of Houleek, over a gentle fire, till a pint consumed or more, and but a pint remaining, let it stand till it is cold; then take off the Fat that is upon it, and with the Liquor bath the parts with a Sponge; and having well bathed it,

O

anoint

anoint it with the Fat you took off, and continue it till you are well, as also the Drink.

A most Excellent Drink for prevention of the Stone and Gravel, whether in the Reins or Bladder, and for many other Diseases; much Experienced by a famous Physitian in France, who using it three times a year, viz. just before Easter, in the heat of Summer, and at Michaelmas, preserved himself by it to the Age of 122 years in perfect health.

Take two quarts of Oats, the clearest and foundest you can get, wash them well in several waters, and rub them between your hands, then drain them, and boil them in five quarts of Fountain-water, with a good handful of Damask-roses well wash'd and stamp'd in a stone Mortar; let them boil an hour, then strain it, and put into the Liquor four ounces of Honey, and half an ounce of *Sal prunella*; let it boil a quarter of an hour, then pour it into an Earthen Vessel, and let it cool; then put it into Bottles.

Take of this two Beer-glasses full in the Morning fasting, taking the last Glass two hours before Dinner, and another in the Afternoon; and continue it for a fortnight, without observing any Diet, or keeping House.

It is much recommended to be very wholsom; it cleanses the Reins, is good against the Stone and Gravel, purifieth and strengthens the Lungs; cures

all Fevers and Agues, even Tertian and Quartains, opens Obstructions of the Liver and Spleen, helps all sorts of Colicks, and pain in the side, the Scurvy, Dropsie, Heaviness and Weariness of the Body, revives the Senses, clears the Sight, sharpens the Appetite, and causes rest in the Night, strengthens Nature, and preserves Health: It may be taken at any time without danger.

A Diet-Drink against Melancholy.

Take Sena two ounces, Fumitory, Hops and Borage, of each a pound; boil them in two Gallons of spring-water, to one gallon; then strain it, and sweeten it with Sugarcandy or Honey, and after a weeks time drink a draught of it in the Morning fasting, and another about four in the Afternoon.

Another for the same.

Take a pint of *Aquavita*, and a quart of Rose water, four ounces of Liqueuras bruised; three ounces of Aniseed bruised; boil all together with a gentle fire to a pint, then strain, and take frequently thereof in the Morning fasting.

By Lord Brunkard's Diet-Drink for the Scurvey and Dropsie.

Take of *Lignum vite* and Sarsaparilla, of each
O 2 eight

eight ounces, Sassafras one ounce, Rosemary, Marjoram, Ground-Ivy, Thyme, Bark of the Roots of Capers, Sea and Garden-Wormwood of each a handful, an Orange Peel stuck with Cloves, and of quartered Nutmegs; put these all in a Bag, and hang them in half a Barrel of fix shilling Beer; drink thereof when you are thirsty, the staler it is, the better.

A Rare and Excellent Drink of great Virtues for the Cure of several Distempers, learnt of a Gentleman, who at his Death confessed he had done many wonderful Cures with it.

Take half a pound of quick Lime new from the Kiln, powr upon it a Gallon of fair water; let it stand eight hours; then pour off the Clear and strain it through a Sieve with a grey Paper in it; put into this Liquor one pound of bleed Currans beaten, Liquoras bruised, Aniseeds bruised, Sassafras, of each four ounces, Mace two drams; let these infuse in the Water twelvehours; then strain it again, and put it in Bottles for Use.

This Drink Cures all manner of Obstructions inward and outward Ulcers, strengthens Nature, purifieth the Blood, and is good for the Scurvy and Dropsie; it cures Consumption and Shortness of Breath; it is excellent against the Stone and

GRAVEL

avel, Strangury and retention of Urine: it
 ates an Appetite and causes a good Digestion;
 kills Worms, and is an admirable Remedy against
 cold Palsie.

Drink of it three times a day, half a pint at a
 ze, with a little Syrup of Ground-Ivy.

O 3 CHAP.

C H A P. XIV.

Select Syrups.

A very good Syrup against cold Diseases of the Head, Brain and Sinews, as the Palsie, Apoplexy, Falling Sickness, Cramp, and Water distilling out of the Head lying in Bed.

TAKE of the Flowers of Stechados, four ounces; Thyme, Calamint, Organum, Sage, Flowers of Betony and Rosemary, of each an ounce and half, Seeds of Rue, Piony and Fennel, of each three ounces; boil them in five quarts of running water till half is consumed; then strain it, and boil it up to a Syrup with Sugar and Honey, of each two pound; then take Ginger, Cinamon, Calamus Aromaticus,

cus, and Nutmeg, of each two ounces; bruise them, and tie them up in a course thin Cloth, loose and open Threds, and hang it in the Syrup.

very good Syrup against the Scurvey, and to sweeten and attemper the Blood.

Take of the Juices of Scurvigrass, Brook-me, Fumitory, Water-creffes, of Bugloss, and of Pippins, or Permaines, of each half an ounce; of the Bark of Roots of Capers, and Colipode of the Oak, of each half an ounce; Spithymum, Bawm, Agrimony, Maidenhair, Room-flowers, and Borage-flowers, of each half an ounce; shred the Herbs small, and bruise the Roots, and boil them all to a pint and half; then strain it, and boil it to a Syrup, with a sufficient quantity of Sugar: Use it with White or Rhenish Wine.

An Excellent Syrup to clear and open the Breast and Lungs; often Approved.

Take Liquoras small sliced ten ounces, Maidenhair five ounces, Hyssop two ounces; put all these into a Pottle-pot, and powr thereon a quart of Spring-water; set the Pot into a Kettle or Pot of hot water on the Fire, and keep it almost boiling hot for fourteen hours, and as the Water consumes in the Kettle, fill it up again with hot water; then strain it, and put

the Liquor in a clean Posnet, and put to it clear Honey, Sugar, and Sugarcandy, of each ten ounces; put into it the White of an Egg beaten; then set it on the Fire, and when the Scum rises, take it off, then strain it, without pressing it; then set it on the fire again, and put into it a quarter of a pint of Rose-water, and boil it up to the Consistence of a Syrup. Take thereof in the Morning fasting, and at four in the Afternoon, and when you go to Bed, and at any time in the Night, if you are troubled with a Cough.

It hath done much good to many; it will keep long time, being kept in a Glass stopp'd with Prune, and tied on with a Bladder.

A Comfortable Syrup against Melancholy.

Take the clear Juice of Borage, of Buglosses and Pippins, of each half a pound; Juices of Sorrel, Hops and Endive, of each two ounces; Cinamon and yellow Sanders, of each one dram. Clarifie the Juices with the White of an Egg; and boil it to a Syrup with one pound of Sugar. Then take Cochinele one dram, Saffron half a dram, *Lignum Aloes* rasped one scruple; tie them up in a thin Cloth, and hang it in the Syrup.

Another

*Another Syrup of Pippins against Melancholy;
by Dr. Fryer.*

Take twelve large Pippins, cut them through the middle, and core them, but pare them not; boil them in two quarts of Water, with a gentle Fire to a quart; then strain it through a Hypocras bag, without crushing them; then boil the Liquor to a Syrup with a sufficient quantity of Sugar; then take four grains of Ambergreece, and ten grains of Saffron; put it in a little Tiffany bag, and hang it in the Syrup: Take of this Syrup now and then two spoonfuls, with four spoonfuls of Borage-water, and eat now and then the quantity of a small Walnut of Conserve of Borage, drinking the said Draught after it.

This Course is Excellent to Cure and prevent Melancholy.

Syrup of Clove-Gill flowers.

Take of the best and fragrantest Clove Gilliflowers one pound, the Whites clipt off, put them in a Pipkin, and powr upon them so much hot water as will cover them; crush them well down, and let them stand all night; then strain them, and warm the Liquor gently, and dissolve in it fine Sugar in fine Powder; three pound of Sugar will suffice for a quart of Liquor;

quor; but take great heed you do not boil it; for all Authors forbid; because in the boyling of it, you will lose all the fragrant and cordial Spirits of the Flowers. If you find that your Syrup is too thin with three pound of Sugar to a quart of Juice, then you may take four pound to one quart of Juice. Some Women do admire that this Syrup should keep, not being boiled; but I can assure you upon experience, that it will keep as well as if it had been boiled, and I am sure that it is a great deal better, and more cordial, for the reason which I have given.

Note, That some let them stand four or five days before they strain the Liquor.

To make the best and richest Syrup of Clove-Gilli-flowers.

Take what quantity you please of the best Flowers, their Whites clipt off; then take double the quantity of them of fine Loaf-Sugar powdred and sifted; put some of the Flowers into a Crock or Pitcher, and on the top of them some Sugar, then another Lay of Flowers upon the Sugar, and Sugar upon them, and so continue till all your Flowers and Sugar are laid; then set the Vessel in a Pot or Kettle of boiling water, stopping the Pitcher, and laying a weight upon it to keep it from rising in the Water; keep the Water boyling for seven or eight hours, having another Vessel of boyling Water ready to supply

ly it as it wafts ; for it must be always kept fill'd
 up to reach as high as the Flowers in the Pot ;
 After this, powr it hot through a Hair-Sieve in-
 to a Bason ; and when it is cold, bottle it up,
 and stop it close, and you shall have a most rich
 Syrup very Cordial and Odoriferous, far beyond
 all compare ; but if you would have more in
 quantity, and not so rich, powr some white
 Wine upon the Flowers and Sugar before you
 set it to boil, and you will have also a very fine
 Syrup : After this manner you may make Syrup
 of Roses ; but you need not clip the Roses, and
 single refined Sugar will serve.

*An Excellent Syrup of Aqua Vitæ for a Cold or
 Cough, or Shortness of Breath.*

Take half a pint of the best Nantz-Brandy,
 put it in a Silver or Pewter Porringer, set it
 upon Embers, and put into it four ounces of
 powdered Sugar candy ; when it is warm, fire
 it with a Paper, and let it burn until it goes out
 of it self, and leaves a Syrup behind, but you
 must stir it all the while with a Silver Spoon.

Take of this Syrup two parts, and mingle it
 with one part of Oximel of Squills, which is a
 most Sovereign thing for the Breast and Lungs,
 Phthisick, Astma, and Shortness of Breath.

Syrup

Syrup of Corn Poppy-flowers.

Take Fresh red Poppies two pound, infuse them in warm water for twelve hours; then strain the Liquor, and infuse fresh Poppies in it as before; then strain it again, and with an equal quantity of Sugar make a Syrup in *Balneo Marie*.

It is Excellent in Feavers, causes Rest, eases the Cough, and all other Pains, and the Colick, abates the Rage of the Plurisie, eases the violent pain of the Stone, stops all sorts of Fluxes, the Whites in Women, the Loosness and bloody Flux. The Dose is from one Spoonful to two.

To make Syrup of Aniseeds, by Dr. Quirceton.

Take Aniseeds bruised two ounces, infuse them in a quart of Sack for three days; then strain it with one pound of Sugar; boil it very gently to a Syrup.

This Syrup is good for the Breast and Lungs, expels Wind, eases the Colick, provokes Urine, and cleanses the Reins: Mothers and Nurses should never be without this Syrup; for it is an excellent thing to give to young Children for the Gripes; to which they use to be very subject.

A most

A most Excellent Syrup to restore such as have been lingering in a long and wasting Consumption.

Take the Flesh of Snails four ounces, French Barley two ounces, Dates one ounce, Raisins, Liquoras, of each six drams, Sebestens and Jubes, of each twelve in number; seeds of Cotton, Mellons, Cucumbers and Gourds, of each half an ounce; seeds of Lettice and white Poppies, of each two drams, the Herbs Coltsfoot and Lungwort, of each a handful; bruise the Seeds, stone and bruise the Raisins, and shred the Herbs, and the other Ingredients, and boil them all in three quarts of Water to two quarts; then strain it, and boil the Liquor to a Syrup with two pound of Sugar, and Sugar of Roses, and *Diatragagant Frigida*, of each five ounces, which you must have of the Apothecaries. Dose, two, three, or four ounces at a time.

Several other Pectoral Syrups; as Syrup of Ground-Ivy, of Turnips; Syrup of Ale, and others you have in the Chapter of Remedies for the Breast and Lungs.

CHAP. XV.

Select EMULSIONS or AL- MOND-MILK.

To make Emulsions or Almond-Milk.

Take sweet Almonds, six ounces; blanch them, and stamp them in a stone-Mortar with a wooden Pestle, powring to it a quart of Barley-broth; but you must not make it too thin in the Mortar; for then you cannot beat it, for it will spatter about; when you have beat it well, powr more of the Barley-broth to it to make it thin; then strain it, and press it either through a clean Sieve or a Cloth; then beat the remainder again with a little more Barley-broth; then strain it again as before; repeat this so often till you have got the Milk out of the Almonds, and

and that you have employed all your Barley-broth; then sweeten it with Sugar; and if you will, you may scald it on the Fire without boiling it and it will be like Milk.

It is very nourishing, and good against Consumptions, and cures the Ulcers of the Lungs, and is refreshing and strengthening.

An Emulsion for heat in the Reins and Kidneys.

Take of the four greater cold Seeds, of each half an ounce; Seeds of Lettice and white Poppies, of each two drams, with Barley-broth, one pint; make an Emulsion, and sweeten it with Syrup of Water-Lillies, three ounces

It is excellent to cool the Reins and Kidneys, and take off the Heat and Sharpness of Urine. Drink a little draught of it cold two or three times a day.

A Emulsion good in a Fever.

Take of the greater cold Seeds, of each three drams; Hempseed, two drams; white Poppy-seeds, one dram; beat them and make an Emulsion, with Jelly of Hartshorn and Poppy-water, of each half an ounce, and sweeten it with Syrup of Corn-Poppies.

It is excellent good in a burning Fever, pestilential Diseases and in the Plurisie.

A ve-

*A very good Emulsion for a sharpness and gnawing
in the Stomack.*

Take white Poppy-seeds, two drams; French-
barley beaten, half an ounce; twelve blanched
Almonds, with Bawm-water and an Alexitery-
Milk-water, make an Emulsion, to which add
fine Sugar and red Rose-water, of each one
ounce and a half: Drink of this as often as you
please.

CHAP.

C H A P. XVI.

*select Remedies for the GOUT and
S C I A T I C A.*

*A Rare Ointment to assuage the Swelling and raging
pain of the Gout.*

TAke of the slender Sprouts of Dwarf-elder
in the Month of *March*, when they spring
up out of the Ground from the Roots, and are
about a fingers length, of each four handfuls;
stamp them, and press out all the Juice from
them as hard as you can; then boil this Juice
in a pound of Hogs-grease over a soft fire for
two hours; or you may boil the Herb stamped
in the said Hogs-grease, and then strain it and
press it out as hard as you can.

This was given me by a worthy Gentleman, who esteemed it much, because he being much troubled with the Gout made much use of it, and found great benefit by it. It asswages the swelling and raging pain thereof, and gives ease, and strengthens the part afflicted. In the Running Gout, Numness and Raging pain in the Hands, Fingers, and other parts; I have often approved it with great success after many other Remedies used in vain. The parts grieved, must be bathed with it as warm as can be endured, and well chafed in before a Fire.

An Excellent Poultice, or Plaister to assuage the raging pain and swelling of the Gout.

Take a quantity of the whitest part of Pigeons Dung; mix it with equal parts of good Mustard; temper it with a little Vinegar; then take the Grease of a Puppy-Dog, so much as will make it into an Ointment or Salve; then take a pint of Garden-Snails, and stamp them with their shells, with a handful of Parsley; then mix and incorporate all well together, and spread it upon Leather and apply it. Parsley and Snails alone stamped and powdered together are good for the hot Gout.

A certain and infallible Remedy to prevent and cure the Fits of the Gout.

I knew a Gentleman in Germany, who always cured and prevented his Fits of the Gout (whensoever

against the Gout and Sciatica. 211

When he perceived the least Symptom of its approaching)
the following Remedy.

He took a good quantity of the Herb Mullin
weyed, which being shred, and cut small, (the
stalks, leaves and blossoms) was boiled in a good
quantity of the water taken out of the Smith's
trough wherein he quenches his lions: when
the water had drawn out the vertue of the Herb,
and that it was tender, and being taken off from
the Fire there was put in a large proportion of
chalk in powder; In this Bath he bathed his
feet, Legs and Knees in a Tub, in which he con-
tinued bathing until it grew cold: Then he
caused a great Hole to be digged in his Garden,
into which this Bath with all the said Ingredi-
ents was put, and then the Earth thrown upon
it. Thus bathing but once did always prevent
his Fit of the Gout, and freed him from all in-
conveniency of it for half a year: when he per-
ceived it would grow again upon him, he used
again this Remedy, which did so prevent it, that
he was never troubled with any lameness, swell-
ing or pain at all, to which I was an Eye-witness;
and I heard him say, that if he did not use this
Remedy to prevent it, he would have very
pained and racking Fits, which would confine
him to his Bed for a Month or six weeks: he
caused the Herb to be gathered in the Summer
when it was in its vigor; which is in June; it
is called *Verbascum* in Latin.

The Spirit of Sal. rmoniack mixed with Brandy and the parts grieved bathed therewith with Linnen Clothes, and then some Linnen-Clothes laid over it doth give great ease in the Gout, and strengthen the Party much. I knew a Gentleman at Leons in France, who always used it, and found great benefit by it.

A Bath for the Gout, used by Sir William Paddy.

Take a gallon of new Grains, and a quart of Bean-meal; five ounces of Commin-seeds beaten; a good handful and half of Roman Wormwood; a good handful of red Rose-leaves dried; three spoonfuls of Bar-salt, and one good spoonful of Honey; beat all these together with so much Beer as will suffice to make it to a temperate; set the Patient's Leg therein the space of half an hour; and upon a light supper use it again at Night going to Bed, and dip woollen-Cloths therein, and foment the Legs therewith as hot as may be well endured.

Dr. Holfatius of Cullen, his Bath for easing the Gout.

Take four ounces of Frogs-spawn-water; one ounce of Mullen-water; powder of Mirrh, one dram; Oriental Safron, half a dram; reduce them to fine powder, and mix them well together; bath and foment the afflicted part therewith.

Another

Another Plaister for the Sciatica, or any kind of Gout.

Take Deers Suet, yellow Wax, Pitch and Rosin, of each one pound, Frankensence, two pound; beat the Gums severally; then take a span with a broad bottom, set it upon the Fire, and put into it, first the Pitch, Wax and Deers-suet; stir them with a stick; and when they are well melted, put in the Rosin; and when that is melted put in the Frankinsence; and as soon as it beginneth to rise, take it from the Fire for fear it should enflame; then put into it the other Gums; stir them well together; and when they are well incorporated, strain it through a Canvas Cloth; when it is cold anoint your hands with Butter, and make it up in Rowls;

Or you may spread it upon Leather while it is warm, and so apply it, using with it the Drink before-mentioned.

A most sovereign Ointment for the Gout.

Take the eldest Gander you can get, make him ready and draw him, but let no water touch him; take Sheeps Tallow, fresh Hogs-grease, Pitch, Honey, and black Soap; new Wax, two ounces; a quantity of Salt, Frankinsence, in powder, three ounces; the flesh of an old, fat Cat, Meal or Flower of Beans, and the Soot of a Chimney, of each one handful; mix them well together, and put all into the Ganders Bel-

ly, and sow him up close and rost him so long till he will drip no more; then put up your Ointment and anoint the part grieved therewith.

A good Parge for the Sciatica, or any kind Gout.

Take Aloes, Hermodactils and Scammon of each half a dram; reduce them to subtil powder, and make Pills thereof, with Juice of Rofes, or with Syrup of Rofes; and for a Fortnight together take every third day, one dram in the Morning,

Use also the following Plaister.

Take two ounces of Pitch; one ounce of Tar; two drams of Treakle; one ounce and half of Rosin; one ounce of Honey; boil and stir them till all is melted and well incorporated and united together; then spread it on Sheeps-leather prickt full of holes, and apply it as hott as can be endured.

Another for the Sciatica by Dr. Frank.

Take a quart of Sack, the bigness of an Egg of Salt-Peter; boil them together till a fourth part is consumed, then take new Cotton-Cloaths, and dip them in it, and wring them a little, and foment the pained place, spreading them upon it one after another many times until the pain cease,

Another

Another Remedy for the Sciatica and Rheumatism.

Take Storax liquid, yellow wax, new Pitch, and Honey, of each four ounces; Cinamon, pepper, of each one ounce; put all these (in powder) together into a new pot, and let it boil but one walm, stirring it carefully all the while; then take it from the Fire, and put into it four ounces of Aloes, and one ounce of Oil of Lillies; stir them well together to make them incorporate; then put the Pot again upon hot Ashes, and stir it until it be of the Consistence of an Ointment; which spread warm upon Leather, and apply it; but if your Disease be in a whole Thigh, then you may spread it upon a whole Lambs Skin.

You may leave it on seven or eight days, if it require. If the Disease come again, put the Plaister on again. This Medicine will keep a long time.

Another Bath for the Gout; by Dr. Ruland.

Take Juniper-berry-wood cut small, three pound; Mint, Camomil, Linseeds, of each half an handful; bruise the Seeds, and shred the Herbs, and boil them in a sufficient quantity of water to make a Bath; by the use of which the pain went away and the Party was perfectly cured.

A Drink for the Gout. Dr. Scroderus

Take Germander, Groundpine, tops of Sage, of each one pound and a half; Primrose, Rose-

mary, of each half a pound; Mistletoe of the Oak half a pound; China-Root sliced three drams digest them all in fifteen quarts of Rhenish wine for ten days, then strain it. Drink thereof twice or three times a day.

It is also good against the Sciatica and Rheumatism.

Another Drink for the Gout.

Take Hermodactils, Sena, of each one ounce; Turbith, Mechocacan, Ana, one ounce and a half; Leaves of Ground Ivy, Vervain, of each two drams; Seeds of Fennel, Aniseeds, of each one dram and a half; Cardamoms, Cinnamon, Mace, Safron, of each one dram; Flowers of Mullion, Rosemary, Flower de luce, of each half a dram; bruise and prepare them all and infuse them in eighteen quarts of Rhenish Wine in *Balneo Marie* for two days; then strain it and sweeten it with fine Sugar, and drink thereof three ounces a time with one dram of Cream of Tartar in the Morning fasting for some days.

It is prevalent against the Gout and several affects of the Stomach, Liver and Spleen; It draws thick Phlegm from the Joints and remote parts.

An Approved Remedy for the Sciatica in the Hip, or any kind of Gout

Take two ounces of Burgundy Pitch, Oxycrocium and Gum Caranna, of each an ounce; melt and mix them well together; spread it on Leather, and apply it to the part for nine days. *It hath cured many.*

When

against the Gout and Sciatica. 217

When you use the *foreſaid* Plaister, use the following Infusion.

Take Sena half an ounce, Epithimum, Raisins stoned, Fennel-seeds, and Ginger of each half a dram; put them in half a pint of Whey; then make them warm, and let it infuse twelve hours, then warm it again, and strain it, and drink it all off in the Morning fasting.

Use also the following Drink to give every day two or three Stools

Make a strong Decoction of *Lignum Vite*, put into it Sena, Hermodactils, of each four ounces; Epithimum two ounces, Turbith one ounce, Coloquintida half an ounce; let them infuse in warm Sand, or in a Kettle of warm Water in a Vessel close stopped for twenty four hours; then strain it, and drink thereof every morning fasting, and at Night; take of the distilled Water of *Lignum Vite* one ounce, with half an ounce of Syrup of Cowslips; and use to that the quantity of a Nutmeg of an Electuary made of Conserve of Cowslips four ounces, Conserve of Sage-flowers, and Rosemary-flowers, of each two ounces, Conserve of Roses one ounce; make them into an Electuary.

For a Prick that doth fester, rankle and burn,
a present Remedy.

Take Burnet, stamp it to mash, then spread on a Cloth, and apply it to the place; it will speedily help it.

CHAP.

C H A P. XVII.

Select Remedies for Bruises and Swellings.

A Pultice to open an Impostume, and to ripen an Bile.

TAKE one handful of Sorel, twelve Figs sliced, half a pint of the Juice of Sorel; boil this together until it be very tender, and put to it some wheat Flower, and Hogs Grease, and lay it warm to the place, changing it twice a day; continue this till it be drawn out.

Another for the same; much Approved.

Take the Whites of two Leeks, and wrap them up in a wet Linnen Cloth, and bake them under hot Embers, so that they be only soft and

no more; then pound them in a Stone-Mortar, with a piece of Hogs-Grease; spread this pretty thick, and apply it, changing it once in seven hours; and in three times changing it, the Matter will be all drawn out.

With this Cataplasme you may also Cure Deafness and Noise in the Head and Ears.

Mr. Stockdeal's Approved Remedy for a Bruise and Swelling.

Take a pint of fair Water, and boil in it a handful of Salt, then bath the part swelled therewith as hot as you can endure it.

With this he cured himself of a great Bruise and Swelling upon his Foot, which was caused by a piece of Brick that fell upon it from the Top of a Chimney.

Another infallible and often Approved Remedy for a Bruise and Swelling, to discuss the Humors and Tumor.

Take some Tow of Flax or Hemp (of Flax is best) and moisten it with Nantz-Brandy; then spread it over with Honey, then sprinkle some of the Brandy upon the Honey, and having bathed the swell'd part with a little Brandy, lay it on.

This cured a Boy who fell upon his Face, and a Knob as big as an Egg swelled presently upon his Forehead;

Forhead; they laid this Remedy to it, and by the next Morning it was well. The like happened to a Girl, a Gentleman's Daughter, and I coming into the House when it was newly done, advised them to use this Remedy, which they did, and the next day all the Swelling was gone. A Servant Maid fell down the Stairs, and exceedingly bruised her foot and Ankle-Bone; whereupon it swelled very much; her Mistress seeing me go by, called to me, and told me of the Accident that happened to her Maid, asking my Advice; I advised her to use this Remedy; which she did, and it was perfectly cured. It is a great Discussive of Humors.

CHAP. XVIII.

Select Remedies against the PLURISIE.

*An Infallible Remedy for a Plurisie, Experienced
by Mr. Trear, a Famous Chirurgeon, and also
by Dr. Tresfel.*

TAke a Pippin, open it at the Top, & take out
the Core; then fill it with white Frankincense;
then stop it again close with the piece you took
out at the top, and roast it in hot Ashes; then
beat it to Mash, and let the Patient eat it.

Another Approved Remedy for the same.

TAke three of the biggest round Balls of
Horse-Dung, break them in pieces, and boil
them in a quart of white Wine, till a pint is con-
sumed; then strain it, and sweeten it with Su-
gar;

gar; and let the Patient drink a good draught of it, and keep him warm in his Bed.

Another very Excellent Remedy for the same.

Let the Patient drink a good Glass-full of the Juice of Chervil, which is a great purifier off the Blood. *It hath cured many.*

Another Remedy for the Plurisie, in case Bleeding cannot be admitted.

Take fine wheat-flower, make and bake a Cake of it, which cut through the middle, parting one side from the other, and spread upon the Crumb of each of them Treacle or Mithridate, and apply each side of the halves to each side of the Patient; and use at the same time: the Drink made of the Horse-Dung, boil'd either in Wine or strong Ale. Stone-Horse dung is best.

A. Purge for the Plurisie.

Take half an ounce of Sena, French Barley and Liquoras, of each an ounce; Raisins, Tamarins, and Maidenhair, of each half an ounce, Violet and Strawberry-Leaves, of each an handful; boil all of them in a Pottle of water to a quart; then strain it, and drink a draught thereof every Morning for four or five days together; and if you have not four or five Stools in a day,

against the Cramp.

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day, take another Draught at two in the Afternoon.

For the Cramp.

Take Oil of Earth-worms, and anoint the Hamms well therewith, the Calves of the Legs, and under the Knees forward.

Another.

Take a fresh Eel, flay it, and dry the Skin, and tie it about the place afflicted, or put it over the place, between the Blanket and Sheet, when you are laid in Bed.

Another for the same.

Take Bawm and Rosemary, of each a handful, shred them very small, and chop or stamp them; then put them in a Dish upon a Chafing-dish of Coals, cover the Dish with another; and when the Herbs are very hot, apply them to the place afflicted.

For the Falling of the Uvula, which some call the Palat of the Mouth.

Sir Kenelm Digby says it is an infallible Remedy for the Falling of the Uvula, to do thus: Gag your self with the Joint of your thumb, whose one end joyneth to the Hand, and

and the other is the middle Juncture of the Thumb: let your two Rows of Teeth rest upon these two ends of that Joint, so as to make you gape wide; keep your self gaping thus as long as you can, all the while sucking in your Breath. When you are weary, take out your Thumb and rest; then repeat it again and rest again when you are weary; you shall not have done so twice, but your *Uvula* will be restored to its due place.

CHAP

C H A P. XIX.

*select Remedies for the PILES and
HEMORRHOIDS.**Excellent Remedies for the Piles*

Take white Lead in fine powder, one dram,
burnt Allum, two drams; mix them with
ogs-grease and Plantane-water, and then a-
pint the grieved place therewith.

*Another infallible and often approved Remedy a-
gainst the Piles*

Take Pilewort, stamp it and mix it with fresh
Salted Butter, (in May) working into it as
much of the Herb as you can maake it well take
so that the Butter be highly green; then
Q melt

melt it over the fire, and let them boil gently till the Butter have taken in all the Juice and vertue of the Herb, and the superfluous moisture be evaporated: In a word, you are to make the Butter as strong as you can of the Herb, and that it be of a perfect green colour, and no fermentick moisture remaining with it; when it is cold, it will be firm and hard. With this appoint the Piles, putting unto them as in the foregoing Receipt.

An approved Remedy against the Hemorrhoids.

Take of the best and fattest Figs, six in number; cleave them through the middle, lay them in a Porringer, and powr upon them some good Brandy to cover them two good fingers breadth; then set the Brandy on a fire, and let it burn till long as it will, and your Figs will then be very tender and soft; then apply one of them as hot as can be endured to the swelled Hemorrhoid that comes out, and let it remain until it groweth cold, which will be less then half a quarter of an hour; then apply another half of Figs as before, and so continue till you have used all the twelve half Figs; and to that end you must keep them warm by the fire.

This will give you perfect ease, (though the pain were never so great before, and will take away all the swelling and knobs upon the Veins, and make them retire orderly into the Body.

Dr. Bates his Remedy for the Piles, wherewith he cured himself when he had them in the greatest extremity that could be; he gave this Receipt to Sir Kenelm Digby.

Take flower of Sulphur, one part, fine Sugar, three parts; make this into Tablets or lozenges, with Gum Tragant soaked in red Rose-water into a Mucilage; make them round and flat, and about one dram a piece, Eat of these four or five times a day one at a time: doing thus, it gave him three or four stools a day; and in a little while he was perfectly cured of his Piles. *This hath cured many, both Men and Women.*

A Remedy for the Hemorrhoids.

Boil a pint of Milk, and in the boiling flake as often as it riseth with Plantane-water; so continue doing till you have used a pint of Plantane-water in flaking the Milk; then take it off the fire, and put thereto three ounces of *Mel Satum*, Drink of this at pleasure.

Another for the same.

Take the whites of two Eggs, and four ounces of fresh Butter out of the Churn, well-washt, and one ounce of Safron; work these well together, and put frequently a little up into the

Fundament; and if the pain continue, add the Composition, two handfuls of Nightshade which will make it much more effectual.

Another.

Make an Ointment with the Roots of Pi-wort stamped, and Mutton-suet shred; boile them together over a soft fire; then strain and use it.

Another Remedy for the Hemorrhoids.

Take the third part of a pint of Milk, and as much Smiths water out of the Forge, when in quench Gads of Steel many times; then put into it two ounces of the Juice of Clary, and so give it for a Clister lookwarm.

Another for the same.

Take the fat of an Eel and the Yolk of an Egg, of each one spoonful, beat them together: In this roul a Lint, so as to make it take up as much as you can, and put it into the Fundament, and lay also a Pledget covered with the like Ointment upon the outward swelling; and this will give some ease presently. Change your Tents and Pledgets as they grow dry and hard and in a small time the Veins will be open & run and it will be well. *The fat of Eel is made by boiling Eels in water, and skimming off the fat, or if you roast an Eell, take the fat that dripped from it; or you may bake it as when you prepare the Composit for deafness*

CHAP. XX:

*Select Remedies for all sorts of FLUXES
and LOOSNESS.*

*A certain and often approved Remedy for all sorts
of Fluxes or Loosness, old Hepatical, and bloody
Fluxes.*

TAke filings of Steel, (which you may buy of
the Needle-makers) four ounces; put
them in a well-glassed Pipkin, and pour thereon
a quart of deep red Wine, (that which is used
to colour white Wine) let it boil until about
three parts of Wine is consumed, stirring
often; then strain it while it is hot: give of
this two or three spoonfuls in warm Broth or Ale
in the Morning fasting for some time together.
*This I have often approved with happy success even
in a bloody Flux.*

Another for the same.

Take a pint of Claret-wine, and put into it two penny-worth of Cinamon and as many Cloves; boil this gently close covered till half be consumed; then make a Toast or two of light Bread, and cover them with Sugar; then strain the Wine upon them: eat them for Dinner, and the like for your Supper, eating no other sustenance that day. It uses to cure in a day.

Another for the same.

Take of the outward Bark of an old Oak (the rough part a little scraped off) two ounces; Canamon, one ounce; two sound Nutmegs sliced thin; eighteen black Pepper-Corns, and as many Cloves; bruise them all, and boil them in two quarts of New Milk until a pint be consumed; then strain and divide it into four parts. Take one of these as hot as you can drink it early in the Morning, and another about ten a Clock, and another at four in the Afternoon, and the fourth at Night when you go to Bed, and make it fresh every day. The first draught will take away the pain and griping, and then afterward if it is not necessary to take it so very hot: It doth not bind it suddenly, but smootheth and healeth the Guts, and strengthens the Stomach, and if the Patient have lost his Appetite so that he can eat nothing, as usually hapneth in great Fluxes;

against Fluxes and Loosness. 231

exes: this Milk giveth him sufficient nourishment.

An excellent Clister to cure any Flux or Loosness.

Take a handful of Barley-meal, with all the Bran in it; or take a good handful of Barley and beat it in a Mortar to a fine powder; Wheat Bran and dried Roses, of each one handful; boil these gently in a glassed Pipkin, covered in three pints of water for three quarters of an hour; then strain it through a Linnen Cloth, and press hard to get out all the thick and slimy substance in it. This is enough for two Clisters when carefully done. Take half of it and put into it the yolk of two Eggs, and one ounce of Malt-sat; and give it duly warm. He may keep it three or four hours without trouble, because the quantity is less than of an ordinary Clister, and that it is of a Balsamick and comforting quality to the excoriated Guts. *It is an excellent Remedy to any sharp tormenting Flux, when the Guts are inflamed, excoriated and ulcerated, either through ordinary causes, (as by eating Fruit, or the like) or by taking Mercury to flux one by Salivation, you will presently find ease at the first taking it; but it is well to repeat it once or twice a day.*

Dr. Butler's Remedy for a Flux.

Take the Root of Holly-oak, Elder-tree-Roots and Plantane-Roots, of each a like quantity;

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cut them small, and boil them in red Wine or Ale; Drink thereof as often as you please and need requires: If it be distastful sweeten it with Loaf-Sugar.

A Remedy to cure the Bloody-Flux, and heal the Ulcers in the Guts caused thereby.

Take the inner Rinds of a suppling Oak, or about twenty years growth, two handfuls; cut them into small pieces, and boil them in a quart of Milk; when it is ready to run over shake it with cold water, and so boil it, and shake it five or six times; let the Patient Drink half a Pim at a time, adding a little Pepper grossly beaten; boil also of the same Bark in water with a little Cinamon; and drink thereof at Meals besides the other.

To cure a Bloody-Flux, bloody Urine, or spitting of Blood.

Take Shepherds-pouch and Plantane, of each like quantity; stamp them, and boil them in Spring or Conduit-water; mixt with the distilled water of red Nettles, add thereto a little fine Sugar; and drink it every Morning and Evening.

C H A P. XXI.

Select Remedies for the FAUNDIES.

Dr. Farrar, his excellent and often approved Remedy for the Faundies, of any kind black or yellow.

Take eight ounces of chosen Currans well washed, and picked from all the little stalks; put to them one ounce of choice Rhubarb in fine powder; beat them together in a mortar seven or eight hours. Take of this every morning fasting, and at Night about the quantity of a small Walnut.

It purifieth the Blood, and strengthens the Liver wonderfully, and if continued, carrieth away the peccant humours of the Body.

This is a sovereign Remedy for a Flux or Loss of strength as well as for the Faundies. I my self had once a great Flux for a Fortnight; and Sir Kenelm ordered this Remedy for me, and it perfectly cured.

An-

Another approved Remedy for the yellow Jaundies.

Take Goose-Dung gathered in the Spring-time, and drye it in the Sun, and Sugarcandy, of each one ounce; pulverize them, and give it from one dram to two in white Wine. It perfectly cures it at three or four times taking.

Another approved Remedy for the same.

Take Hemp-seeds, bruise them and boil them in milk; then strain it, and drink thereof warme two or three times a day. This cured a great Lady.

Another approved Remedy for the yellow Jaundies.

Take Celandine (the whole Plant) one handful; Leaves and Flowers of Hypericon, of each half a handful; Roots of Hog-fennel, the inner Bark of Elder, of each three drams; boil them in Rhenish Wine and water of Hartstongue, of each one pint; then strain it and put into the strained Liquor powder of Goose-dung and Saffron, of each three drams tied up in a Rag, sweeten it with Sugar.

It perfectly cures the Jaundies at thrice taking divide the whole quantity into three Doses, and take them for three Mornings together.

Another Remedy for the yellow Jaundies, that when some have been cntring into the black, have been cured by it.

Take Jean Treackle, two ounces; powder of Tu-

murmerick, one ounce ; Safron, one dram ; a
nutmeg grated, and as much Honey as will
sweeten it : work it into an Electuary, which
put up into a Gally-pot, and take of it the quan-
ty of a Nutmeg three or four times a day.

C H A P. XXII.

Select Remedies against Ruptures.

To make an Excellent Ptisan for a Rupture; the
Use whereof cured a great Lady of a great Rup-
ture in a Fortnights time, and likewise many
others.

TAKE Solomon's Seal, Agrimony, Milt-wast,
Maidenhair, Roots of Strawberries, of each
handful ; pick and wash them, then shred
them ; and stamp them in a Stone-Mortar ;
and boil them in two quarts of white Wine ;
but let the Vessel be close stopp'd that nothing
may expire ; then strain it out, and press it
hard ; Drink of this Liquor a good Glass-ful in
the Morning fasting ; and an hour after, drink
another ; and continue this, taking two Glas-
ful every Morning till you are cured.

An

*An infallible and often approved Remedy for
Wind-Rupture.*

Take fresh Cows-dung, heat it in a Pot Pan, then spread it thick upon Leather, as a Cataplasm, and strew upon it some Commin-seeds bruised; then apply it to the Rupture as hot as may be endured; when it groweth cold, put on a new one: Continue this for two days.

This hath Cured several Children of a Wind-Rupture. It is a Sovereign Remedy in that Case. The Child must lie upon the Back.

Another Plaister for the same.

Take Polipode of the Oak, and Elecampane beat them small in a Mortar; then temper them with Oyl of Bays, and lay it under the Truss, changing it every Morning; Continue it for a Month.

Another Remedy for a Rupture.

Make Potage with Mutton, and boil in it Plantane and Daizy-Leaves and Roots, Sanicle, Scabious, and Polipode, of each a handful, two Leaves of Comfry; eat thereof for two or three days; and in the Morning fasting, and at Night when you go to Bed, drink Posset made with Ale and boil some of the said Herbs in it; then strain it, and mix the Herbs with a double quantity of Sanicle, stamp them, and stew them with Sheep's Suet, and apply it under the Truss; when you have drank the Posset, lie on your Back an hour at least.

C H A P.

C H A P. XXIII.

*Select Remedies for Tetters and Ring-worms.**An Ointment to Cure a Tetter or Ring-worm.*

TAKE Lytharge of Gold in very fine Powder, half a pound; Wine-Vinegar, five ounces, Oil of Roses one pound; grind the Lytharge in a Mortar, putting to it by turns, sometimes Oyl, sometimes Vinegar, till by a continual grinding and stirring, the Vinegar doth no more appear, and that it comes to a whitish Ointment.

It is good against Inflammations, Burnings, and Scaldings, it is cooling, drying and anodine; it dries, skins and healeth Sores and Ulcers, cures Scabs,

Scabs, Tetters, Ring-worms, and other Deformities, and Discolouring of the Skin.

Another Approved Remedy for a Tetter or Ring-worm.

Take Bears-grease four ounces, Quick-Silver mortified, and Verdigreece, of each an ounce; Camphire one dram, Black Sope and Mustard of each one Spoonful; Juice of the Leaves of Walnuts, three or four Spoonfuls; grind them all together in a Stone Mortar, or on a Painters Stone; then put it in a Gallipot: Anoint the Tetters or Ring-worms with it Morning and Evening until it kills and heals them.

This is an absolute Remedy, which hath Cured many.

Another Remedy for Tetters and Ring-worms, Itch and Scabs, &c.

Take Water of sharp-pointed Dock four ounces, Borax three drams, common Salt, one dram; Vinegar of Squils one ounce; mix them together.

It is excellent against all manner of Scabs, Itch, Ulcers. Tetters and Ring-worms, Morpew, and other Deformities of the Skin.

To take away Warts and Corns.

Take Sal Armoniack, Roman Vitriol, and verdigreece, of each two ounces, Allum one ounce, Calx vive half an ounce; distil them in a Glass Alembick, the Flegm comes first; which cast away; the Spirit follows, which reserve for use.

It takes away Warts and Corns by often touching them.

To take away Warts from any part of the Body.

Anoint them with Oyl of Sulphur two or three times a day, and they will fall off.

Another.

Take a few Snails, put them in a Glass with little Salt, and in two or three days there will be a Liquor; with which anoint the Warts, and they will wear away.

Another for the same.

Take the green Leaves of Marigolds, masha them as small as green Sauce; then rub the Warts with it, and squeeze some of the Juice upon them.

For

For Corns in the Feet.

Take a little Copperas, and as much Bay Salt, and the quantity of them both of white Wine; boil them till they are dissolved, then wet therein a little black wool, or a Linnen Ragg, and bath the Corns therewith every Morning, then put to them a Plaister of Diapalma, and in a short time they will wear all away.

Another for the same

Take Galbanum two drams, steep it in Wine or Vinegar until it is as soft as Salve; apply it to the Corns, being first close pared until they wear away, which will be in a short time; you may anoint them with it, and then lay a Plaister of Diapalma upon it.

Another.

Take Opment- Allum and Vitriol, of each two drams; reduce them to a fine Powder; then temper it with Honey to an Ointment, and anoint the Corns therewith, being first pared, and lay a Plaister of Diapalma over them, and they will wear away in a short time.

C H A P. XXIV.

Select BALSOMS and OYNTMENTS.

The true and genuine Description of Lucatello's Balsome, according to Sir Kenelm Digby's Receipt, as he caused it to be prepared for his own Use.

Take three pints of the best Sallet Oyl, which wash first with good Claret wine, then wash and beat one pound of the best *Venice*-serpentine in several white-Rose-waters, till it be very white and Liquid; likewise scrape and have very thin half a pound of the best and softest yellow Bees Wax, and take six spoonful of pure right Canary, and put the Wax and Oyl into a good sound new glazed Pipkin of about four quarts, and put it on a Trevet, over a gentle Charcole Fire; when the Wax is melted,

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take

take it from the Fire, and put into it the Turpentine by degrees, still stirring it very well then put in the Sallet Oyl, and stir it all very well together for a pretty while; then set it on the Fire again, and let it boil very gently, stirring it carefully all the while: when you perceive all to be perfectly united together, take it from the Fire, and set it by to cool for one Night; the next Morning take a big Stick or Bedstaff very clean, and put it through the Matter in the Pipkin till it touch the bottom, and set it on one side, that all the extraneous Moisture may run out, and drain very clean, after all which is entirely drained out, set the Pipkin on the Fire again, and when the Matter is very well melted, strew into it by degrees with your Finger one ounce of pure good red Saunders, reduced (by it self without any mixture) with beating and searcing in the finest Searce, into the subtilest Powder that possibly can be: Then take the Pipkin from the Fire, and stir it exceedingly for at least a quarter of an hour, that the Saunders may be perfectly mixed and incorporated with the rest of the Unguent, and then set it on the Fire again to boil very gently, till it become into the perfect state and consistence of an Unguent, stirring it very carefully all the while. When it is so, take it from the Fire, and add to it one ounce of pure good natural liquid Balsom, and one ounce of the best Oyl of Hypericon, or St. John's Wort, and stir all exceeding well together for a long time.

time, till it be perfectly cold, and of a firm Consistence; then put it into well glazed earthen pots, fast tied with Papers and Bladders, and leaden Covers over them, made in manner of a Cipkin-Cover to shut upon them like a Box-lid, and set them hollow in the ground a yard deep from the top of the Pots (if the place will allow them to remain dry so low, which must be considered) and arched round about, and over them with sticks strong enough to bear the weight of the Earth, and keep it from falling loose about them; and then cover the Vault very well with the Earth you digged out; that the Vapour and Steam which rise from the Earth below, may not breath out, but circulate about the Pots, so to make them ferment and homogeneate, and so let remain the space of six Months.

The Vertues of the said Balsom.

It cureth any Wound, if it be very deep, by Synging, and Tenting with Lint dipped therein, and anointing the Parts about; if not very deep, by only anointing and applying it with Lint; it will assuage the Pain, and preserve from Inflammation, draweth out broken Bones, Splinters or Thorns, any thing that may putrisie or fester, and helpeth very speedily in any part of the Body whatever, proposing that the Vitals be not touched; it cureth Ulcers in the Body, being dissolved in six Spoonfulls of good Sack, the quantity of a good Nutmeg, (or

in Milk) and taken down warm, or any inward Bruise caused by a fall or otherwise, or any Stitches being taken in Sack as aforesaid. One of Sir Kenelm's Servants was troubled with a sore Pain and Stitch, extending from his right Pap to his Backbone, and the parts round about, which this Balsom made according to Sir Kenelm's own Receipt, and taken in Sack as aforesaid, quitted him clearly on the first, second, and third time, although the third time he was much distempered with an Ague and Fever, which he grew well of in a short time after, and imputed the Cure to the Balsom and Sack: It is also excellent good so taken, against a Consumption. It also healeth outward Bruises, anointing the grievous part therewith, and keeping it warm after anointing. It healeth a Fistula or Ulcer, though never so deep, in any part of the Body, by anointing it warm, and applying to it a Plaister thereof; as also so Cuts, Burns, Scalds, anointing and applying with Lint, it helpeth Ach in the Bones or Sinews, the parts being kept warm after anointing; it eases the Head-Ach, by anointing the Temples and Nostrils; it very much availeth for Digestion, anointing the Stomack and Navil therewith before going to Bed: It is good to prevent Infection in the time of Pestilence, anointing the Lips and Nostrils therewith before going abroad in the Morning, it will secure you that day, taking also some two Drams in Plague-water. Lastly, it mitigates the Sharpness of Urine, and cures any venomous Biting or Stinging.

An Excellent green Balsom or Oyl for green wounds,
Bruises, Strains, or Wrenches; called the Count-
esses of Chesterfield's green Balsom Oyl.

TAke a quart of the best old white Wine
three pints of the best Oyl Olive, mingle
them together, then put into them these Herbs
following, being first bruised; half a pound of
the Flowers and Leaves of St. John's Wort,
Carduus Benedictus, Sage and Valerian, of each
a pound; let them infuse therein four and twen-
ty hours; then set the Pot or Glass they are in,
into a Kettle of Water, with store of Straw in
the bottom to secure the Glass from breaking,
and so let it boil in the Kettle with a moderate
heat till the Wine is quite consumed, which will
be in four or five hours, sometimes stirring it,
and have in readiness warm Water, to supply it
as it boileth away; The Countess did boil it
in a well Leaded Pipkin, on a gentle Charcole
Fire; having boiled it very well, strain it through
a strong Canvas Cloth, and set it on the Fire
again, and add unto it a pound and half of the
best *Venice Turpentine*, and boil it again the
space of a quarter of an hour; which done, put
more into it of these Gums following, *Olibanum*,
in subtil powder, five ounces, Powder of Myrrh,
three ounces, Dragons Blood, one ounce, and
so let them boil all together with a sober Fire a
quarter of an hour, and then take it from the
Fire, and put it up in a great Glass when it is

cold, and every Morning a little before Sun-rising; set it in some convenient place without doors, where it may have the greatest heat of the Sun, and take it in at night; thus do for the space of ten days together, if the Weather permit; pricking the Paper that covereth the Glass full of Holes all the while it standeth in the Sun, to prevent the breaking of it.

When you have Use of this Balsom for a green Wound, warm some of it in a Saucer, and with a clean Feather anoint and wet the Wound very well with it, as hot as the Party can suffer it; then wet as much Lint as will fill the Wound, in the warm Balsom, and lay it in the wound; then take a fine Cloth, and wet also in the Balsom, and lay upon the Lint, and thereon a piece of Bladder well rubbed; dress it twice the first day, that so it may the better soak out the Blood; but afterward once in four and twenty hours.

The Use of the same for a Bruise or Wrench.

Set some in a Saucer before the Fire, but not on Coals, and when it is warm, wet your Fingers in it, and gently rub and chafe in the Oyl where the Bruise is, before the Fire an hour together; then wipe your hands on a fine Linnen Cloth, and bind up the pained place with the Cloth upon it; dress it thus twice a day, and in four or five days, with God's Help it will be perfectly well.

The

*The Lady Barington's Rare Balsom for the Palsie,
Apoplexies, and weak Sinews, or old Strains, &c.*

Take two quarts of very strong *Aqua-vita*,
or Spirit of Sack; infuse in it one pound of
Imperatory, Sarsaparilla, and Castorum, of
each half an ounce, bruise all these a little, and
add to them two handful of ordinary Lavender
Flowers, and Sage-flowers, of each one hand-
ful; steep these Ingredients in an earthen Pit-
cher that is well glazed on the Inside; so stop it
with a Cork and a Bladder very close, and keep
it in a Chimney Corner, where there is a con-
stant fire kept, for the space of four days and
nights, letting the Pot often on warm Embers,
shake the Vessel twice or thrice a day all the
time; then take nine drams of Camphire dis-
solved in half a pint of the strongest Spirit of
Wine; when the time of Infusion is expired,
put the Vessel in a cool Cellar to settle the Spi-
rits, and when you feel the Pitcher well cooled,
then open it, and stir into it the dissolved Cam-
phire and Spirit of Wine; then pass it two or
three times through an Hypocras-bag, so keep
it in Glasses very close stopped. This Balsom
is always to be used cold, the Spirits are so quick,
that it will vapour all away: When you use it,
put some of it into a Spoon, and rub it in till it
be dry; for the Palsie rub the Mould of the Head,
and Nape of the Neck; it is good for all parts
where there is any Contraction of the Sinews,

or debility of the Nerves ; for the Gout or any Crick, or Aches, rubbing the Places ; it is very good for any Distemper that proceeds from Cold, and also for the Head-Ach, rubbing the Temples : This Balsom must be always close stopp'd, and kept in a cool place, and that it may be seldom opened, take in little Glasses for your daily Use : it must be used Night and Morning, rubbing it well into the place.

For the Dead Palsie.

Sir *Kenelm Digby* relates, That *Madam du Monpeffon* told him, that a certain, and by her often approved Remedy for the Dead Palsie, is this :

Sired Onions small (the white are best) and put them into an earthen pot or pan (uncovered, or but slightly, to keep out the dust) and set it in an Oven moderately hot, to bake, stirring the Onions sometimes : let them bake till they are become Pap ; make a thick Cataplasm of this, and lay it upon the benumbed part ; change it every twenty four hours, and continue it till you are well. If it be an universal Paralysie, you must use the Cataplasm all over.

An Ointment for the Palsie.

Take Sage, Rue, Savin, Lavender, Sothern-wood, Rosemary, Laurel, Mullin, Primrose, Cowslips, Betony, Avens, Watercresses, Mal-
ws, the Leaves and Berries of Ivy and red
ettles, of each a handful, stamp them all, and
rain them, and mix the Juice with red Wine;
it stand six or seven days; then boil it, and
Hd boars Grease, Cats Grease, Fox Grease,
Bastor; when they are well boil'd, strain it
through a Canvas into a Bason, and add Wax
and Rosin.

An Ointment for the dead Palsie.

Take two pound of fresh Butter, melt and
scum it clean, then take red Sage, Dill, Bay-
leaves, Rosemary, Thyme, Costmary, Tanfie,
Lavender leaves, Winter-Savory, Maudlin,
Senniroyal, Speremint, Camomil, Lavender-
cotton, of each a quarter of a handful; then
take two handful of Angeltouches, wash them
clean, and dry them in a Napkin; then shred
them all very small, then warm the Butter, and
strew all into it, stirring it over a soft fire till
it comes to a green Ointment; then strain it,
and let it stand till it is cold.

It must be made in May.

The

The true Balsom, or the Oil of St. John's Wort.

Take Tops and Flowers of *St. John's Wort* when they are near ripe, two pound; stamp them in a Stone-Mortar, and put them into a stone Jugg, and powr upon them Oil Olive four pound, good strong wine, half a pint; stop it close, and set it in warm water for twenty four hours, or in a Sand-Furnace; then put it into a Kettle of water, and let the water boil, stirring the Ingredients sometimes with a wooden Spatula; then strain it, and press it out strongly; then take the same quantity of the Tops and Flowers of *St. John's Wort*, and put them into the Pitcher, and powr the strained Oil upon them; let it digest as before; then set it in boiling water as before; then strain and pour it out; repeat a third time with new Tops of *St. John's Wort*; then strain and press it hard and keep the Oil for use.

Then to make this Oil more efficacious, having separated it from the Fæces and Moisture set it over a gentle Fire, and put into it 2 pound of *Venice-Turpentine*, and stir and incorporate them well together; then take it from the Fire, and mix with it three ounces of Tincture of Saffron, stir them well together, and keep the Oil for Use.

This Oil thus prepared is an effectual Balsom it warms, attenuates, dissipates and dries; and therefore is very proper against all Pains, Achees

and Numbness proceeding from Cold; particularly
 against all sorts of Infirmities and Weakness in the
 Joynts, the Sciatica, and all sorts of Gouts; it
 relieves the pain of the Teeth: It is an excellent thing
 to heal all sorts of Wounds, together with those of
 the Nerves; for it glutinates and cicatrises, it ex-
 tends shrunk Sinews, and strengthens them; it is
 good for Burnings and Scaldings, it is good against
 convulsions, being given inwardly.

This Balsom is also mixed in vulnerary Injecti-
 ons, in Digestives, in Cataplasmes, and in the
 composition of Lucutella's Balsom made after Sir
 J. Digby's Receipt.

Dr. Scroderus his Balsom against the Plague.

Take distilled Oils of Rue, of Citron, of
 Angelica, of each half a Scruple, Oil of Am-
 ber rectified, five drops, of Camphire three
 ounces, Oil of Nutmegs by expression, half an
 ounce; mix them and make a Balsom.

It is an excellent Preservative in time of Infecti-
 on; anoint the Temples, Nostrils, Stomach and
 elsewhere therewith; and take every Morning fasting
 the quantity of six or eight grains in a little Canary.

A most

A most Excellent Balsom to dry up all running and moist Sores, Issues, moist Scabs, old and running Ulcers, and is a most miraculous thing to cure scald Heads.

Take Amiantum four ounces, burnt Leaden twelve ounces, Tutty prepared, two ounces; Calcine and Powder them; then steep them in Vinegar for some Months, stirring them once a Month; after boil it for a quarter of an hour and let it stand till it is clear; then take of this clear Vinegar, Oil of Roses, of each a like quantity; beat them together into a white Balsom.

Dr. Hartmannus his approved Balsom, which cureth any green Wound or Cut in twenty four hours.

Take Oil of St. Johns Wort, Oil of Earthworms, Turpentine and Mastick, of each one ounce; mix and incorporate them over a gentle Fire; then put it up, and keep it for Use. Apply it warm with a little Lint.

To make a green Ointment suddenly for any Scaling or Burning.

Take fresh Cows-dung and Hogs-grease, of each equal parts, mix and incorporate them well together over a gentle Fire.

*An Ointment to break and open all Impostumes,
Biles, and Plague-Sores.*

Take Oil of Olive two pound, white and yellow Wax, Rams Fat near the Kidneys, pure Rosin, black Pitch and Venice-Turpentine, of each half a pound, choice Mastick in fine powder two ounces; mix them, and make an Ointment according to Art.

This Ointment is very effectual to break all sorts of Apostemes, as also Pestilential Carbuncles and Venereal Buboës. The Consistence of this Ointment is harder than of other Ointments. It is to be used from the first breaking of the Aposteme, till the Cure be perfect.

An Approved Ointment for the Itch, by Dr. Scroderus.

Take Litharge and white Lead, of each half an ounce, Vinegar half an ounce, Oil of Roses four ounces, Sulphur vive six drams, Salt three drams, Turpentine half an ounce, fresh Butter three ounces; mix them and make them an Ointment. Anoint with it Morning and Evening, and it will kill the Itch in about a weeks time.

An

An approved Oyntment for cold or hot swelling Humors: It is a singular Remedy.

Take *Unguentum de Althea*, and anoint the place swelled with it, warm for hot Humors, and lay some spread on a Cloth, to the Swelling, renewing it twice a day.

If it be a cold swelling Humor, then take an ounce of *Unguentum de Althea*, and Oil of Pepper half an ounce; mingle them well together, and anoint the place with it, and apply some on a Cloth or Paper.

A most Sovereign Green Oyntment which cureth all Strains, Bruises, and Swellings, Aches, Kibes, Cuts, Cramps, Scaldings, and Burnings, and all outward Griefs. It easeth the Sciatica, and all Swellings in the Face and Throat, yea though they look red, and have an Ague in them.

Take young Bay-berries, and Wormwood, of each half a pound, red Sage and Rue of each a pound; gather them in the heat of the day, and pick them, but wash them not; stamp them to a Mash in a Mortar, then take fresh Suet pick'd and shred, four pound; beat them well together till they are well incorporated; then put to them two quarts of good Oil, work it well together with your hands, till it be all of one colour and softness; then put it into an earthen Pan, and let it stand close covered in a cold place:

place for eight days; then boil it gently for seven or eight hours, stirring it very well all that while; and when it hath boiled about four or five hours, put in four ounces of Oil of Spike; you shall know when it is boil'd enough, by taking a drop thereof in a clean Sawcer, if it appear of a sad green, let it still boil till it look of a fair green; then strain it, and keep it close in a Gallipot; it will keep it seven or eight years.

A most Excellent Oyntment much approved, for Tetters and Ring-worms, Itch and Scabs, Itching and Waterish Humors, and all other Maladies and Infirmities of the Skin.

Take Litarge of Gold in very fine Powder, two ounces, Vinegar four ounces, Oil of Roses, half a pint, grind the Litarge in a Mortar, pouring to it sometimes Vinegar, and sometimes Oil; stir it continually till the Vinegar do no more appear, and that it come to a whitish Oyntment.

This Oyntment cured a man who had a very Malignant Tetter all over the back-side of his Hand for many years; he had tried many Remedies in vain, but at last getting the Receipt of this Oyntment, he presently made it, and it perfectly Cured him in a short time, as he related to me himself.

C H A P. XXV.

Select PLAISTERS and CERE-
CLOTHES.*A most Excellent Plaister call'd the Emperor's
Plaister.*

TAke red Roses dried one ounce and half, Bi-
stort roots, Cypress-Nuts, all the Saun-
ders, Mint, Coriander seeds, of each three drams,
Mastick half an ounce, Hipocystis, Acacia,
Dragons Blood, sealed Earth, fine Bole, red
Coral, of each two drams, Turpentine washed
in Plantane water, four ounces, Oil of Roses
three ounces, white Wax a pound, Pine Rosin,
Juices of Plantane, Housleek, Orpin, of each
an ounce; the Wax, Rosin and Pitch being
melted,

melted, put to them the Turpentine and Oyl; then the *Hipocystis* and *Acatia* dissolved in the said Juices; and lastly, the Powders, to make an Emplaster according to Art.

It is much recommended to heal, strengthen, cool, dry and bind; being applied to the Crown of the head shaved, it is good against a Consumption, stops the Rheum that falls upon the Lungs; applied to the Back, it strengthens it much, and removes humors thence; applied to the Belly, it is said to stop Loosness; it is also very good to strengthen weak and luxative Joints, and confirm feeble Limbs.

An admirable Plaister devised and prepared for the Use of the late Arch-Duke Leopoldus in Flanders.

Take white Virgin-Wax one pound, *Emplastrum gratia Dei* two ounces, *Diapalma* an ounce, *Diapylon* and *Corimbum* of each two ounces, powder of Orrice roots one ounce, Mercury precipitate half an ounce, Cinnabre in fine powder, one ounce, Storax dissolved in Spirit of Wine, and strained one ounce, Musk three grains; slice the Wax and Plaisters thin, and melt them in a glazed Pipkin, stir them well together continually, till they are all dissolved; then put in the Cinnabre and Precipitate, and after the Storax and Orrice, stirring them continually; then put in the Musk dissolved in a little Rose-water; and at last of all put in four ounces of Spirit of Wine a little and little; for it will make the Composition

position to rise very high, and if it boil over, that the Fire take hold of it, it will be spoiled, and you cannot quench it.

The Experimented Vertues of this Plaister, are as followeth,

1. *It eases the Pain of the Head, being applied to the Forehead and Temples.*
2. *It heals all Bruises and Swellings, all Cuts, Wounds, Sores and Ulcers.*
3. *It cures the Tooth-Ach, being applied to the Cheeks and Temples.*
4. *It dissolves any Swellings or Tumors about the Eyes or Throat, proceeding from cold Causes, as Squinsies, and the like.*

It is a most excellent Application for an Issue; and to that end it was prepared for the said Arch-Duke Leopoldus.

The Lady Howlands Excellent Cere-cloth, by her much approved, for any Bruise, Ach, or little Gout, to stanch the Blood and heal any Wound,

Take red Lead one pound, put it into a pint of Sallet Oyl, boil them gently on Embers, stirring them well until it grows somewhat thick; then drop a little upon a Plate, and if it sticks fast, it is enough; then remove it from the Fire, and put in half a pound of yellow Wax sliced, and four ounces of Rosin, set it on the Fire again, but let it not boil; dip in some lin-

nen

nen Cloths for Cere-cloths, whilst it stands on the Fire, and hold them before the Fire to run off as long as any will run, letting it run upon some thing to save what runs off; and when they are cold, lay them up. You may make some of the Composition up in Rolls for Salve.

An Admirable Cere-cloth for a sore Breast, Impostum, Fellon, Green and Old Wounds.

Take of the best Virgin-Wax half a pound, Oyl of Olive, and Oyl of Roses, of each half a pound; melt them well together, and let it cool, then add half a pound of white Lead in fine Powder, and set it over the Fire again, and let it boil half an hour, then add Myrrh, Mastick and Frankincense, of each two ounces, all in fine Powder, and let it boil half an hour longer; lastly, put in half an ounce of Camphir, and keep it stirring continually all the while. Dip Cloaths therein for Cere-cloaths, and make the rest into Rolls for Use.

A most Excellent Cere-cloth for Ruptures and Burstennes.

Take Powder of Mastick, Mummy, Frankincense, yellow Amber, Gum Arabick and Tragacant, Aloes, Balauftians and Roses, of each half an ounce, Dragons Blood, fine Bolearmony, Bloodstone, of each six drams, Oyl of Roses three ounces, Oyls of Myrtle and Mastick, of

each two drams, with Wax and Rosin, as much as will suffice; make a Cere-cloth, and dip Linnen Cloaths therein.

This is a most Excellent thing to cure Ruptures as the dexterous Volkerus Frisius hath often proved: It also strengthens weak Limbs; apply it under the Truss.

The Description of that Famous Plaster called Manus Dei, The plaster of God's Hand which is so famous in France, and hath been much used for a long time, so that many Ladies of Quality take the pains to make it, and distribute it to the Poor (as Monsieur Charras relates in his Royal Dispensatory) whom he advises to observe well the Directions here given for its Preparation.

Take Common Oyl eight pound, Litharge of Gold finely powdred four pound, yellow Wax two pound, Venice-Turpentine one pound, Galbanum, Opoponax, Sagapen, Myrrh, Olibanum, Mastick, of each eight ounces; Oyl of Lawrel, six ounces, Lapis Calaminaris, and Loadstone, long and round Birthwort, of each four ounces.

Grind the Lapis Calaminaris and Loadstone upon a Marble Stone, moistning it with Plantane water, and dry them: Beat together in a large Brass Mortar the two Birthworts, and the Myrrh and Mastick apart; sift all the Powders together through a Silk Sieve; then put the Galba-

num,

num, Ammoniac, Opoponax, and Sagapen, all well bruised, into an earthen glaz'd Pot, and dissolve them over a gentle Fire, in about a quart of good Vinegar; strain them hot through a strong Cloth, and having well pressed them, put that which remains in the Cloth into the Pot again, and powr upon it fresh Vinegar, and dissolve it over the Fire as before; strain and press it as before; then evaporate the superfluous Vinegar over a gentle Fire by degrees, and boil the Gums till they are sufficiently thick; then incorporate the Turpentine with them, and keep the Composition apart.

Then put the Litharge in fine Powder into a Copper or Brass Pot tinn'd, and incorporate it cold with Oyl, stirring them continually with a large wooden Spatula; then add to them three pints of fair water, and boil them over a good Fire, stirring them without intermission till it be of the Consistence of a solid Emplaster before you add the Wax; then melt the Wax in it; then take the Pot from the Fire, and stir it till it be somewhat cold; then add to it the Gums and Turpentine incorporated before, and then the Oyl of Laurel; and lastly the Powders, and be sure that all the Ingredients be well united and incorporated together.

This Plaister I made once at Paris with a Physician. It is every day successessfully used for the Cure of all sorts of Wounds and Ulcers, whether new or old, Contusions, Tumors, Bruises and Swellings; it mollifies, digests, dissolves, and brings to Suppu-

ration such Matters as require it; for it never suppurates those which may be dissipated by transpiration, or otherwise; and when it hath ripened and drawn the Matters forth, it draws no more, but cleanses, cicatrizes, consolidates, and heals all together,

A Water which hath done such wonderful Cures in all manner of Wounds, Swellings, Ulcers, Cankers, Tetters and Ringworms, Itch and Scabs, Fistulaes, &c.

Take Bolearmenick and white Vitriol, of each four ounces, Camphir one ounce; put the Camphir and Vitriol in a little Pot upon the Fire, and boil them together till they become thick; then stir them till they become hard; then let it cool, and powder it finely, and having powdred the Bolearmenick, mingle the Powders together, and keep them in a Bladder. Take a quart of fair Water, and let it boil; then take it off, and put into it a good spoonful and half of the said Powder, put it into a Bottle, and shake it twice a day for a fortnight. If you desire to have it stronger, Powder one ounce of Allom, and mingle it well with the Powder before you put it in; when you will use it, powr off the Clear, and make it hot, and bath the Sore with it as hot as may be endured; and lay double Cloaths over it dipped in the Water. Note, That a large Oyster-shell is said to be best to heat it in, but by no means in any Metal.

To

To dry up sharp Humors with ones own Water, and to Cure Kibes and Chilblains.

Sir K. Digby relates, That a certain Lady had a Humor broke out at her Heel, which neither Physitians with Purgings and Diet-Drinks, nor Chirurgeons with Ointments could heal and dry up; it was heal'd in three or four Fomentations with her own Urine newly made, and some white Salt dissolved in it, all warmed, and then with Linnens doubled foment the place by the Fire-side for a quarter of an hour; then bind on a clean dry Linnen, and compress to it; do thus Morning and at Night. *It cures all Kibes and Chilblains, even after they are broken; and if used before they are broken, it will prevent them.*

CHAP. XXVI.

Select PILLS.

*Pills of Elixir Proprietatis, as we prepared them
by Sir Kenelm Digby's Order in his Elaboration
tory.*

TAKE of the best Aloes Succotrina pulverized
half a pound, Myrrh grossly powdered five
ounces; Mastick in Powder four ounces, Saffron
two ounces; put them in bold Heads every one
apart, and extract the Tincture according to
Art; the Aloes and Saffron with common Bran-
dy, but the Myrrh and Mastick with good Spirit
of Wine, often shaking them; then mix the
Tinctures together, and in a Glass Cucurbite
in *Balneo Marie* abstract all the Spirit of Wine,
till the Matter remain in the Consistence of Ho-
ney; then powr it out into a white Bason, and

in

in Sand evaporate it to the Consistence of a Mass of Pills.

They strengthen the Head, Stomach and Heart, hinder Putrefaction, cause a good Digestion and a good Appetite, cure the Scurvey, and are a good Pectoral. They are a good Preservative in Pestilential times, cleansing the Body of such Humors as might be apt to receive the Infection; and to that end Sir Kenelm caused them chiefly to be prepared in the beginning of that great Sickness in London in the Year 1665. The Dose from one Scruple to half a Dram, to be taken at Night before or after Supper.

Sir Kenelm Digby's Excellent purging Pills for the Head, Stomach and Joynts, which he took usually himself.

Take Aloes Succatrina, choice Scammony, and Pulp of Coloquintida in subtil Powder, of each an ounce; make them into a Mass for Pills with a sufficient quantity of Syrup of Stechasdos; the Dose is from one Scruple to half a dram, or two Scruples in the Morning.

They are a most Excellent Cephalick; they cleanse and strengthen the Head and Brain, quicken the Senses, clear the Eye-sight, expel Wind from the Stomach and Bowels, are excellent against the Scurvey and Dropsie, Jaundies, Obstructions of the Liver and Spleen.

Er.

Dr. Floyd's Stomach-Pill, which he usually took himself.

Take of the aforefaid Pill of Sir Kenelm's of *Pil. Aggregative*, of each two drams; *Hierrum cum Agarico*, Stomack-Pills with Gums, of each half a dram; make them up into a Mass with Syrup of Betony. Dose is one Scruple, or half a Dram over Night, and two Scruples or one Dram in the Morning, taking a convenient time after them Broth or Posset-drink. *They are also very good for the Head.*

Dr. Dyes his Excellent Pill, wherewith he cured himself of a Malignant Tetters as he relates in the following.

Take *Extract. Rudii*, one scruple, *Mercurius dulcis* twenty four grains, Antimony diaphoretick, Salt of Wormwood and Tartar Vitriolated of each half a Scruple, Oyl of Juniper-Berries four drops; make these into Pills with *Venice Turpentine*, and gild them.

I my self having had a Tetters upon my left Heel which with an Oyntment I healed, and made perfectly well in appearance; but the Cause remaining the Effect ceased not, but it still broke out again, and at last in such extremity, that it was spread over both my Ankles, and upon my Instep, both ends within a fingers breadth were met quite round my Heel, and was grown so exceeding sore and painful, as from

the Heel upwards all along the Calf of my Leg, Ham, and all along the back part of my Hip, and hard Lumps and Knots, as if the Veins and Sinews had been crack'd; whereupon I betook my self to these Pills, doubling the quantities of the Composition of them; the former proportion being for six Pills to be taken two Mornings, three at a time, and formed it into twelve Pills for four Mornings; which I took in manner following, three the first Morning, and three the second, the third Morning I omitted; the fourth Morning I took three more; the fifth I likewise omitted, and the sixth Morning I took the three last Pills, in all twelve; which so clearly took away and corrected the Humor immediately, that I was never after troubled with the like in that Part, nor in any other, using withal some proper Oyntments to the Sore.

Pills for the Sciatica or any kind of Gout.

Take Aloes and Hermodactils, of each one dram, Diagridium half an ounce; reduce them to a very fine Powder, and make into Pills with Syrup of Roses; Take every day one dram, for Fortnight together.

Pills excellent for the Head and Stomack.

Take Aloes and Turbith, of each half an ounce, Pulp of Coloquint and Agarick, of each one dram, Scammony two drams, Mastic and Bdellium, of each two drams, Ginger, Cinamon,

Cinamon, Aniseeds, Leaves of Wormwood of Mint, of each two drams; reduce all to fine Powder, and make them into a Paste fit for Pills with Oximel of Squills; put them in a Gallipot, and keep them for your Use. **The** Dose is one dram for one that is easie to move and a dram and a half for one that is hard to move.

Excellent Pectoral Pills for the Breast and Lungs

Take Tears of Storax two drams, Juice of Spanish Liquoras one dram and a half, Tincture of Saffron four scruples, Labdanum, Olibanum, choice Myrrh, and Extract of Opium, of each a dram; Ambergease a scruple, Syrup of Citron Peels, as much as suffices to make a Mass for Pills.

These Pills are excellent to stay Defluxions that fall upon the Lungs, and to assuage the violence of Coughs: The Dose is from five or six, to eight or ten Grains at Night.

CHAP. XXVII.

Select PURGES.*A Purging Whey, by Dr. Jackson.*

TAKE a Pottle of new Whey, boil in it Succory, Fennel and Parsley Roots, of each a handful, having first scrap'd, slit and taken out the Piths very clean, also one pugil of Damask Rose Leaves, with ten or twelve Leaves of red Sage, and two or three Tops of Rosemary; boil it to a Quart, then beat two Whites of Eggs very well, and put into it remaining on the Fire, which will make a kind of Curd, that will rise together with the aforesaid Ingredients, skim all these off together very clean, then take scruple or half a dram of Saffron in Powder, bind it in a fine clean Rag, and let it boil in the Whey a while, then squeeze it out by degrees, till

till the Saffron is all infused in the Whey; then strain it, and put it into a Glass or Earthen Pot.

This is to be drunk at three equal Draughts, an hour between each Draught, continually walking all the time, and drunk cold; it must be made over night, and drunk every Morning ten days together, fasting five hours after it.

Take Borage flower, or Bugloss flower with water six ounces, sweeten it with fine Loaf Sugar or rather with Conserve of Violets; one ounce of this is enough to drink each Morning cold whilst the Body is costive, and eat Barly Grower.

Another Purging Whey.

Take fresh ripe Rose Leaves, the White Spindle cut off two ounces, Rhubarb sliced, two drams and a half, Indian Spick one dram and a half, bruise them and infuse them in half a pint of Whey over Night, the next Morning strain it and drink it.

It is an exceeding good cooling Purge; it cleanses the Blood, and purges Choler, and takes away Scurvy and sharp Humors, and operates without Disturbance or Molestation.

Another purging Infusion of Whey.

Take Flowers of Borage, Bugloss, Fumitory, Epithimum, of each half a handful, Pollipode of the Oak six drams, Fennel seeds two drams, Sena a dram and a half; shred the

Herbs

Herbs, and bruise the Seeds, and infuse them in three Pints of Whey, set the Vessel in warm water to digest two days; then strain it, and add two ounces of Honey of Roses; and take thereof from three ounces to six ounces.

It temperates and expells adust Humors, abates the Heat of Fevers, and cleanses the Skin from Scabs and Heat.

Monsieur Boucaud his Purging Infusion, which purges universally all Humors, and is very good to Purge and Prepare the Body before one enters into a Diet-Drink, or at any other time.

Take Succory one handful, French Barley one Spoonful; boil them together in a pint of fair water to half a pint; then strain it, and let it cool well; then put into it Sena two drams, rhubarb one dram, Agarick half a dram; let them infuse twenty four hours; the next Morning strain it without pressing it, and put into it half an ounce of Syrup of Limon, and one ounce of Syrup of Violets.

The said Mr. B. took this usually himself, and found it operate well and pleasantly without disturbance; it is a very good Purge both for men and women; it is good to cleanse a Woman after her lying in; you may diminish the Dose as you see occasion.

A Purging Powder good against the Sciatica or Hip-Gout,

Take Seeds of Dwarf-Elder, Turbith, Herr-Roles, modactils, Sena, and white Tartar, of each: a dram, Cinamon two drams; make all into a fine Powder for four Doses to be taken for four Mornings every third day.

Dr. Quercetan's Purging Decoction for Ladies.

Take Sena six drams, Strawberry-water half a pint, infuse them in a close Vessel a Day and Night; then add a spoonful of Juice of Lemon, and two Spoonfuls of Juice of Pear-mains, Sugarcandy two drams; boil it a waile or two, and clarifie it with the White of an Egg, and a little Cinamon-water.

This was invented to pleasure Ladies with, being very pleasant in Taste, and Purging gently without griping or making sick.

Another Purging Decoction, called the Bitter Decoction.

Take the Tops of lesser Centory, Flowers of Camomil, of each one Pugil, Roots of Gentian half a scruple, Seeds of Carduus bruised one dram, Sena two drams, a little sliced Ginger to correct the Windiness of the Sena, Cream of Tartar half a dram; steep them all in half a pint

pint of fair water all Night; the next Morning
boil it only a walm or two, and then strain it,
and if you will have it work strongly, you may
add to the strained Liquor an ounce of Syrup of
Roses, or half an ounce of Syrup of Buck-thorn
Berries.

*It opens Obstructions, and is prevalent against A-
gues and Fevers; it eases Pains of the Breast and
Spleen, and is good against the Green Sickness, and
stoppage of the Terms, &c.*

A very good Purge for the Itch.

Take Tamarinds half an ounce, sharp-point-
ed Dock-root two drams, Fumitory and Succo-
ry, of each half a handful, white Tartar half a
dram, Ginger one scruple; shred the Herbs
small, and stamp the Root, and boil it in a suffi-
cient quantity of fair water till there remain a-
bout a quarter of a pint, to which being strain-
ed, add one ounce of Syrup of Roses, and two
drams of Syrup of Buck-thorn Berries, and take
it in the Morning.

It is a good and approved thing for the Intention.

An Universal Purging Potion.

Take Sena two drams, Ginger one scruple,
Rhubarb a dram, Agarick two scruples, sweet
Fennel seeds half a dram; Cinamon a scruple;
cruse them all, and steep them all Night in a
little more than a quarter of a Pint of the De-
T
coction

coction of Currans: Press the Liquor the next Morning through a Strainer; and dissolve in one ounce of Syrup of Roses.

Another Universal Purge.

Take six Damask Prunes, a handful of Agrimony, half an ounce of Polipode roots, one ounce of Currans, half an ounce of Sena, one dram of Aniseeds; bruise them, and boil them gently in half a pint of water; strain and press it, and sweeten it with brown Sugar.

Another Universal Purge.

Take of Sena half an ounce, sweet Fennel-seeds bruised a dram; steep them all night in a little more than a quarter of a pint of Possie made with Ale; the next Morning boil it a walm, then strain and press it out; in the Liquor dissolve an ounce of good Manna while it is hot, then strain it again, and drink it.

A good Pectoral Purge for Consumptive People, &c.

Take Roots of Marsh-Mallows and Liquorice of each two drams, sweet Fennel-seeds half a dram, yellow Saunders a scruple, cream of Tartar half a dram, bruise the Roots and Seeds and boil them in half a pint of water, with a spoonful of French Barly till near half is consumed; then strain it, and whilst it is hot, dissolve

In the Liquor an ounce and half of Manna ;
then strain it again, and drink it.

I will recommend here to the Publick a most Excel-
lent Purging Powder, which Sir Kenelm Digby
made much Use of in his Family.

Take Scammony, the purest and best an ounce,
powder it grossly, and spread it upon a piece of
brown Paper, then take some Fire in a Fire-
novel, and put upon it some Brimstone, hold
the Paper with the Scammony over the Flame of
Brimstone until you see it grow moist; then
powder it finely, and mix it with six drams of
Diaphoretick Antimony, and two drams of
Cream of Tartar, both in subtil Powder, grind
them together to incorporate, and mix them
well: then put it in a Glass Vial; and stop it
close.

*This Powder was called Cornachine, by reason
that Cornachine, a Physician of Pisa in Italy,
was the Inventer of it, and had made a great Com-
mentary upon it.*

*It hath done wonderful Effects; it operates quick-
, safely, and pleasantly; it gently purges super-
fluous Humors from the Bowels, and roots up the
cause and Matter of Agues, Fevers, and many
other tedious Diseases, as Monsieur Charras re-
lates in his Royal Dispensatory. Dr. Seroderus
his Chymical Dispensatory also recommends it
as one of the best Purgatives that can be prepared.
K. D. recommended it to me for the same. The*

Dose is from half a scruple to half a dram, or whole dram. It is to be taken in the Morning fasting in white Wine, Broth, in the Yolk of an Egg in a little Syrup, or in some Confection.

The Diaphoretick Antimony you may buy for pence an Ounce, the Scammony for ten pence Ounce, and the Cream of Tartar one penny Ounce. This Powder is easie to give to Children for the Itch or Scab, as also for the Worms.

CHAP. XXVIII.

Select VOMITIVES.

A Gentle Vomit.

TAke of Hemetick Wine, and Oxime Squills, of each an ounce; mix them together, and take it, taking Posset-drink with a Spoonful of Oyl of sweet Almonds in every draught, to make it come up easie.

Anon

Another.

Dissolve two drams of Saltpeter in fat Broth, and drink it.

Another.

Take three drams of Broom-flowers, boil them in half a pint of small Ale for a quarter of an hour, then strain it, and drink it warm.

Another.

Take a dram of Nettle-seeds poudred, or a dram of the inner Bark of Walnut Tree powdered, or three drams of Radish-seeds powdered, taking them in fat Broth unsalted or in Posset.

Another, which I have known used by Sir Kenelm Digby.

Take a Pint of Lukewarm water, put into it four or eight spoonfuls of Sallet Oyl, and drink it off Lukewarm.

The Antimonial Cup made of well purified *regulus* of *Antimony* cast in Moulds, is a very useful thing in a Family; when you have a mind to use it, fill it with white Wine, and put above or two in it, and a little Mace, and let it

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stand

stand all Night, the next Morning drink the Wine, and it will taste of nothing but Wine and will work safely first by a Vomit, and then by stools also; when it works, drink Possie with a spoonful of Oyl of sweet Almonds in every Draught, or sweet Sallet Oyl, to facilitate the Vomiting.

If it be taken in the beginning of an Ague, when they have had but a Fit or two, it commonly carrieth it off, being taken half an hour before the Fit. The Virtue of this Cup will never diminish; for it will have the same Operation an hundred year hence that it had when it was newly made. And according as you would have it work, either gentle or strong, you may put the Wine in sooner or later at Night.

C H A P. XXIX.

Select GLISTERS.

A Glisten for the Colick and Gripping of the Guts.

TAKE Roots of Mallows, and Marsh-Mallows with the whole Plant, of each an ounce and a half, French Barly an ounce, Flowers of Camomil, and Elder flowers, of each half an ounce; boil them in a sufficient quantity of Water; then strain it, and add to a Pint of the Liquor three ounces of Linseed Oyl, and an ounce of Cassia extracted, Aloes half an ounce, Nitre an ounce and a half; mix them, and give it duly warm.

It powerfully expels Wind, loosens the Bowels, and eases the Colick and Gripings.

Dr. Scroderus his Emollient Glisten.

Take of the Emollient Herbs, which are
 Leaves of Mallows, Violet Leaves, Beets, Herbs
 Mercury, of each a handful, Roots of Althaea
 an ounce; Camomil flowers half an ounce, five
 Figs sliced; boil them in a sufficient quantity of
 fair water to a pint; then strain it, and put to
 it Cassia four drams, *Benedicta laxativa* one
 ounce, *Sal Gem* a scruple, Oyl of Olive, com-
 mon Oyl of Roses three ounces, brown Sugar an
 ounce; mix it, and give it.

*It loosens and mollifies the Bowels, evacuates
 their Slime and Filth, and cleanses them from Worms
 and Water, and is good in Fevers.*

A very good Common Glisten.

Take of the Emollient Herbs, of each a hand-
 ful, Camomil flowers half a handful, sweet
 Fennel seeds half an ounce, Linseeds two drams
 cut the Herbs, and bruise the Seeds, and boil
 them in Water to a Pint, then strain it.

CHAP

CH A P. XXX.

Select Remedies relating to WOMEN,
K I N D.

Containing Excellent and Approved Remedies
for such Distempers as are particularly inci-
dent to Woman-kind.

*Concerning the Retention or Stoppage of the Month-
ly Purgations.*

[The Retention of them cometh of Opilation
in the Matrix, abundance of gross Blood,
after great Evacuation, or Fatness of the
Uterus; They are Cause of many Evils, as
swollen Legs, weak Backs, Pains in the lower
parts of the Belly, Drowsiness, Retention of
Urine, a weak Stomack, Loss of Appetite, and
want

want of Digestion, Vomiting, Shortness of Breath, Loss of Complexion, Vapors, and Flux of the Mother and Spleen, &c. If the Retention come of thickness of the Blood, it is good for the Patient to use the Bath afterwards set down. If the Retention come of cold and Phlegmatic Humors, then it is good for her to take twice a day four ounces of the Decoction of Alexanders, Smallage roots, Cinamon and a little Saffron, and fast four hours after it, forbearing eating Meats that breed gross and moist Humors and gross Blood, as Beef, Pork, Veal, Fish and the like. Let your Diet be Fowls, Birds, Partridges, Rabbits, and the like, or Mutton and drink white or Rhenish Wine, or Mead Metheglin; using in your Broth the following Ingredients, viz. Aniseeds, sweet Fennel-seeds, Commin-seeds, Caraway-seeds, Smallage-roots, wild Thyme, Rosemary, Parsly-roots, Spinage, Madder, Cinquefoil, Harts-tongue, Lupin Organs, Valerian, Savory, Sothernwood, Gallick is an excellent thing if you like it, Ball Carduus, Horehound, Cinamon, and such like using a few of either sorts of them; they thin and subtilize the Blood, and open the Passage that descend to the Matrix.

A Bath to provoke the Terms.

Take Mugwort, Motherwort, Mother Thyme, Bawm, Fumitory, Camomil, Lavender, Organy, of each a handful; Juniper Berries

bruiſed an ounce and an half, Madder roots, Parsly roots, Polipode and Valerian, of each three ounces; let them boil in a ſufficient quantity of Water to make a Bath, and let her ſit in it as hot as can be endured, and when ſhe comes out of the Bath, going to Bed, let her take a Decoction of Bugloſs and Borage, or the Decoction of Madder in fair water, with a little Syrup of Fumitory. If you cannot have all theſe Herbs, you may take only ſome Camomil-flowers and Peniroyal; for the hot water alone will be effectual in this Caſe, bathing in it.

A Physical Courſe for provoking the Terms

Take of the Powder of *Hiera Picra* ſimple, of the Pills *de tribus Fernelii*, of Agarick Trochiſcated, of each a ſcruple, of Caſtor half a ſcruple, of the Chymical Oyl of Thyme, four drops; make theſe up into Pills with Syrup of Mugwort; let her take them immediately after her firſt ſleep, and ſleep again upon them. The next day following, let her take the following Decoction.

Take Ale and white Wine, of each a Pint and half, unſet Hyſop, Peniroyal, Mugwort, Germanander, of each a handful; Madder, Smalage, Parsly, and Fennel roots, of each an ounce, Juniper Berries, and Cinamon bruised, of each half an ounce; boil them well, and having ſtrained the Decoction, ſweeten it with four ounces of Syrup of Mugwort. Drink thereof twice a day,

day, in the Morning, and at four in the Afternoon; and four days before their accustomed time of flowing, open the Vein in the Foot, and bleed about three or four ounces, to invite them downwards.

An Excellent Medicinal Wine to provoke the Terms,
by Dr. Mynsicht.

Take Tartar vitriolate, Roots of Scorzonera of each an ounce and a half, Filings of Steel (from the Needle-makers) an ounce, Galingall the less, *Lignum Cassia*, of each a dram, Safron a scruple; bruise them, and put them in three pints of white Wine, let it stand two or three or four days, often shaking it, then strain it.

This Wine opens all Obstructions of the Liver, Spleen and Womb; it provokes the Terms, cures the green Sickness, expels Wind, dissolves Swellings, and Hydropical Humors, cures the evil disposition in Virgins, weakness of the Stomack, and want of Appetite and ill Digestion. Young People should take it five or six days before the New Moon; but elder women as many days before the Full Moon. The Dose is from four Spoonfuls to six or seven in the Morning fasting, and to continue the Use of it till they appear.

Another

Another Approved Remedy for the same.

I was assured by a Gentlewoman of Credit, that a Daughter of hers, at twenty years of Age, having never had her Purgations, was cured by the following Remedy.

Take a pound of the smallest new Nails, put them in a quart of white Wine, let it stand four and twenty hours; then drink thereof warm a quarter of a pint in the Morning fasting; when you have taken three Doses of it, put into it a pint of Wine more, and let it stand for some time upon the Nails; then take of it till you have taken it all; this hath been approved upon many others: you may put in with the Wine a few Orange Peels, and Cloves.

An Experimented Remedy for the immoderate Flux of the Terms.

Take a dram of the Scrapings or Filings of the Skull of a man, put it into a glass of white Wine, let it infuse all Night in, and in the Morning take it fasting. In two or three times taking it every Morning, it will cure it. It is an Approved Remedy.

A Physical Course to provoke the Terms, prescribed by a Learned Physician to a Lady of great Quality.

Take the Roots of white Ditany, Madde and round Birthwort, of each half an ounce Orrice and Asaribacca Roots, and sweet Flag Roots, of each three drams, Orange peels and Cinamon, of each two drams, Juniper Berries six drams, Fennel and Commin seed, of each one dram, Tops of Wormwood, Mugwort, Horse-mint and Germander, of each half a handful, Flowers of Elder, Savin and Rue, of each a handful, Saffron half a dram, Filings of Steel an ounce; tie the Steel up in a Rag, and shred and bruise all the Ingredients; infuse them in four pints of strong white Wine for twelve hours; then strain it, and drink thereof three times a day: and after five or six days taking it, use the following Purge.

Take Sena a dram & a half, Cassia two drams, Rhubarb half a dram, sweet Fennel seeds and Cinamon, of each a dram and a half, Savin or pugil. This is for two Potions to be taken for two Mornings together.

After Purging, take the following Electuary

Take Conserves of Wormwood and Mint of each half an ounce, Conserve of Rue an ounce, Candied Elecampane Root half an ounce, Cinamon finely Powdered, and *Crocus Martis* apert

against Womens Distempers. 287

five, of each a dram, of Oyl of Mace and Cinnamon, each six drops; mix it, and make an Electuary, whereof take the quantity of a large Nutmeg three times a day.

An approved Remedy to stop the Abundance of the Terms.

Take a handful of red Dock Roots the yellowest and best; slit them, and boil them in a Gallon of Conduit-water, scum it, and put in it Raisins of the Sun stoned two handful, Liquoras cruised two ounces; boil it until a third part be consumed; then strain it, and make Almond Milk thereof with Blanched Almonds.

A good Remedy for the Whites, much Approved.

If the Woman wanteth her Monthly Terms when she hath the Whites, they must by no means be stopp'd till the Terms are brought down; for it is very dangerous. Let all the means then be used to provoke and bring them down first; and then to stop the Whites, take the following, after some fit Purgation once or twice before.

Take the Ceruse of Antimony, that is diaphoretick Antimony, about fifteen grains for a Dose in a little white Wine, in the Morning fasting, two or three times a day.

Another

Another for the same.

Take Garden-Tansie a handful, great Dock Roots that are young and without Buds, two ounces; shred the Herb, and bruise the Roots, and boil them in a quart of Milk; drink a Draught thereof warm, sweetned with Sugar of Roses, and Nutmeg grated in it.

You may also take the following Pills, and drink a Draught of the said Milk after them.

Take Venice-Turpentine an ounce, Dragon Blood, Nutmegs grated, and Bolearmenick, each a dram; mix them, and make a Mass for Pills; Take thereof a dram for a Dose.

The following Electuary is also very good, the Body being Purged first.

Take Conserve of red Roses four ounces, Conserve of Succory two ounces, red Corall subtil Powder, Snakeweed, Tormentil Root, and Shavings of Ivory, of each two drams; with Syrup of Mirtles make an Electuary, and take thereof the quantity of a large Nutmeg every Morning.

Another Approved Remedy for the Whites, and for the Heat in the Back and Kidneys.

Take four good sound Nutmegs, put them in the middle of a Household Loaf of Bread; then let the Loaf be baked, and take out the Nutmegs; then beat the white of a new laid Egg with an Oyl, let it settle, and take off the Froth, and mix the White with four spoonfuls of Rose-water, and as much Plantane-water; then sweeten it with fine Sugar, and grate into it half of one of the Nutmegs, and drink it in the Morning fasting for seven days together.

This cured a Woman that had taken many Remedies in vain for the said Distempers: It strengthens and cools the Reins, and is good against the Stone and Gravel.

An Approved Remedy for the Fits of the Mother, and for the Vapors

Take Roots of round and long Birth-wort,iony, and lesser Valerian, of each two ounces, Castor one ounce, Tops of dried Wormwood, Mugwort, Fetherfew, Tanfie, Alder, and Camomil Flowers, of each a handful; having bruised and cut them all together infuse them in two quarts of rectified Spirit of Wine; then distill them according to Art, and keep the Spirit for Use.

This Spirit is very effectual to open the Obstructions of the Matrix, and to suppress the Vapors and Fits that arise from it; you may take of it from one to two or three drams at a time, in some distilled Waters; it may also be put into the Nostrils, applied to the Temples, or upon the Navil.

I have an incomparable Essence or Spirit of Chymical preparation, which is so effectual beyond compare for the Vapors and Fits of the Mother &c, that several Women which could have no Children live, by reason of their Vapors and Fits, as they took of it, had their Children live afterwards and were perfectly Cured of that Distemper.

A Remedy for a Bloody Urine, whether in Man or Woman; also for a Bloody Flux, or Spitting of Blood.

Take Shepherds Purse, and Plantane, three of each, and boil them in fair water; then strain it, and sweeten it with fine Sugar; drink thereof of Morning and Evening.

Another for the same.

Take the Earth of Swallows Nest, steep it in hot Water; then strain it, and let the Patient drink thereof two or three times a day.

A Remedy for one that cannot retain Urin.

Take a Mouse newly kill'd, burn it to Ashes, with the Skin and Hair, give a pretty quantity of it in Ale; or dry the Mouse in an Oven, so that you may reduce it to Powder; which give to drink in the same manner.

Another for one that cannot keep his Water.

Take Conserve of Hips three ounces, of red Roses an ounce, Crabs Eyes a dram, Roots of Tormentil two drams, Syrup of Purslan, as much as suffices to make an Electuary. Take hereof the quantity of a large Nutmeg twice a day. Drink after it a Draught of the following Decoction.

Take Succory Roots six drams, Leaves of Lettuce, Purslan and Horse-tail (an Herb) Shepherds purse of each a handful, the four greater Cold Seeds, Purslan Seeds & Sorrel Seeds, of each a dram, red Roses dried a handful; bruise the seeds, and shred the Herbs, and boil them all in a sufficient quantity of Water to a pint and a half; then strain it, and dissolve in it Gum Tragacanth and Arabick, of each two scruples; then add two ounces of Syrup of Purslan: The Dose a quarter of a pint.

Let the Patient wear about the Neck a little Bag with the Powder of a dried Toad Calcin'd, which alone many times is said to Cure this Distemper.

C H A P. XXXI.

Select Remedies to procure CONCEPTION.

Of choice and experimented Remedies to procure and forward Conception; prescribed by several learned Doctors.

An excellent Remedy to procure Conception.

TAKE of Syrup of Motherwort, of Syrup of Mugwort, of each half an ounce; of Spirit of Clary, two drams; of the Root of English Snakeweed in fine powder, one dram; Purslain seed, Nettle-seed, Rocket-seed, all in subtile powder, of each two drams; candid Nutmegg, Eringo-Roots, Satirion-Roots, preserved Dates, Pistaches, Conserve of Succory, of each three drams; stamp and work all these Ingredients in

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Mortar to an Electuary ; then put it up into Gallipots and keep it for use.

Take of this Electuary the quantity of a large Nutmeg in a little glassful of white Wine, in the Morning fasting, and at four in the Afternoon, and as much at Night going to Bed ; but be sure not to do any violent exercise.

Another experienced by the Countess of Arundel.

Make a Syrup of Eringo-Roots, and take thereof three times a day, in the Morning fasting, and in the Afternoon, and at Night ; having first prepared the Body with some gentle Purge. *The foregoing Remedy is more effectual.*

Another approved Remedy to procure Conception.

Take of Clarified Honey, 3 drams, of Linseed and shavings of Ivory, of each an ounce, Borage three ounces ; beat it into an Electuary with four ounces of fine Sugar, Musk and Amber, of each the scruple and a half ; Oil of Cinamon, two grains ; Oil of Cloves and Mace, of each one grain : Take of it Morning and Evening.

Dr. Scroderus, his Cordial Drink to cleanse and strengthen the Womb and procure Conception.

Take Bawm, Penyroyal, Maidenhair, Sage, Calaminth, Mugwort, of each half a handful ; Menath, half a dram ; Marygolds, Wall flowers,

ers, of each two pugils ; (that is as much as you can hold betwixt two Fingers and the Thumb) Nutmegs, Mace, Cubebes, Cardamoms, grains of Paradise, Zedoary, of each one dram ; prepare them all, and infuse them in two quarts of Canary Wine for some days in a Bottle close stopp'd ; then strain it, and sweeten it with fine Sugar to your Taste ; drink thereof three times a day. *This I know an approved Remedy.*

Dr. Mynsight, his Bath against Barrenness much approved.

Take Roots of Madder, of Parsley, of Poplipode of the Oak, Valerian, of each three ounces ; Seeds of wild Rue and Darnel, of each two ounces ; green Juniper-berries, of each one ounce and a half ; Leaves of Motherwort, Mother of Thyme, Bawm, Mugwort, Fumitory, Marjoram, Lavender, Agrimony, Mellilot, Mullin, Camomil, Calamint, Organy, of each one ounce ; shred and bruise them and boil them in a sufficient quantity of water for a Bath.

Let the person sit therein in a bathing Tub, as hot as can be endured, repeating it every day for fifteen or twenty days, abstaining all the while from Venery. *The Author says it is an approved thing for the intention.*

She may also at the same time use either the Electuary with the white Wine, or Dr. Scroderus his Drink.

By using the said Remedies, and abstaining all the while from Venery, she will be very apt afterwards to conceive; for the parts will be very well disposed: It is much observed also, that Women after long absence from their Husbands, when they come again usually soon conceive.

Note, That the greater the womans desire of Copulation is, the more subject she is to conceive.

Women are most subject to conceive a day or two after their monthly Terms are stayed.

It is good to eat Crabs, Lobsters, Prawns and Shrimps, for they are fruitful Creatures, and very nutritive; as also Pigeons and Sparrows; half a dram of Castor, being taken in powder, or a scruple in Malmsey Wine in the Morning, is good to procure Conception;

As also the stones of a Fox dried and beaten to powder, and a dram taken in milk in the Morning.

As also the stones of a Boar taken in the like manner.

A Plaister of Labdanum spread upon Leather, and applied to the Region of the Womb, mightily disposes it to Conception.

Dr. Farrar, his great Venereal to procure Conception.

Take Conserve of Rosemary-flowers, of Borage-flowers, and of Conserve of Clove-gilly-flowers, of each half a dram; of the Electuary of Diasatirion, one ounce; candid Eringo-
V 4 Roots,

Roots, six drams, old *London* or *Venice* Treacle two drams, Seeds of Rocket, and of Nettles of each half a dram, *Species Diamoth. dulcis* two scruples; make it up into an Electuary with Syrup of Stechados as much as will suffice. Take the quantity of a Nutmeg of this Electuary Morning and Night, or when you will, and drink a little of the following Decoction after it.

Take Leaves of Sage, of Organy, Rosemary, Calamint, Nettles, of each a handful, Chameedee, Chamepit and Stechados, of each half a handful; of Nettle-seeds, Rocket-seeds, and sweet Fennel-seeds, of each three drams, Root of Pellitory of *Spain* half an ounce; boil all these in a quart of Fountain-water; then strain it and put to it a pint of Malago Sack.

I could tell some great Secret to Women which for several Reasons I omit to publish here but if any Lady desires it of me, I shall very freely communicate it to her.

C H A P. XXXII.

Rules and Signs of CONCEPTION.

Certain Signs, whereby Women may know when they have Conceived.

Authors have left many Ways for Women to know whether they be with Child or not, which proves true indeed in many Women, but not in all; Some of them I shall relate here.

1. A Coldness and Chilliness of the outward parts after Conception; for the Heat retires inwardly to make the Conception.

2. The Belly groweth very flat first of all, because the Womb closeth it self together, to nourish and cherish the Seed.

3. The Breasts begin to swell and grow hard, not without Pain and Soreness.

4. The

4. The Tops of the Nipples look redder than formerly.

5. Wringing or griping pains like Cramps happen in the Belly about the Navil.

6. Loss of Appetite to Meat, and illness after Meat, and weakness of the Stomack.

7. The Veins of the Breasts are more clearly seen than they were wont to be.

8. It is a good Sign when the Veins in the Eyes are clearly seen, and the Eyes seem something discoloured.

9. Divers Longings and Appetites are increased.

10. If under the lower Eye-lid the Vein be swelled, and the Veins in the Eyes appear clearly, and the Eye something discoloured, if the Woman have not her Terms at that time, nor watched the Night before, you may certainly conclude her to be with Child; and this appears most plainly just upon her Conception, and the first two Months. This Mr. Culpepper says he hath known to be true, and never to fail.

11. Put the Urine of the Woman in a Glass, and stop it, and let it stand three days, and then strain it through a fine Linnen Cloth, if you find small living Creatures in it, she is most assuredly conceived with Child.

12. Take a green Nettle top, and put it into her Urin, and stop it close, and let it stand a Night, the next Morning take it out, and if it is full of red Spots, she is with Child; if not the Nettle will be blackish.

And thus much for Prognosticks, whether a Woman be with Child or not.

CHAP. XXXIII.

Other Rules and Signs of Conception.

Rules to know whether a Woman beareth a Male or a Female.

Authors give these to be Signs of Conception of Males,

1. The Woman when she rises up from a Chair, or the like, doth sooner stay her self upon her right hand than on the left.

2. The Belly lieth rounder and higher than when it is a Female.

3. The Child is first felt on the right side, because (according to *Hypocrates*) the Male-children lie on the right side of the Womb.

4. The

4. The Woman breeds Boys easier and with less Trouble and Pain than Girls, and carries her Burthen not so heavily, but is more nimble in moving.

5. The right Breast is more plump and harder than the left, and the right Nipple redder.

6. The Womans Complexion is more clear and not so dull and swarthy as when she beareth a Girl.

7. Let a drop of her Milk fall into a Basen of fair Water, if it sinks to the Bottom, she bears a Girl; but if it swims and spreads abroad, it is a Boy.

C H A P. XXXIV.

Select Remedies to prevent Miscarriage.

Containing Approved Remedies to prevent Miscarriage in Women; as also certain Experiments relating to Women, especially Child-bearing, Practised by that skilful Midwife Mrs. Partridge, alias Covey.

Directions how to govern a Woman in her first Conception, that she may know how to foster it, and hold it fast till the time of Maturity; and then how with ease and good speed to bring it into the World, and after the great Work of Labour, to reduce her self to her wonted Health.

First, To preserve her Infant, and to prevent Miscarriage, the following Remedy is commended to be taken.

TAke Coriander Seeds two drams, Roots of Bistort, Shavings of Ivory and Red Coral prepared, of each a dram, of white Amber and Chrystal, of each a scruple; reduce all to a
fine

fine Powder, and made it up into Tablets
Lozenges with four ounces of Rosewater, and
half a scruple of Confection of Alkermes
make them of a dram apiece; take one of the
Tablets every other Morning; they are ver-
cordial and strengthening of the Womb.

Also take every other Morning between a rece-
Egg new laid, putting in it some fine powder
Pearls or Coral.

Signs of Miscarriage.

If her Breast (after filling) should begin to
lessen and fall, which is a Sign of future Miscar-
riage, let her apply the following Cere-cloth.

Take Roots of Bistort and Coriander seed
of each two drams, of unripen'd Galls, reed
Saunders and Hypocistides, of each a dram
Labdanum, and Mastick, of each half an ounce
Frankincense and Bdellium, of each two drams
Powder what is to be powdered, and with Oyl
of Mastick, Turpentine and Wax make two
or three Cere-cloaths, and apply them some-
times to her Loyns and Sedes, and sometimes
to the Region of the Womb under the Navel
vil.

She must avoid all sudden and violent Moti-
ons, both of Mind and Body, as Sneezing,
Coughs, Frights, Anger and Passion.

If a Woman with Child fears Miscarriage, by being frightned, let her have by her some of Dr. Scroderus's Cordial Water against Frights; the Description whereof you have among the Cordial Waters, and take a little of it.

Another Remedy to prevent Miscarriage.

Take a Sprig of Rosemary and Bawm, a few Cloves, and a little Nutmeg; put them into a pint of Claret Wine, and burn it; then beat the Yolks of three new laid Eggs, and having taken the Wine from the fire, brew them with the Wine; then take the Cock-treadles of six Eggs, and the White of one, and beat them to an Oyl; then take off the Froth from it, and mix the Oyl with the Wine, and brew all together; then sweeten it with fine Sugar, and let the Woman drink of it four Spoonfuls whensoever she beginneth to feel any Pain in her Back or Belly.

Dr.

Dr. Goff's Remedy to prevent Miscarriage.

Take a Fillet of Beef, let it be half roasted then take half a pint of Muscadine, Sugar, Clove of Garlick, Clove of Namon, Ginger, Cloves, Mace, Grains of Paradise, and Nutmegs, of each a dram; bruise them, and make a Sauce; then take the Bees, from the Fire, and being hot, divide it into two pieces, and wet the insides of them in the Sauce; then apply the one to the Region of the Womb under the Navil, and the other to the Reins of the Back, as hot as can be endured, tie them on fast, and keep them on at least twenty four hours, or longer if she can.

In France, whensoever they fear that a Woman is in danger to miscarry, they presently give her the following Remedy to prevent it.

Take a penniworth of stitching Silk of a red or crimson Colour, double the Threds as oft as you can, and as short as you can, then clip it as short as you can with Scissers, so that it be as short as Shavings; then mix this with a new-laid Egg, boild but a little, so that the White of it may be but curdled; let the Woman take this.

This they hold as a present and infallible Remedy, which I have seen used many times; it is used by rich and poor.

Of the Causes of Miscarriage.

The ordinary Causes of Abortion are the following :

1. A weakness or fouiness of the Womb; when it is weakned or offended by viscos, slippery, or slippery, phlegmatick or watery Humors, so that it cannot retain the Fruit received.

2. Being extreemly bound in Body, and forcing to stool, forces the Child down. *Hypocritas* says the Disease *Tenesmus* coming upon a woman with Child, causes Abortion. *Tenesmus* is a Disease when people have a great provocation to stool, yet can do nothing.

3. The Emroids or Piles many times cause miscarriage; for which I have given you several excellent and approved Remedies: which see in their places.

4. Hunger starves the Child in the Womb, and Surfeiting by much eating and drinking, angles it. Fat women are subject to miscarriage because of the slipperiness of their wombs. bear strong Purges or Vomits; but if you are subject to be costive, use gentle means to keep the Body open.

Abortion also is caused either by Blows, Anger, Sorrow and Grief, Running, Leapings, frings, immoderate Exercise, &c.

The surest way is to prevent Miscarriage before the Child is conceived, by cleansing and strengthening

strengthening the womb by such Medecines as procure and forward Conception afterwards. And to those which I have given you before for that intention, I will add these following.

Drink Wine wherein the Mother of Thyme hath been boiled, which is excellent for that Intention.

The Seeds of Mandrake are said to cleanse and purge a foul womb, cool a hot womb, and moisten a dry womb; you may take half a draught of them bruised in a little white Wine.

To Women with Child to prevent Miscarriage, Culpepper recommends to drink a Draught of Sage Ale every Morning; he says it will do her more good than she is aware of; if you desire to know more of it, you may read his Booke. He also recommends Tansie-Ale, as you make Sage-Ale (a Draught being drunk in the Morning) to be a Sovereign Remedy for such Women as are subject to miscarry; he doth not teach how to make it; but it is done by stamping the Sage or Tansie, and putting it in a Bag of loose Bolter-cloth, and hang it in a Rundell of Ale.

He advises also Midwives to keep a Syrup for them made with the Juice of Garden-Tansie clarified, and boiled to a Syrup with double weight of Sugar, and to give a spoonful of whensoever any Signs of Abortion appear; also to stamp Garden-Tansie, and sprinkle with Muskadel, and apply it to the Navil. is a most excellent Remedy.

CHAP. XXXV.

Of Womens Longings, and of Marking their Children.

ing it comes fittest in this Place, I will insert here what Sir Kenelm Digby relates in his Discourse made in a Solemn Assembly of Nobles and Learned Men at Montpelier in France, touching the Cure of Wounds by the Powder of Sympathy: He says thus;

Cannot forbear but I must make some Digression here, to unfold some other Effects Nature, which we see often, and are not so curious than the most principal which we are of, and will seem to be derived from obscure Causes, notwithstanding in many Circumstances they depend on the same Principles, and many much differing; it is touching Moles Marks which happen to Infants, when their

Mothers, during the time of their Pregnancy have longed after some particular things:

To proceed after my accustomed manner, will fall to exemplifie.

A Lady of great Quality, which many this Assembly know, at least by Reputation hath upon her Neck the Figure of a Mulberry as exactly as any Painter or Carver can possibly represent one; for it bears not only the Colour but the fit proportion of a Mulberry, and is as it were, embossed in her Flesh. The Mother of this Lady being with Child, she had a great mind to eat Mulberries, and her Imagination being satisfied (she being under the Tree) one of them casually fell upon her Neck, the sanguine Juice whereof was soon wiped off, and she felt nothing at that time: The Child being born, the perfect Figure of a Mulberry was seen upon her Neck, in the same place where it fell upon the Mothers; and every year in Mulberry Season, this Impression, or rather Excrecence of Flesh did swell, grow big, and itch.

Another Maid which had the like Mark of a Strawberry, was more incommodated thereby with; for it not only inflamed and itched in Strawberry Season, but it broke like an Impetigo, whence issued forth a sharp corrosive Humor.

To know the Causes and Reason of these marvellous Effects, I refer the Reader to the Reasoning of the said Sir K. Digby's Book; wherein he relates also the following.

Pe. m.

Permit me, my Lords (says he) to enlarge
 y Digression a little further in one word, to re-
 count unto you a marvellous Accident, known
 over the Court of *England*, in confirmation
 of the Activity and impression which the Imagi-
 nation of the Mother makes upon the Body of
 the Infant whereof she was big. A Lady that
 was my Kintwoman (she was the Neece of *For-*
ster, the Daughter of Count *Arundel*) came
 to give me Visits sometimes in *London*; she was
 fair, and of a good Feature, and she knew it
 well, taking great complacency, and not only
 to keep her self so, but to add what she could
 further; thereupon she was perswaded that the
 patches and Flies which she put upon her Face,
 gave her a great deal of Ornament, therefore
 she was careful to wear the most curious sort;
 but as it is very hard to keep a moderation in
 things which depend more upon *Opinion* than
 nature, she wore them in excess, and patched
 most of her Face with them; although that did
 not much add to her Beauty, and that I took
 the Liberty to tell her so accordingly, yet I
 thought it no opportunity then to do any thing
 that should give her the least distaste, since with
 much civility and sweetness she came to visit
 me. Nevertheless, one day I thought good
 in a kind of drolling way, (so that she might
 not apprehend any Discontentment) to tell her
 of it; so that I let fall my Discourse upon her
 great Belly, advising her to have a care of her
 health, whereof she was somewhat negligent,

and according to the Custom of young vigorous women, which know not yet what it is to be subject to Indispositions, she kindly thanked me for my care herein; saying, That she could do no more to preserve her health than she did, though she was in that case: you should at least, I replied, have a care of your Child: O for that said she, there is nothing that can be contributed more. Yet I told her, See how many Patches you wear upon your Face, are you not afraid that the Infant in your Womb may haply be born with such Marks on its Face? But, said she, what danger is there that my Child should bear such Marks, though I put them on artificially? Then you have not heard, I replied again, the marvellous Effects that the Imaginations of Mothers work upon the Bodies of their Children, while they are yet big with them, therefore I will reaccount unto you some of them; I related unto her sundry Stories upon this Subject; as that of the Black Queen of *Athiopia* who was delivered of a white Boy, which was attributed to a Picture of the Virgin *Mary* with our Saviour *Christ*, which she had near the tester of her bed, whereunto she bore great devotion. I urg'd another of a woman who was brought to bed of a Child all hairy, because of the Picture of *St. John the Baptist* in the wilderness, when he wore a coat of Camels hair. I reaccounted unto her also the strange Antipathies which the late King *James* had to a naked Sword whereof the Cause was ascribed, in regard some *Scotch* Lords entred violently into the Bed

chamber of the Queen his Mother, whilst she
 was with Child of him, where her Secretary, an
Italian, was dispatching some Letters for her,
 whom they hack'd and kill'd with naked Swords
 before her face. and threw him at her feet; and
 they grew so barbarous, that there wanted but
 little but that they had hurt the Queen her self,
 least her Skin was rais'd in divers places. *Bun-*
nan makes mention of this Tragedy. Hence
 came that her Son King *James* had such an A-
 version all his Life time to a naked Sword, that
 he could not see one without a great emotion of
 the Spirits, although otherwise couragious e-
 nough, yet he could not overmaster his Passion
 in that particular. I remember when he dubb'd
 the Knight, in the Ceremony of putting the
 point of a naked Sword upon my Shoulder, he
 could not endure to look upon it, but turned his
 face another way; insomuch, that instead of
 touching my shoulder, he had almost thrust the
 point into my eyes, had not the Duke of *Buc-*
ingham guided his hand aright. I alledged her
 divers such Stories to make her apprehend that a
 strong Imagination of the Mother might cause
 some notable impression upon the Body of her
 Child to its prejudice. Moreover, I pray con-
 sider how attentive you are to your Patches, and
 that you have them continually in your imagina-
 tion; for I observed that you have looked upon
 them ten times since you came to this Room, in
 the Looking-Glass. Have you therefore no
 apprehension that your Child may be born with

half Moons upon its Face, or rather that all the Black which you wear up and down in small portions, may assemble in one, and appear in the middle of its Forehead, the most apparent and remarkable part of the Visage, and may be as broad as a *Jacobus*, and then what a Grace would it be to the Child? O me, said she, rather than that should happen, I will wear no more Patches while I am with Child; thereupon at that instant she pull'd them off, and hurl'd them away. When her Friends saw her afterwards without Patches, they demanded how it came to pass that she who was esteemed to be one of the most curious Beauties of the Court in point of Patches, should so suddenly give over the wearing of them; She answered, that her Uncle, in whom she had a great deal of Belief, assured her, that if she wore them during the time she was with child, the Infant would have a large black Patch in the midst of its Forehead. Now this Conceit was so lively engraven in her Imagination, that she could not be delivered of it; and so this poor Lady that was so fearful that her Child might bear some black Mark in its Forehead; and so it happened, that it was born into the World with a spot as large as a ten Shilling piece of Gold in its Forehead; it was a Daughter she brought forth, very beautiful throughout, this excepted.

I need not tell you of your Neighbour of *Carcassona*, who lately was brought to bed of a prodigious Monster, exactly resembling an Ape, which

which she took pleasure to look upon during the time she was with Child; for I conceive you know the Story better than I. Nor that of the Woman of St. *Maxent*, who could not forbear going to see an infortunate Child which was born without Arms; and she her self was delivered afterwards of such a Monster.

Another dreadful Example Sir *Kenelm* relates, which happened to a Woman with Child, who was so curious as to go and see the Execution of a Malefactor.

Several others he relates; which for Brevity I omit to relate here. What I have set down is by way of Caution and Divertisement.

CHAP.

CHAP. XXXVI.

Select Remedys to cause a good Delivery.

A most Soverain and often approved Remedy to be used before Labour to cause a good Delivery with ease, security, and very little pain &c.

TAKE a good large onion, or two lesser, pee and slice them, and in a frying-pan fry in with two or three spoonfuls of the best sallet oyle til it be tender; then put all into a pipkin with a glasfull of water, and boyl it well together then strain it out and drink that warm in the morning fasting without any salt in it. Continue this for a fortnight or three weeks, beginning immediately before the time expected for Delivery: This course will so dispose the parts of the woman with Child, that she shall be brought to bed with security, with ease and with very little pain: and if the Child should be turn'd in the mothers womb, it will bring it to rights before labour. Sr. Kenelme Digby relates that women that have had most dangerous labours till they took this have had no difficult

but very easie and speedy labours, what woman with Child would neglect to take the said remedy, being so easie and of so good effects, and what Midwife would not perswade a woman she is to deliver, to take it before the time of her Labour, to prevent a dangerous and difficult Labour.

A Drink before Labour to cause a good Delivery.

Take Wood Bettory one handfull, blew figs sliced four ounces and Liquorice bruised one ounce, boyl them all in a pinte of running water and white wine of each one pinte to the consumption of a third part, then strain it and press it a little, drink thereof a good draught warm every morning fasting for a fortnight or three weeks before the time of Labour. *It is an approved remedy for the Intention.*

A safe Remedy to facilitate the Birth in Labour.

Take of Chosen Cynnamon one ounce, white amber six drams, myrrh one scruple, reduce them all to a subtil powder, and in the time of Labour the Child being nigh pitch'd, give her thereof as much as will lie upon a six pence in a little Canary Sack.

Another to Cause a speedy Labour.

Take three or four drops of the Chymmical
oyl

oyle of nutmeg in a spoonfull of Clarret burnt on-ly with Cinnamon, also in hard Labour, let her drink a spoonfull or two of another woman's milk, it will cause her speedy Delivery.

The Labour Powder to facilitate the Birth.

Take Date stones, Amber, Saffron, and Cummin seeds, beat and searse them all severally into very fine powder, take of each as much as will lie upon a groat, but double so much of the Cummin seeds, mingle them all together, and when the woman is in her greatest extremity give her a spoonfull of it in Mace Ale: This is also an effectual remedy to bring away the After-Burthen. These remedies are approved to be safe sure and effectual.

I was once with Sr. *Kenelm Digby* in his Chamber, when a Midwife came to him and told him that a woman had been in labour three days, and that she could not be delivered though the Child was nigh pitch'd, and having heard that Sr. *Kenelm* had a powder that would facilitate the Birth, she prayed him to give her a little of it; Sr. *Kenelm* went into his closet and brought out a little powder in a paper, and gave it her desiring her to give it to the woman in a little burnt Clarret, and an hour after she had taken it to send him word how she did. And within less than an hour she sent to thank him, and that she was delivered of a lusty boy within half an hour after taking it. Upon that I asked

Sr. *Kenelm*

Sr. Kenelm whether it was a Chymical preparation, and he told me it was nothing but a dram of myrrh in subtil powder.

An Infallible and much approved remedy to bring away the After Burthen, or any fowlness or a dead Child, and to cure the After throws and Gripings, after a woman is delivered,

Take the inward wrinkled skins of Gizzards of Hens that are laying of eggs, wipe them clean and lay them by to dry, when you have need to use them beat them to a fine powder, of which give one dram for a dose in a little white wine: you will see the effects of it in a short time, If it be needfull you may repeat the dose once or twice the same day. Women and Midwives should never be without this remedy.

An Excellent Powder to assuage the pains after Delivery.

Take the Roots of Athamantick Spiguel, and bigger Comfry of each two drams, Amber in fine powder, Peach kernels cleansed, of each one dram and a half, Cinnamon, Mace, and Saffron of each two scruples, mingle them and make a powder for use.

This Powder is highly esteemed to assuage the tormenting pains that happen to most women after delivery; it is to be given in broth, from one scruple to two. In Monsieur Charras's Royal Dispen-

Dispensatory, who says also, that it is credibly affirm'd that the blood which Issues from the navil when the Midwife cuts it, a spoonfull of it given hot is a soverain remedy to prevent and appease these pains.

Another Remedy after Labour, to take away the pains and pangs which many times attend women newly delivered.

Let her drink a draught of Beer boyled with a spoonfull of Camomil flowers: and in greater pains let her take six ounces of the oyl of sweet Almonds fresh drawn.

CHAP. XXXVII.

Select Remedies for Women Lying in.

An Excellent Cerecloth to be laid upon the Breasts after Childbearing.

TAKE oyl of Roses six ounces, Perriwincke bruised three ounces, juice of mint and lesser Sage of each one ounce and a half, Boyl them over a soft fire til the juice be consumed, then strain

strain and press them out, into the strained oyl
out yellow wax cut small, three ounces; when
the Ingredients are half cold, and half an ounce
of choice Mastich finely powdred stir them well
together, and then dip the cloaths in it.

This Cerecloth is very proper to prevent
the breasts from growing big after Child bea-
ring; as also to change the course of the milk
and to turn it downward. The Cerecloth must
be layd hot upon the breasts, and wrapt up with
warm cloaths and be continually applied til the
milk be gone.

*Another Remedy presently made to dry up the milk in
Womens breasts.*

Take Aqua vitæ and sweet butter, melt them
and beat them well together, and anoynt the
breasts therewith, laying a brown paper upon
them, and as often as the paper dries anoynt a-
gain, til the milk be dried up. *This is also good
to keep the Ague out of the breasts.*

To encrease womens milk.

Take fennel seeds bruised, and boyl them
well in barley water, and let the Nurses and
suckling women drink very often, in winter
warm, in Summer cold, and let them forbear
drinking much strong drink or wine, for they
be hot and great dryers up of milk.

Another

Another to increase milk.

Boyl sweet Fennel seed and Anniseeds bruised in Posset drink, and drink thereof.

Authors write that the hoofs of the forefeet of a Cow dried and powdered, and a dram of the powder taken in the morning in any convenient liquor increases milk.

The Thistle call'd our Ladies thistle, is an excellent thing to increase milk.

If the Child be much troubled with winces and gripings, let the Nurse use Fennel seed and Anniseeds in her broaths or in posset drink.

A Remedy for a sore breast that comes of curl'd milk in Childbed, and to dry up the milk.

Take half a pound of Hogs grease, yellow wax one ounce, Burgundy pitch five ounces, Venice Turpentine one spoonfull, Honey two spoonfuls, put all these in a skillet with a little fair water, and boyl them over a gentle fire, for a while scumming it, then pour it into a pan to cool, when it is quite cold turn it out of the pan as a cake, and scrape off all the soft dregs that are at the bottom; then melt it again and dip linnen cloaths in it to make Cerecloaths, and apply them.

For an Ague in a Womans Breast.

Take the Leaves of Hemlock, fry them in unsalted Butter, and as hot as can be endured lay it to the Breasts, and lay a piece of Flannel warm over it. *This is good also for any Swelling in any other Part.*

An Admirable Poultice that hath cured many Women of hard and sore Breasts.

Take Turneps and boil them well in Water, so that they be very tender; then squeeze out the water clean from them, and stamp them to Mash, and mingle with them some fresh Butter unsalted, and apply this warm to the Breasts poultice-wise upon a thick Cloth very large; change it Morning and Night. *In three days it perfectly cures, though before the pain and hardness hath been very great.*

The Countess of Dorset's Remedy for a hard and sore breast, wherewith she was cured her self of a hard and sore breast.

Take chosen Jollop, reduce it to fine powder, which keep in a glass stopp'd: take half a dram, or one dram, or four scruples of it in a little white wine and sugar, and by this you will increase or diminish the Dose to the need. Continue this for a month continually. And al-

waies keep over the breasts a linnen cloath that hath loose flax of flax stich'd upon it, in such sort that there may be no hardness felt anywhere; let it be very thick and warm.

A most excellent Cataplasme for cancered breasts to take away and cool and dissolve the swelling and hardness; if it be dissolvable; and if not to make it break and separate with ease and without sharpness.

Take an old mellow Pippin, cut off a cap: the top of it, and take out the Coar leaving the side of the Apple whole; then fill it with Hoggs grease, and cover it again with the cap, and roast the apple to pap, then take off the skin and mingle the pap and the grease perfectly together, and spread it thick upon linnen and apply it warm to the breast covering it with a bladder. Sr. Kenelm Digby relates that a Chyrurgeon cured a Lady of great quality with this of a cancered breast.

For aches, and soreness in womens breasts, or in any part of the body an approved Remedy.

Cause a Dyer to dye you some thick sponge flannel, of the blew colour called *Coventry-blew* when it is dry dye it again, dye it thus five times at last the dye will be so deep that it will look almost black; lay of it on a good deal beyond the pained part on all sides; keep it thus continually covered and warm with it.

C H A P. XXXVIII.

*Select Remedies for the Back.**For weakness in the Back.*

Take Dates stone them and take out the inner hard white skin, then stamp them, and mix them with the pith of an Oxe, beat and work them well together; then add to it eggs, and staled bread, mix them all well together with sufficient quantity of cream, fry them and eat thereof in the morning fasting strowing sugar on it.

Another.

Take the pith of an Oxone pound Ale and Muscadine or Alegant, or old Malaga, of each one pinte, Rasins of the Sun stoned half a handfull,

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Currans

Currans four ounces, ten or twelve dates sliced
a stick of Liquorice bruised, Anniseeds half an
ounce; boyl all these to the consumption of halff
then strain it, and drink thereof warm in the
morning fasting, grating nutmeg into it.

Another for weakness in the Back.

Take the Kidneys of an Oxe or Steer, slice
them very thin; then stew them easily in a quart
of water close covered, to the consumption of
half, then add half a pynte of Red Rose water
and as much Alegant or Muscadine, add Sugar
and grated nutmeg; take thereof four or five
spoonfuls in the morning and at four in the af-
ternoon, for a week together; then intermit
a week, and then take it again another week if
you think it need.

*Another to strengthen the Back, and to restore
marrow in it.*

Take the pith of an Oxe, half a handfull
blew Currans washed and bruised two ounces
boyl them together in Allegant or Muscadine
then mix it with the yolks of two new layd eggs
and grated nutmeg, and take a spoonfull or two
warm in the morning fasting.

Another

Another often approved Remedy for a sprain in the Back, and to strengthen it.

Take the yolk of a new layd egg, beat it with glass-ful of Muscadine, Alegant, or old Maga, then warme it well and grate nutmeg in it, and drink it twice a day.

For a Crick in the Back an outward Remedy.

Take the marrow of the bone of a Horse, warm it and anoynt the Back with it, it will give speedy ease, and in four or five times anoynting perfectly cure it.

For heat in the Back and Reins.

Take Rose water, and infuse therein red and yellow saunders, and red rose leaves, let it infuse for twelve hours, then bathe your Back well therewith, it will assuage the heat, and greatly comfort the Reins.

For pain in the Back.

Take Comfry roots and stamp them and boyl them in posset; drink thereof four or five days together, Also take Knot grass, shred it and mix it with butter, and make Tanfie thereof, and eat it; it much availeth to the said Cure.

Sr. Kenelm Digby's *Excellent astringent
Plaister for the Back.*

Take Comfry Roots, Knot grass, Cinquefo
roots, Budweed or Bawdweed of each two good
handfulls, stamp all these and put to them
quart of the best sallet oyl; let it boyl softly
the oyl hath extracted the vertues of the Root
then strain it; then put to it four ounces of W
nice Turpentine, and as much of Virgin wa
and two ounces of Pitch.

For an Ach in the Back.

Take Lilly roots, Camomile, Anniseeds,
each a good handfull, stamp them together and
fry them in Hogs grease with a little Clarrie
wine, make a plaister thereof and apply it
the Reins.

An Approved Remedy for a Sprain in the Back.

Take good Muscadine, or in want thereof
good old Malaga, and a spoonfull of Madder
incorporate them well together; give it the P
tient to drink for three mornings together; and
if need requires he may take it three times
day.

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C H A P. XXXIX.

Select Remedies Relating to
CHILDREN.

*Of Choice and Approved Remedies for such
Diseases as are incident to Children.*

*A Rare Balsom for Children breeding teeth, to
make them come without pain.*

TAKE two or three River Crabs, and beat
them in a stone Mortar, then moisten them
with a little water of blew bottles, and press
out two ounces of the juice: take also two oun-
ces of muscilage of Marshmallow roots, put
them together with May butter, or other fresh
unsalted butter three ounces, Hens fat and Ducks
fat of each two drams, put them into a pipkin,

and boyl them over a gentle fire, to the consumption of half the moisture, then strain them and add Sugar candy finely powdered four ounces, the yolk of one egg, Musk and Amber greafe of each six grains.

This Balsom hath been much experimented by many Persons of Quality in France for its Excellency to soften the gums of Infants, whose teeth are ready to cut, their Nurses must be careful to anoint their gums often with it: The use of it is no way inconvenient; and being pleasing to taste and wholesome, it can do no harm though it should be swallowed. It is Dr. Charras's Royal Dispensatory.

Another Balsom for the same.

Take the brains of a Hare either roasted or boyl'd, mix it with honey and unsalted butter and a little distill'd water of Cullendine; anoint the Childs gums frequently therewith.

An approved Remedy for the Rickets.

Take roots of Smallage, Parsly, Fennel, and Angelica of each a handfull, slice them and boill them in distilled waters of Angelica, unset Hyssop and Colts foot, of each one part till they are tender, then strain it and boyl it up to a fyrrup with white honey, Then take a stick of Liquorice and scrape and bruise one end of it, and give the Child with it one spoonfull of the fyrrup in the morning, at four in the afternoon, and at night.

*A Bath for the Rickets, Liver grown or opilation
of the Liver in a Child.*

Take a Sheeps head with the wool on it, leave it in the middle, and boyl it til it be tender, and that the bones slip clean out of the flesh, boyling with it, Smallage, Camomile, Primrose leaves, and Hyfop of each four handfulls, then bathe the Child all over with this roath as hot as it can endure twice a day; then wash the herbs with the flesh and bind it warm to the joynts that are weak.

It is a certain and much approved Remedy.

Another Approved Remedy for the Rickets.

Take a quart of new milk, boyl it with a handfull of Sanicle shred small, til a pynte be boyl'd away, let the Child drink of it warm in the morning fasting; and let it neither eat nor drink within an hour after it. And at night boyl a handfull of Red mint in a quart of milk, and let the Child eat it last at night. Continue this for a month.

An Oyntment for the Rickets.

Take Sanicle, and red mints of each two handfulls, shred them small and stamp them, then boyl them in a pound of fresh butter, then strain and press it out, and anoynt the Childs breast, arms,

Arms and Gullet-Bones with it warm before the Fire.

Another for the same.

Take a peck of Garden Snails, stamp them with their shells, and put them in a Canvas Bag which hang up, and put something under it to receive the Liquor that drops from it; where with anoint the Childs Limbs, and every Joint that is weak, before the Fire every Morning and Evening.

It is credibly affirmed that it hath cured Children that have been extreemly weak, and could not go alone in a Weeks time.

An Excellent Remedy for Convulsion-Fits and Falling-Sickness.

Take Piony Roots fresh digged, scrape them with a Knife, and apply it to the Soles of the Feet.

Another often approved Remedy for the same

Take of the Skull of a mans Head, and the Stone which is found in some Ox-galls, beat in fine Powder, of each ten grains; give it in a Spoonful of a Cordial made with black Cherr water, and Piony water, sweetned with Syrup of Piony Flowers; give one Dose at the beginning of the Fit, and another after the Fit

It is an experimented Remedy, and hath cured many.

For the Small Pox and Measles.

Take two or three grains of Saffron, and dry it well by the Fire, then put it in a little Rag, and tie it up, and infuse it in Posset-Ale, and press it, or in Mace-Ale, or white Wine, till all the Virtue is drawn out, give that to the Patient to drink, and keep him warm. *If he have Soreness in the Throat, do thus:* Take a quarter of a spoonful of dried Saffron, tie it in a linnen Rag, and boil it in half a pint of Milk till it be very yellow; then boil in it a Stay of Linnen, and put it warm and moist under the Throat; when it is cold and dry, put on another in the same manner, and therefore you must have at least two of them, that one may heat in the Milk whilst the other is about the Throat.

This will certainly take away all Pains of the Throat in six or eight hours. Sir K. Digby.

To drive the Venomous Vapors from the Heart and Head in the small Pox and Measles, Malignant Feavers, and Epidemical Distempers, with great success.

Take Seeds of Citron an ounce, Seeds of *Carduus Benedictus* an ounce and a half, beat them well, and draw out all their Pulp with a quart of

of Scabious water, or Carduus, or Marigold-water, and sweeten it with two or three ounce of Sugar. Drink of this as often as you have a mind to drink, a little warmed.

To prevent the Marks of the Small Pox.

When the Pustules begin to dry, anoint them with ordinary *Unguentum album*. This Sir Kennel Digby says did preserve all his Children from any Marks.

Dr. Charras his Oyntment which he highly recommends to prevent the Scars and Marks of the Small Pox.

Take Litharge of Gold in fine Powder, and white Lead or Ceruse washed in Rosewater, off each an ounce; Oyl of the greater cold Seed, and of bitter Almonds, and Oyl of Eggs, off each half an ounce, Nightshade and Plantain-waters as much as suffices; make it into an Oyntment by grinding it in a Stone-Mortar, powring to it sometimes of the Oyls, and sometimes of the Waters.

A Remedy for a Child that cannot hold its Water, whether Male or Female.

Take the Navil-string of the Child when it is ready to fall from him, dry it and powder it, and give it the Child in two spoonfuls of small Beer in the Morning fasting.

A Remedy for breaking out of young Childrens Heads.

Take fresh Butter and Ale, and boil it together till it be like an Oyntment; anoint the Childs Head and Face therewith.

Or take pure Sallet Oyl and Vinegar, and beat them together, and anoint the Head therewith.

Or take Butter and Salt, and fry them together till it be black, and anoint the Childs Head with it.

'Tis said, the Urine of the Father and Mother being mixt together, will cure Childrens breaking out.

Dr. Riverius his infallible Remedy for Worms in Children.

There is nothing more effectual than the following Remedy, which hath been so often experienced by that Famous and Learned Dr. Riverius; which is thus:

Take Calomelanos eight grains, Scammony 8 grains; grind them to a subtil Powder, and give it in the Morning in a spoonful of any Liquor. This I have often experienced with good success. The Calomelanos you may buy of the Apothecaries.

CHAP. XL.

The Cure of Wounds by the Powder of Sympathy.

*The true Preparation of the Powder of Sympathy,
as it was prepared every year in Sir Kenelm
Digby's Elaboratory, and as I prepare it now.*

TAKE good English Vitriol, which you may buy for two pence a pound, dissolve it in warm water, using no more water than will dissolve it, leaving some of the Impurest part at the bottom undissolved; then powr it off and filtre it, which you may do by a Coffin of fine gray Paper put into a Funnel, or by laying a Sheet of gray Paper in a Sieve, and powring your water or Dissolution of Vitriol into it by degrees, setting the Sieve upon a large Pan to receive the filtred Liquor; when all your Liquor is filtred, boil it in an earthen Vessel glazed, till you see a thin Scum upon it; then set it in a Cellar to cool, covering it loosely, so that nothing may fall in: after two or three days standing, powr off the Liquor.

liquor, and you will find at the bottom and on the sides large and fair green Chrystals like Emeralds; drain off all the Water clean from them, and dry them; then spread them abroad, in a large flat earthen Dish, and expose them to the hot Sun in the Dog-days, taking them in at Night, and setting them out in the Morning, securing them from the Rain; and when the Sun hath calcin'd them to whiteness, beat them to powder, and set this Powder again in the Sun, stirring it sometimes, and when you see it perfectly white, powder it, and sift it finely, and set it again in the Sun for a day, and you will have a pure white Powder, which is the Powder of Sympathy; which put up in a Glass, and stop it close. The next year when the Dog-days come, if you have any of this Powder left, you may expose it again in the Sun, spreading it broad to renew its Vertue by the influence of the Sun-beams.

The way of Curing Wounds, with it, is, to take some of the Blood upon a Rag, and put some of the Powder upon the Blood, then keep only the Wound clean, with a clean Linnen about it, and in a moderate Temper betwixt hot and cold, and wrap up the Rag with the Blood, and keep it either in your Pocket, or in a Box, and the Wound will be healed without any ointment or Plaister, and without any pain. But if the wound be somewhat old, and hot, and inflamed, you must put some of this Powder into a Porringer or Bason full of cold Water,

ter, and then put any thing into it that hath been upon the wound, and hath some of the Blood or Matter upon it, and it will presently take away all Pain and Inflammation, as you see in Sir *Kenelm's* Relation of Mr. *Howard*.

To itanch the Blood either of a Wound or Bleeding at the Nose, take only some of the Blood upon a Rag, and put some Powder upon it, or take a Basin with fresh water, and put some of the Powder into it, and bath the Nostrils with it.

CHAP

C H A P. XLI.

Containing the choicest and rarest Cosmetics to beautifie smoothen, soften, and whiten the Face and Skin, and to preserve the Beauty and Complexion of Ladies; devised by several Learned Physicians, and used by Queens, Princesses, and other great Ladies in France, Italy, Germany and England.

The Word *Cosmetick* signifies Adorning or Beautifying.

A rare Cosmetick Water of Dr. Scroderus,

Take the Whites of fifteen Eggs, the Juice of one Limon three ounces, of Snails, white Lead a pound, Camphir and Borax, of each a dram and a half, Myrrhe two drams, Frankincense and Mastick of each half an ounce; bruise them all, and infuse them twenty four hours in water of Bean-Flowers, and water of Elder-flowers, of each a pint and half; then distil it

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in a Cucurbite in *Balneo Mariae*, and keep the Water for Use. *It softneth, whiteneth, and smootheneth the Skin.*

Another more precious Cosmetick, or beautifying Water; by Sir Kenelm Digby.

Take white Lillies six drams, Florence Orange rice Roots, Beans, Cicers, Lupins, of each half an ounce, fresh Bean-flowers a handfull, Gum Tragant, white Lead, fine Sugar, of each half an ounce, Crums of white Bread, (steeped in Milk) an ounce, Frankincense, and Gum arabick of each three drams, Borax, and feather Allom of each two drams, the White of an Egg Camphire a dram and a half; infuse them for and twenty hours in a sufficient quantity of Rose and Bean-flower water, equal parts; then distil it in *B. M.*

This Water smoothes, whitens, beautifies and preserves the Complexion of Ladies. They may wash their Faces with it at any time, but especially Morning and Evening.

Another Cosmetick water

Take two young Pigeons, gut them and cut them into pieces, Crums of white Bread half a pound, peach-kernels, and the four greater Clove Seeds cleansed and bruised, of each four ounces, the whites of twelve Eggs, and the Juice of four Limons; infuse them twelve hours in two

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quarts of Milk, then distil them in *B. M.* To the distilled water add Borax, Camphire, Sugarcandy, and burnt Allom, of each three drams; set them three days in the Sun, then let them stand fifteen days in a Wine-Cellar; then filtre it through gray Paper, and keep it for Use,

This is an Excellent Cosmetick-water, and hath all the Vertues of the former, and is to be used in the same manner.

Another Cosmetick-Water.

Take fine Sugar one pound, Roch-Allom three ounces, white Poppy-seeds bruised, Flower of Beans, of Water-Lillies, and of the greater Houfleeck, of each a handful; the Juice of four Limons, the Crum of two white penny-Loaves; bruise what is to be bruised, and put them all into a Glass Alembick, and powr upon it Goats Milk, or Black Cows Milk, and white Wine, of each a quart; distil it in *Balneo Marie*, and keep the Water for Use.

This Water is good to smooth, whiten, and preserve the Complexion of Ladies, washing their Faces therewith.

Some Receipts of Cosmeticks which I took out of the Countess of D' Hospital, her Book which she lent me at *Paris*.

A Cosmetick water used by the Queen.

Take the whites of two new layd eggs, beat the shels of them to powder, and put them in a quart bottle, with the whites, and let them be beaten together, for three hours; then put into it four ounces of burnt Allum in fine powder, beat it two hours longer; then put into it three ounces of white Sugar candy in powder, and beat it also for two hours, then put in it four ounces of Borax also in powder, and beat it also: then take a pynte of water that runs from under the wheel of a mill, and put into it four ounces of white Poppy seeds well beaten mix them well together, so that it be like milk, then pour that into the quart bottle with the other things: and four several times, beating it every time the space of two hours; then strain it through a fine white linnen cloath; and having put it into the bottle again let it be beaten for two or three hours longer. And to know when it is well made and well beaten is, when it froths the breadth of three fingers above it. It will keep a twelve month.

It is a very good Cosmetick, it whitens smooths and softens the skin, use it only three times a week.

To wash and prepare night gloves to keep the hands white, smooth and soft.

Take pure white wax four pound, Spermace-tis two ounces, oyl of the greater cold seeds cleansed and drawn without fire, and Magistery of Bismuth or Tinglass (prepared as shall be set down afterwards) of each three drams, Borax and burnt Allum finely powdered of each half a dram, put them all into a Pipkin which set in a Kettle of hot boyling water, and when they are melted, stir them well together, to incorporate them. Then having washt first your gloves in several waters and steept them twelve hours in cream dip them in this composition whil'st it is hot.

The said Composition is good also to dip cloaths in and spread them for to line womens masks, it preserves the Complection of Ladies. The Ladies in France use it for both. It is also a good Cosmetick, anointing the face with it at night going to bed, washing it oft in the morning with some Cosmetick water.

I have two choice Receipts more for the face (which I Coppied out of the said Countess's Book) which *Maria de medicis* the Queen of *France* used her self. The said Countess's mother gave fifty pistols in gold for them to him; who always prepar'd them for the Queen, as was subscrib'd at the bottom of the Receipts. forbear to publish them her; but I shall be ve-

ry willing (without any Interest) to communicate them to any Lady that shall desire them of me.

The Preparation or Magistery of Bismuth or Tinglafs.

Though this be a Chymical preparation, yet that Ladies may be sure to have it true and well prepar'd, I will set down here directions how any Lady may prepare it with ease and pleasure.

Let a Chymist prepare you an *Aqua fortis* with equal parts of Niter and Allum, but be sure he do not sell you a common one made with Niter and Vitriol. Then take four ounces of Bismuth, let it be beaten to a fine powder, then wash it so often till the water come from it very clear; then dry it and put it into a small glass cucurbit, set it upon a round, under a chimney, and pour upon it by little and little twelve ounces of your *Aqua fortis*, pour in but about the quantity of a spoonfull the first time, it will presently begin to work upon the Bismuth, and a thick black smoak will ascend, which being almost past, pour in a little more of your *Aqua fortis*; and the ebulation and fumes being over, pour in more, and so continue til you have pour'd in the twelve ounces of *Aqua fortis*. And if you see that it is not all dissolv'd after having stood some time, set the Cucurbite upon a little sand in an earthen pan, and set the pan upon a Chafing dish of coals, and the

the *Aqua fortis* being warm will soon dissolve all the Bismuth; when all is well dissolv'd let it cool, there will remain a few black feces in the bottom which cannot be dissolv'd, pour it into a white bason full of fair water leaving the said black dreggs behind, and it will immediately turn it as white as milk, let it stand five or six hours until the water be very clear, and the white powder be settled to the bottom, pour fresh water upon it and let it settle as before, then pour it off gently without stirring the powder, and put on fresh fair water; do thus ten or twelve times that the powder may be well dulcified, and freed from all the acrimony of the *Aqua-fortis*; then dry it in the shadow between two papers spreading it abroad upon the paper.

You shall have a pure white Magister, which some have call'd the white of Pearls; which is a most excellent Cosmetick fit for all Deformities of the skin, and to preserve and beautifie the Complexion of Ladies and smooth the skin; for which it is recommended by all Authors, and is much in use among the Ladies in France; I have many times prepar'd it for Ladies of great quality at Paris, you may make a Pomatum with it thus: Take one ounce of white Virgins wax, and four ounces of Oyl of sweet Almonds, drawn without fire, or four ounces of Oyl of the great Coldseeds, and one dram of the said Magistery, and so use it either at night or in the morning.

A rare Cosmetick of Ox-gall.

Take two pintes of Ox-galls, digest it twenty four hours in a bottle set in warm water, then take Roch-allum and Salt of Glasse or Sandl powder'd, of each half an ounce, mix them with the Oygalls, and put them together into a Matraass or in the same bottle, stop it carefully, and set it in the Sun shaking the bottle three or four times a day, then filtre it through gray paper, then take one ounce of Porcellane finely powder'd, dissolve it in Spirit of Vinegar, then take Borax and Spermacety of each half an ounce, Sugar candy an ounce and half, Camphir and sweet Sublimate of each one dram and a half; mix them all well together and put them into the bottle, stop it close and set it in the Sun again for ten days, and shake it often; then filtre it again, and keep the Liquor for use.

This preparation is highly esteem'd by all the Noble Ladies in France, for clearing the Face from Morpew, Freckles, and Sun-burning; and to defend it from Sun-burning. The face must be wash'd with it Evening and morning; and in the morning you may wash afterwards with water of Lillies or Water-lillies. You may travel in the Sun all day long with the face anointed with it, and wash at night to prevent Sun-burning. Monsieur Charras bath it in his Royal Dispensatory.

Dr. Scroderus's *Cosmetick of Oygalls* which he highly commends in his *Chymical Dispensatory* is thus.

Take of Oygalls what quantity you please, dry it by degrees in the Sun, then extract a tincture of it with Spirit of Wine, which filtre and keep it for use.

It is a most excellent *Cosmetick* procuring a most beautiful white Skin even to admiration; the face must be anointed with it two or three times over at night, washing it the next morning when you make your self ready with Bean-flower water, or water of Water-lillies, or with one of the *Cosmetick waters* that are set down before.

Dr. Scroderus his *Virginal-milk*, which is a rare *Cosmetick*, taking away Freckles and Morpew in the Face.

Take waters of Night-shade, Lettice, Lillies and Sorrel, of each two ounces, mix them together, and dissolve therein one ounce of charge of Silver, white Cerus three drams, sulphur one scruple, set it in the Sun for some days shaking it often, then let it settle and filtre or strain it.

The Author recommends this highly, not only to beautifie and whiten the face, but that it is of so soothing a nature, that it will make a wrinkled Brow

*Brow smooth; it stops bleeding and takes off Freckles, Cut the
Morphew and Scabs. and put*

Oyls of Sale, which are said to whiten and beautify the Face and Skin in other places, and to blanch Pearls and Scarlet being dipp'd therein. You may see them in my Book of Sr. Kenelm Digby's Chymical Secrets Printed for me in the Year 1682.

A Paste for the hands.

Take bitter Almonds blanch'd half a pound stamp them in a Stone Mortar, sprinkling them with never so little Aqua vite, then add the yolk of two Eggs, white Honey and Orrice-root finely powder'd, one ounce, mix and reduce them to a Paste.

It is Excellent to cleanse the hands, and easily prepar'd. There is no need of wetting it, for it may be used as it is.

An Incomparable Balsom for the Hands.

*Take Venice Soape dissolv'd in juice of Lemmons, half a pound; white Virgin Honey two ounces, Venecian Talk, Sugarcandy and Orrice-roots all reduced to a fine powder of each half an ounce, Salt of Tartar, Borax and Spermaceti of each two drams, Peruvian Balsom one dram, Oyl of *Lignum Rhodium* Oyl of Cinamon and Cloves of each one scruple and a half, and if Ladies like the smell of Musk and Amber they may add ten grains of each.*

Cut the Sap small, and put it into an earthen
z'd pot, and dissolve it over a gentle fire,
two ounces of juice of Limons; then add the
honey, the Spermaceti next, with the Balsom:
then take the pot from the fire, and by degrees
incorporate the powders, and lastly the distill'd
Is, and Amber and Musk. The Talk must
layd before a quick fire, for a quarter of an
hr, then pulverized in a Mortar heated,
beating also the end of the Pestle.

*This Balsom is of an Incomparable and comforta-
ble Odor. It whitens cleanses and smooths the skin
and any Paste or Pomatum that can be prepar'd.
is enough to rub the hands with it; nor is there any
need of washing afterwards.*

Another Perfume.

Take Coals of Rosemary-wood pulverizd
Labdanum two ounces, Storax and Benjami
of each an ounce; Roots of Cyprus, Arom
tick Reed, Mastick, and yellow Amber, of ea
two drams, Cloves a dram, Musk, Ambr
grease, and Civet, of each ten grains; red
all to a fine Powder, and make it up into li
short Candles or Sticks with the Mucilage
Gum Tragant steep'd in Orange-Flower-wat
dry them, and use them as the former.

*Another richer Perfume; being pleasant and wo
som, to perfume Tobacco taken in a Pipe.*

Take Balm of Peru half an ounce, seven
eight Drops of Oyl of Cinamon, Oyl of Clo
five drops, Oyl of Nutmegs, of Thyme;
Lavender, of Fennel, of Aniseeds (all dra
by distillation) of each a like quantity, or m
or less as you like the Odour, and would hav
strongest; incorporate with these half a d
of Ambergrease; make all these into a Pa
which keep in a Box; when you have f
your Pipe of Tobacco, put upon it about
bigness of a Pins Head of this Composition

*It will make the Smoak most pleasantly odou
rous, both to the Takers, and to them that come
to the Room; and ones Breath will be sweet
day after. It also comforts the Head and Brain
Approved by Sir Kenelm Digby.*

CHAP. XLII.

Select PERFUMES.

*An Excellent Odoriferous Perfume for Chambers
and Rooms of Entertainment, much used in
France.*

TAKE the powder of Willow coals three ounces,
Labdanum two ounces, Storax and Benja-
min, of each half an ounce, Mastick, sweet
Labdammahacca, and yellow Amber, of each two
drams; *Lignum Rhodium* a dram and half; re-
duce them all into a subtil Powder, and make
them up into small Candles with Gum Tragant
steep'd in Rosewater, then dry them in the sha-
dow; kindle the narrow end of them, and set
them in a Candlestick, or heat the Pin of a
tweezer, and then thrust it into the bigger end
and so set it upon a Candle-stick.

Another

*A Famous Odoriferous sweet Water call'd the
Angel's Water.*

Take Roots of *Florence Orrice* and *Benjamin* of each an ounce and half, select *Storax* drams, *Lignum Rhodium* half an ounce, *Aromatick Reed*, and *Labdanum*, of each two scruples, Flowers of *Benjamin* a scruple; pulverise them all, and put them into a Mattress, or a strong Bottle, and pour upon it a pint of *Rosewater*, and half a pint of *Orange-flower-water*. Stop the Bottle or Mattress very close, and let it in lukewarm water for twenty four hours; then distil in a Cucurbite in *Balneo Mariae*, and keep the water for Use: If you please you may mix it with Musk and Ambergrease; or you may put in it a few drops of the Essence of Ambergrease afterwards set down.

This Water is call'd *The Angels-Water*, because of its sweet and pleasing Odour; you may use it after you have infused the Ingredients in the Waters, strain the Infusion, and having dissolved in it the Musk and Ambergrease, keep the Liquor for Use, without distilling it. Of the Scents you may make sweet Bags to put among Cloaths and Linnen.

The Countess of Dorset her sweet Water.

Take Rose-Leaves, Bay-Leaves, Lavender, sweet Marjoram, Eglantine, and Pinks, of each two handful; Cloves and Cinamon, of each an ounce; bruise all these, and pour upon them two quarts of strong Ale (that is near the Grounds) let them infuse twenty four hours, then distil it, and draw it till the Ingredients remain almost dry.

The Essence of Musk and Ambergrease drawn with Spirit of Wine.

Take a dram of Ambergrease, and half a dram of Musk, powder them, and put them in a small Mattress with a long Neck, and powr upon them four ounces of Spirit of Wine; then stop it very close, and cut the Cork even with the Neck of the Mattress after you have thrust it in as far as you can, then close it all over with Spanish Wax; then put the Mattress in a little earthen pan with Sand at the bottom, and set it in the Sun in the hottest time of the year, putting behind the Glass a Tin Leaf to receive the Sun-beams, and reverberate them upon the Glass, shake it sometimes, and the Amber and Musk will dissolve in the Spirit of Wine, and will tinge it of a red colour like a Ruby; which powr out into a Glass Vial, which stop well, and tie a Bladder about it.

In

In all things where the Ambergrease is used, two or three Drops of this Essence will go further the Aromatizing of it, than a whole dram of Ambergrease in substance: One Drop of it Perfumes for ever whatsoever it touches that can inhale it.

The End of the Medicinal Part.

EXCELLENT,
D I R E C T I O N S
F O R
C O O K E R Y ;
T O G E T H E R W I T H

The Description of an Useful *ENGINE*
serving for the same ; and likewise
for Distilling the Choicest and Best
Cordial Waters.

A S A L S O
S E L E C T R E C E I P T S
F O R

P R E S E R V I N G , C O N S E R V I N G ,
and C A N D Y I N G , &c.

W I T H A
C O L L E C T I O N

Of the Choicest Receipts for making of
M E T H E G L I N , S I D E R ,
C H E R R Y - W I N E , &c.

The S E C O N D P A R T .

L O N D O N ,

Printed by T. B. for G. Hartman Chymist. 1682.

EXCELLENT
COLLECTION
FOR
COOKERY;

TOGETHER WITH
The Description of an Useful & NEW
Machinery for the same; and likewise
for Distilling the Choicest and Best
Cordial Waters.

AS ALSO
SELECT RECEIPTS
FOR
PICKLING, CONSERVING,
AND CANNING, &c.

WITH A
COLLECTION

Of the Choicest Receipts for making of
THE HEDGEMAN, SIDER,
CHERRY WINE, &c.

THE SECOND PART.

LONDON,

Printed by T. B. Long, Hartman's Chymist, 1682.

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THE
DESCRIPTION
OF A VERY USEFUL
ENGINE
SERVING

for Cookery, and Distilling the Choicest
Cordial Waters, and to extract Tin-
ctures, &c. without Coals, Oyl, or Can-
dle, and with great Ease and Pleasure.

THE Desire that several Sea-Captains,
Merchants, and other Persons ashore have
had to have this ENGINE, having seen it by
me, and admired for its Usefulness and Conve-
nency, both at Sea and ashore, hath given me
occasion to publish it; the like having never been
invented nor seen before.

A Worthy Captain had lately one of these
ENGINES of me, who used it much ashore,
and altogether in his Cabin a shipboard, and
being seen by a Merchant beyond Sea, he was
much taken with the Usefulness and Ingenuity

A Short Description

of the thing, that the Captain could not forbear to bestow it upon him; who when he had parted with it, missed it so much, that as soon as he came to *England*, gave directions to a Tin-monger to make another; who mistaking the Directions, made one quite contrary to what it should have been. This has occasion'd me to give a full Description and Dimension of all the parts of it, and the *ENGINE* being represented here engraven, will prevent the Mistake of those that are to make it.

An Explanation of the Figure of the
E N G I N E.

- A.** The Furnace or Stove, made either of Tin, Copper, or Brass, it is without a bottom and must be about ten Inches high. It must have a strong cross at the bottom, with a Circle to set the Lamp in with the Spirit Wine.
- B.** The Door about five inches high.
- C.** The Wyre or Handle to carry it by.
- D.** The Stew-pan, made of Tin, Copper or Brass well tinn'd; you may have two of them the one will serve you for distilling either *Balneo Mariae*, or in Sand, and the other for Cookery.
- E.** The Cover of the Stew-pan, with a Rim that enter into it about half an Inch, and shut very close.

The Handle of it.

The Lamp, containing the Spirit of Wine, being four inches and a quarter wide, and an inch and a half deep.

The Cover of the Lamp shutting close within it, it must have four Pipes, three in a Triangle, about the bigness of an ordinary Quill, and one in the middle, which must be a little bigger than the rest, they must stand out on the top of the Cover about an Inch, and must be so long, that when the Cover is on, they may almost touch the bottom of the Lamp. In the lower part of them there must be a few holes in them; there must be Wicks of Cotton-Yarn put into them.

A Cucurbite to distil in, made of Tin about six or seven Inches wide at the bottom, and narrow at the top; it must have three Buttons or Knobs under the Bottom, that it may stand hollow.

A Glass Head with a Beak to set upon the Cucurbite when you distil.

Another Lamp to be used when you would distil all night, or put any thing in digestion for some days and nights without looking to it; this Lamp then stands without the Furnace, lest by the continual heat of the Furnace the Spirit of Wine should grow hot.

The Cover of the other Lamp with its Pipe.

A Cover for the *Balneum Maria*, with a hole in the middle for the Cucurbite to come

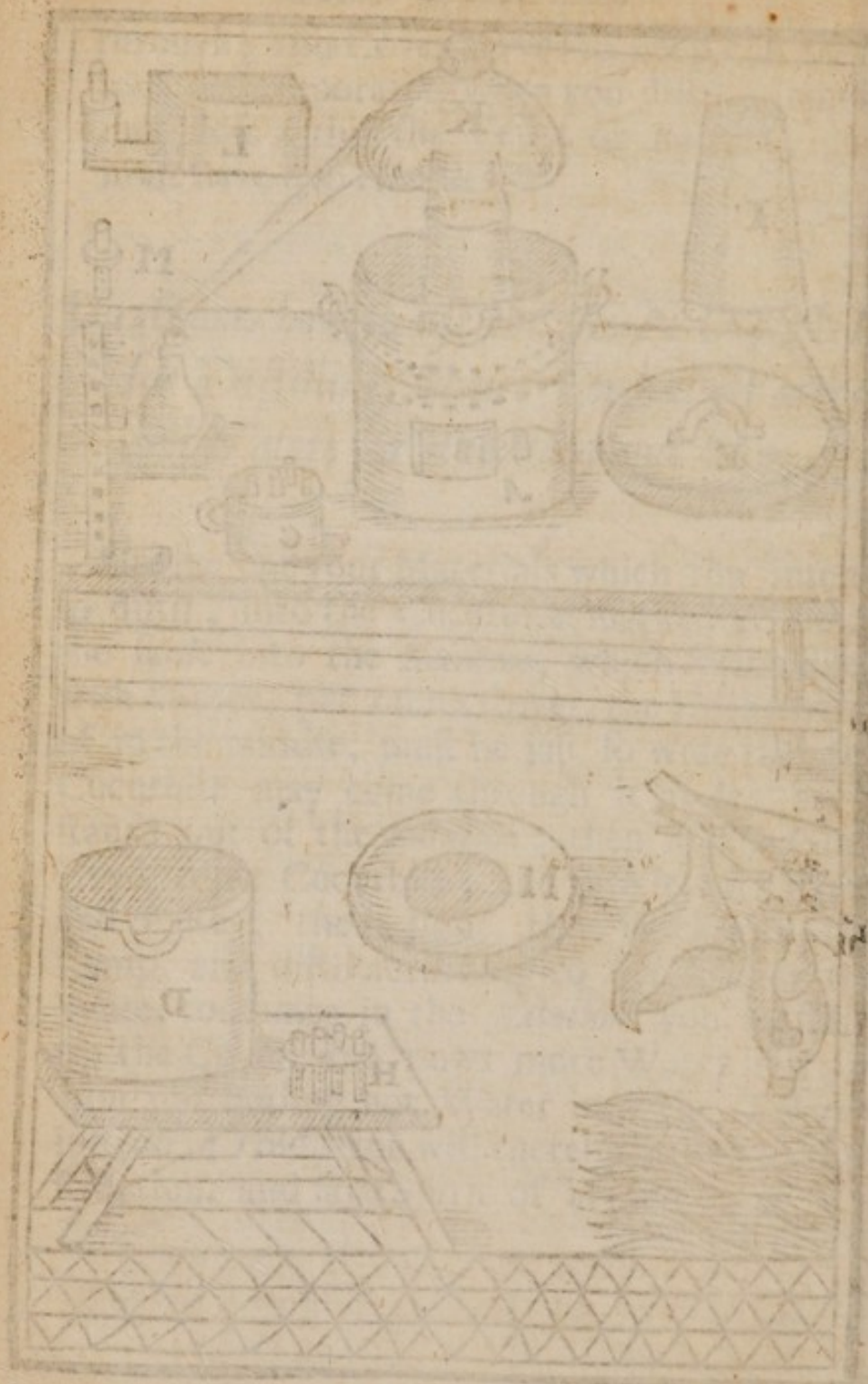
through; this Cover serves to keep the Water from evaporating when you distil; it must shut close within the Vessel or *Balneum*, and must have two Handles.

*Directions how to use this ENGIN
for Distilling Choice Cordial Waters
and Waters for the Face and Skin.*

Having put your Materials which you intend to distil, into the Cucurbite marked I. place the same into the *Balneum*, which being filled with Water, put on its Cover, the Hole whereof in the middle, must be just so wide that the Cucurbite may come through it as far as it stands out of the *Balneum*; then fit the Glass Head to the Cucurbite, and lute it with Paper and Paste; then light the Wicks in the Lamp, and distil according to Art, and as the Water consumes in the *Balneum*. you must lift up the Cover, and powr more Water in it; if you put boiling hot Water into the *Balneum* instead of cold, you will thereby hasten the Distillation, and save Spirit of Wine.

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If any one desires to have one of the said *ENGINE* made, either of Copper, Brass or Tin, they please to send to me, I will furnish them with it much cheaper than they can have it made, and they shall be sure to have it well made without any Fault.

One made of Tin will cost about seven or eight shillings according to the Bigness of it.

He that makes this *ENGINE* must take particular Notes, that between the top of the Lamp and bottom of the Stew-pan, there must be an Inch and three quarters distance.

The way of using this *ENGINE* for Cookery is thus: Having put your Meat into it, according to the Directions set down hereafter, shut it close, and light all the wicks in the Lamp, and it will soon boyl; then put out the three small wicks and leave only that in the middle burning, which is a little bigger than the rest; and that will keep it stewing and boyling by itself alone. If you would have it boyl faster, light one of the other four wicks with it.

of

*Of the Usefulness and Conveniency of
this ENGINE in Dressing
of Meat.*

1. **T**HE Meat which is Dressed in this *ENGINE*, eats more Savoury, tenderer and shorter, than that which is dressed any ordinary way, and is done in much less time.

2. The Meat being put into it, it may be set upon a Table, Stool, or in the window. And a Captain in his Cabbin may hang it on a nail, to keep it from tumbling down, in case the Ship should roul, and sway from the one side to the other, by reason of the weather.

3. The fire which is used with this *ENGINE* (both for dressing of Meat and Distilling) Spirit of Wine which the Distillers sell for eighteen pence a quart, and it will not consume above the worth of a penny or three halfpence at a time, in Making any Fricasie, or stewed Meat.

4. The burning of this Spirit, causeth neither smoak nor blackness, and the wicks in the Lamp will never burn nor consume, neither need they snuffing or trimming as a Lamp with Oyl doth.

5. It may be carried in a Coach travelling the Countrey, to make use of it when they come to their Inns or Station.

6. It is very convenient for a small Family, or For Lodgers, especially in the Summer time for dressing their meat in it, without making a fire which would heat the Room.

7. The Door of the *ENGINE* being shut the Lamp where the Spirit burns, is not seen; so that if any body comes into the Room he will not know what it is, unless you shew it him.

Of the several sorts of Meats, which may with great conveniency be dressed in this ENGINE, both the English and the French way, with Excellent Direction how to do them.

1. An Excellent and Savoury Fricasie after the French way, either of Pigeons; Chickens, Veal Lamb, Mutton, Rabbits, Lamb-stones or sweet-breads.

2. A Leg of Lamb boiled.

3. Stewed Veal the French Way.

4. Stew'd Broth the English way.

5. Stew'd Rabbits the English way.

6. A Hare stewed after the French way, which they call *Lieore en Civette*, which is exceeding savoury Meat.

7. A Hutch-pot the Dutch way, which is excellent Meat.

8. Pottage both English and French.

9. Beans and green Pease.

10. Milk-Pottage and Rice Milk, Cawdles, and Water-Gruel, &c.

11. A Carp in short Broth the French way.

12. Salmon in Short broth.
13. Stewed Eels and stewed Oysters.
14. Stewed Apples, Stewed Wardens, and Prunes &c,

An Excellent and Savoury Fricasie of young Pigeons.

Having cut off the Wings and Legs of them, Cut the Bodies in four quarters, and put them into your Stew-pan or a Pipkin (if you have none of our Engin) put into them some Bacon cut in square pieces, with a sufficient quantity of whole pepper and salt, and a few Cloves, and a bundle of Parsly and Thyme tyed up together, an Onion quartered. Then pour thereon so much water as may scarce reach the top of the meat, let it stew easily, shaking it about once or twice; when they are tender put in a piece of butter, taking out first the bundle of Thyme and Parsly; and putting into it some fresh parslly shred very small, then if you have half a dozen of Pigeons, you must take the yolks of three Eggs, and beat them well with a little of the Broth and a little White wine and Verjuice, then pour more of the broth to it, and if you see there is too much broth, and that the sauce would be too long, then pour out some of it before you put the Eggs in, for one pottin-ger full of sawce will suffice for half a douzern of pigeons. Then pour it into the meat, and keep it in motion for a little while to thicken and

and bind the sauce ; or you may thicken it in a Sauce-pan over a gentle fire, and your meat being put into the dish upon sippets, pour your sauce over it, and squeeze Oranges over it.

To make an Excellent and savoury Fricassee of Chickens.

Cut your Chickens in small pieces and fry them first in Butter, then pour thereon some hot broth, or boiling hot water, put therein an onion quartered if you like it, and a little Thyme and Parsly tyed up in a bundle, and some whole white pepper-corns with a sufficient quantity of Salt, and some lean Bacon to give it a savoury taste and a few Cloves ; let it stew easily for a quarter of an hour, then take out the bundle of Thyme and Parsly and put into it some shred Parsly and some yolks of Eggs, beaten with a little of the broth, and some Verjuice, or White wine and Vinegar ; keep it in motion till the sauce be thickned, then serve it up ; you must order your sauce so that it be but short and thick.

Note, that if you Stew your Chickens too long, they will be tough ; but if you observe the time, they will eat exceeding short and tender.

A Fricassee of Sucking or other young Rabbits made in the same manner, cutting the Rabbits in small pieces, smaller than for stewing the ordinary

ordinary way. You must order the quantity off Eggs according to the quantity of your meat either more or less.

To stew a Rump of Beef Mrs. Herbert's way.

Take a Rump of Beef, and Season it with pepper, Salt, and Nutmegs grated and mingled together; Season and rub it on the bony-side, and lay it in your *Engine* or in a Pipkin with the fat side downward. Pour upon it three pintes of Vinegar, and as much water, and three great onions, and a bunch of Rosemary tied up. Stew them three or four hours together with a soft fire, being close covered. Then dish it up upon Sippets with some of the Gravy blowing off the Fat from it. *Elder Vinegar is better than ordinary Vinegar.*

To make Red-Deer that will keep a quarter of a year, and is Excellent Meat.

Take a piece of the buttock of Bief, the leanest of it; and beat it with a Rowling-pin the space of an hour, till you think you have broken the grain of it, and have made it very open both to receive the saucing-drink, and also to make it tender. Then let it lie two days and two nights in Vinegar and Clarret-wine, of each one pinte, with two Nutmegs beaten. Then take it out and Lard it with Lards as big as your biggest finger, Rowl'd in pepper and salt.

Them

Then take Pepper, Cloves, Mace, and Nut-
meg or Jamaica Pepper; Beat and mix them all
together, and season it very well all over, and
Bake it in Pye-paste, and let it stand five or
six hours in the Oven. Then when it is cold,
put it in the saucing-drink aforesaid, and if it be
put close it will keep a quarter of a year.

*most Excellent and Savoury Estupee of Veal the
French way.*

If instead of a Fricasie of Veal, you would have
an Estupee, take a Leg or a Fillet of Veal, and
cut it into thin slices, and beat them with the
back of a great knife, and stem them simpring-
in White-wine and water, of each equal parts
with a good lump of butter or Bacon, or some
of them both; seasoning it with pepper and
salt, a little bundle of Thyme and Parsly, and
Onion if you like it. When it is enough put
it some yolks of Eggs, beaten with White-
wine and Verjuice or Vinegar, and some Nut-
meg grated, and some shred Parsly, pour it into
the meat and stir it all well together over the
fire, till the sauce be thickned. *It is an Excel-
lent Dish of Meat.*

To make an Hotchpot.

Take a piece of Brisket-beef, a piece of Mut-
ton, a Knuckle of Veal, a good Cullender of
Pot-herbs, Carrots, Onions, and Cabbage, a
little

little broken. Boyl all these together untill they be very thick.

Another Hotchpot.

Take a Brisket Rand of Beef, any piece of Mutton, and a piece of Veal, put this with sufficient water into your pot, and after it has been skimmed, put in a Cullender full of Parsley, herbs, a piece of Cabbage, all half cut; a good quantity of onions whole, six Carrots cut and sliced; let it all boyl till it be almost a Gelatin and stir it often lest it burn.

To Stew Beef the French way.

Take good fat Beef, slice it very thin into small pieces, and beat it well with the back of a Chopping-knife, then put it into your Stew-pot or Pipkin, and cover it with Wine and Water, and Season it with Spice and salt, and put to a handfull of good herbs, and an Onion with Anchovies, let it boyl two hours: a little before you take it up, put in a few Marigold-flowers and serve it up on Sippets.

The best way to make Beef a la mode, which is exceeding good meat.

Take of the Fillet of Beef and the lean of Pork, shred them together and season it; then take Bacon and cut it into big Lardons, row them

them in Pepper and Salt, and lay them between the meat in the Stew-pan, and let it stew easily in its own broth, and it will be exceeding short and tender; and will taste like Venison. You may also make an excellent Pye or Pasty of this; putting some Butter upon it.

To Stew a Hare the French way, which they call Lievre en Civette, which is Excellent Savoury meat.

Cut your Hare in six or seven pieces, then bard them with great Lardons rowled in Pepper and Salt, then put it into your Stew-pan, with Pepper and Salt, and a few Cloves and an Onion, with a bundle of Thyme and Parsly tyed together; then pour water upon it and half pint of White wine; with half a glass full of Vinegar, with a few Lawrel Leaves and some Orange-peels.

Bake Pigeons, Teals, or Wild-Ducks, that will keep a quarter of a Year; and are Excellent Meat.

Season them duly with Pepper and Salt, then bake them in an Oven with store of Butter and some Clarret wine; let the Pot be covered, when they are Baked, take out the pot and the birds out of it, and wipe them very dry; then put them into the pot again without any Liquor, and pour upon them the Butter that was upon

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the Liquor, being first clarified, and as much Butter more, as needeth to cover them three fingers breadth. Being melted and clarified, they may put a few Bay-leaves between the meat and the Butter.

Excellent Pyes of Red-Deer, made by Sr. Kenelm Digby's French Cook at Franckfort.

Lard the lean of the meat very well, with great Lardons rouled in Pepper and Salt; then laying under it a Cake of a fingers thick of Beef-Suet, first chopped small and seasoned with pepper and salt, then beaten into a Cake fit for the meat, and another such Cake upon the Deers flesh, then Bake it well in strong Crust, and soaked two or three hours in the Oven after it is Baked enough, which requireth six good hours. If you use no Suet, put in Butter enough.

A Savoury and nourishing boiled Capon from Count Trino at Milan.

Take a fat and fleshy Capon, or a like Hen; dress it in the ordinary manner, and cleanse it within from the Guts, &c. then put in the Fat again into the Belly, and split the Bones of the Legs and Wings (as far as you may, not to deface the Fowl, so as the Marrow may distil out of them; add a little fresh Butter and Marrow to it; season it with Salt, Pepper, and what other Spice you like, as also savoury Herbs.

Put

at the the Capon with all these Condiments
to a large, strong, sound Bladder of an Oxe,
first well washed and scowred with red Wine)
and tie it very close and fast at the top, that no-
thing may owse out, nor any water get in (and
there must be void space in the Bladder, that
the Flesh may have room to swell and ferment
; therefore it must be a large one) put this
boil for a couple of hours in a Kettle of wa-
ter, or till you find by touching the Bladder,
that the Capon is tender and boiled enough.
then serve it up in a Dish, in the Bladder (dry
tipped) which when you cut, you will find a
precious and nourishing Liquor to eat with
bread, and the Capon will be short, tender,
most savoury, and full of Juice, and very nou-
rishing.

I conceive that if you put enough Oxe-Mar-
row, you need no Butter, and that it may do
well to add Ambergrease, Dates sliced and pith-
ed, Raisins, Currans, and a little Sugar; I sup-
pose Gravie of Mutton may not be amiss.

Peradventure this might be done well in a Sil-
ver Flagon close luted, set in *Balneo bulliente*, as
to make the nourishing Broath or Jelly of Mut-
ton or Chickens, &c.

To bake Mutton after Venison fashion.

Take a large fat Loin of Mutton (or two)
seasoned after the manner of Venison; season
well to your Taste with Pepper and Salt; then

lay it to steep all night in enough of the Sheep
Blood, to cover it over and soak well into
then lay it into the Paste with all the clot
thick Blood under it, upon it, and hang
about it. You may season the Blood with Pe
per and Salt before you lay the Meat in it;
though you do not, it will not be amiss, for
the Meat be seasoned high enough. Then bake
it as you do an ordinary Pasty; and you may
Gravy of Mutton or strong Broth into it; you
may do it in a Dish with Paste, as my Lady
Newport doth her Venison. This way of stee
ing in Blood before you bake it, is very good
also for Venison.

My Lady Glin useth her Venison Pasties thus

Boil the Bones (well broken) and remain
Flesh of the Venison from whence the Meat
the Pasty is cut, in the Liquor wherein Capco
and Veal, or Mutton have been boiled, for
make very strong Broth of them. The Bones
must be broken, that you may have the Marrow
of them in the Liquor; and they must stew
long time (covering the Pot close) that you may
Make the Broth as strong as you can; and if you
put some Gravy of Mutton or Veal to it,
will be the better. When the Pasty is half
ked, powr some this Broth into it, by the hole
at the top, and the rest of it when it is quite
baked, and wanteth but standing in the Oven
soak; *Quere*, rather to put it all in at once

when the Pasty is sufficiently baked, and afterwards let it remain in the Oven a good while soaking. You may bake the bones (broken) with the Broth and Gravy, or for want thereof, with only water, in an earthen pot close stopped, till you have all the Substance in the Liquor, which you may powr into the Pasty an hour before it is baked enough.

If you are in a Park, you may soak the Venison in the Blood of the Deer, and cover the flesh with it clotted together when you put it in Paste. Mutton Blood also upon Venison is very good. You may season your Blood a little with Pepper and Salt.

To bake Venison in Pots to keep all the Year.

After you have boned and skinn'd it, proportion it as you would have it to the bigness of your pots, then to make your Season for it, take of black Pepper two parts, and one of white; take of Nutmegs, Cloves and Ginger, a like quantity; mingle it with your Pepper, so as not to make it so high as the Pepper, and put thereto a sufficient quantity of Salt; with this season your Venison, and as you lay it into the Pots, have some small flakes of Mace, and Bay Leaves, and young Onions, and lay a Lay of them in the bottom, middle and top, and on the top add to it a little whole white Pepper, let your Pots be set into a very hot Oven, and let them stand full seven hours; then draw them,

and turn the Pot with the bottom upwards ; after a while all the Gravy will be run out, and then take the Pot easily off, and pull from the Meat the Onions and Leaves as clean as you can, and put your Pots gently on again, and let them stand so long until the Fat of that which came out of the Pots be so cold, that it may be taken off the Gravy ; then melt this Fat again and so far as it will go when it is clean scummed put in each Pot an equal proportion, then take of good sweet Butter such a quantity as will fill up the Pots to be three Inches above the Ventricle, but be sure the Butter be very well clarified then after two days standing, tie it very close with Paper and Leather, that it take no Air.

Do it the same way leaving out the Onions if you please.

To Souce a Turkey like Sturgeon or Brawn my Lady Cornwallis her way.

Take a good fat Turkey or two, dress them clean, and bone them ; then tie them up in the manner of a Sturgeon, with something clean washed ; take your Kettle and put into it a peck of good white Wine, a quart of Water and a quart of Vinegar, make it boil, and season it with Salt pretty well, then put in your Turkeys, and let them boil til they be very tender ; when they are enough boiled, take them out, and taste the Liquor, if it be not sharp enough, put more Vinegar, and let it boil a little

tle; then put it into an earthen Pot that will hold both Turkeys; when it is cold enough, and the Turkeys through cold, put them into the Liquor in the pot, and be sure they be quite covered with the Liquor; let them lie in it three weeks or a month, then serve it to the Table as Sturgeon, with Fennel on it, and eat it with Elder-Vinegar.

You may do a Capon or two put together, in the same manner; but first larding it with great Lardons rouled in Pepper and Salt. A shorter time lying in the Pickle will serve.

To pickle Capons; my Lady of Portland's French Cook.

Take two large fleshy Capons, not too fat, when you have drawn and truss'd them, lay them upon a Chafing-dish of Charcole to singe them, turning them on all sides till the Hair and Down be clean singed off; then take three pound of good Lard, and cut it into Larding-pieces about the thickness of a two-peny Cord, and Lard it well, but first season your Bits of Lard with half an ounce of white Pepper, and a handful of Salt, then bind each of them well over with Packthred, and have ready over the fire about two gallons of Beef-Broth, and put them in a little before it boils, when they boil, and are clean scummed, then put in about six Bay Leaves, a little bunch of Thyme, two ordinary Onions stuck full of Cloves, and Salt, if it

be not already salt enough for pickle ; when it has boil'd about half an hour, put in another half ounce of beaten white Pepper, and a little after put in a quart of white Wine ; so let it boil, until it has boil'd in all an hour, and so let it lie in the pickle till you use it, which you may do the next day, or any time within a fortnight ; instead of Broth, you may use Water, which is better, in case you do four or six, which of themselves will make the Pickle strong enough.

If you will keep them above four days, you must make the Pickle sharp with Vinegar. See: See my Lady *Cornwallis* pickl'd Turkies in her foregoing Receipt.

My Lady Newport's bak'd Venison.

My Lady *Newport* bakes her Venison in a Dish, thus : A Side or a Hanch serves for two Dishes. Season it as for a Pasty ; linc the Dish with a thin Crust of good fine Paste, but make it pretty thick upwards towards the brim, that it may be there Pudding Crust. Lay then the Venison in a round piece upon the Paste in the Dish ; that must fill it up to fill the Pudding, but lie at ease. Put over it a Cover, and let it over-reach upon the Brim with some carved Pasty-work to grace it, which must go up with a Border like a Lace, growing a little upwards upon the Cover, which is a little arched up, and hath a little hole in the top, to powr in unto the Meat the

the strong well-seasoned Broth that is made of the broken Bones and remaining lean Flesh of the Venison. Put a little more Butter or Beef-Suet to the Venison before you put the Cover on, unless it be exceeding fat. This must bake five or six hours or more, as an ordinary Pasty. An hour or an hour and half before you take it out to serve it up, open the Oven, and draw out the Dish far enough to powr in at the little hole of the Cover the strong Decoction of the broken bones and flesh; instead of a Decoction in water, you may boil it by it self in *Balneo, in duplici vase*, or bake it in a pot with Broth and Gravy of Mutton; then set it in again, to make an end of its baking and soaking. The Meat within (even the Lean) will be exceeding tender and like a Jelly, so that you may cut all of it with a Spoon. If you bake a Side at once in two dishes, the one will be very good to keep cold; and when it is so, you may (if you please) bake it again to have it hot, not so long as at first, but enough to have it all perfectly heated through. She bakes thus in Pewter Dishes of a large size.

Mutton or Veal may be thus baked with their due seasoning; as with Onions, or Onions and Apples, or Larding, or a Cawdle, &c. Sweet-breads, Beatilles, Champignons, Treuffles, &c.

*My Lady of Monmouth Boyleth a Capon with
White-Broath thus :*

Make reasonable good Broath, with the scrage ends of Necks of Mutton and Veal : (of which you must have so much as to be at least three quarts of White-broath in the dish with the Capon, when all is done, else it will not come high enough upon the Capon) beat a quarter of a pound of blanched Almonds with three or four spoonfuls of Cream ; and if you will, a little Rose-water, then add some of the Broth to it so to draw out all their substance, mingling it with the rest of the broth. Boyl your Capon in fair water by it self, and a Marrow-bone or two by themselves in other water ; likewise some Chesnuts (instead of which you may use Pistacheos, or macerated pine kernels) and in other water, some Skirrets or Endive, or Parsley roots, according to the season. Also plump some Raisins of the Sun, and stew some sliced with Sugar and water, when all is ready to joyn beat two or three new layd eggs (whites and all) with some of the white broth that must then be boyling, and mingle it with the rest, and let it boyl on ; and mingle the other prepared things with it, as also a little sliced Oringiados (from which the hard Candy Sugar hath been soaked off with warm water, or a little pill of Orange, (or some Limon pickled with Vinegar and Sugar, such as serves for Sallets) which

you

you throw away after it hath been a while boyled in it ; and put a little Sack to your broth, and some Amber-grease if you will, and a small portion of sugar ; and last of all, put in the marrow in lumps that you have knocked out of the boyled bones. Then lay your Capon taken hot from the Liquor he is boyled in, upon Sippets and slices of toasted, dried, light bread, and pour your broth and mixture upon it, and cover it with another dish, and let all stew together a while : then serve it up.

Of Boyling the Capon in the weak broath of Mutton and Veal, instead of water ; so to make the broth the better.

You must remember to Season your Broth in the due time, with Salt and such Spices as you like.

Minced-Pyes.

My Lady *Lusson* makes her finest Minced-Pyes of Neats-Tongues, but she holdeth the most savoury ones to be of Veal and Mutton equal parts, very small minced. Her finest Crust is made by sprinkling the flower (as much as it needs) with cold water, and then working the paste with little pieces of raw butter in a good quantity ; so that She useth neither hot water nor melted Butter in them ; and this makes the Crust short and light. After all the meat and Seasoning, and Plumbs and Citron-Peel &c. is in the Coffin, She puts a little ambered

bered Sugar upon it, thus: Grinde much two grains of Amber-grease, and half a one of Musk, with a little piece of hard Loaf-sugar. This will serve six or eight Pyes strewed all over the top, then cover it with the lid, and set it in the Oven.

To Roast fine Meat.

When the Capon, Chickens or Fowl, have been long enough before the fire to be through hot, and that it is time to begin to baste them; baste them once all over very well with fresh Butter, then presently Powder it all over very thin with flower. This by continual turning before the fire, will make a thin crust, which will keep in all the juice of the meat: therefore baste no more nor do any thing to it till the meat be enough roasted: Then baste it well with Butter as before, which will make the Crust relent and fall away; which being done, and that the meat is growing brown on the outside, besprinkle it over with a little ordinary white salt in gross grains, and continue turning till the outside be brown enough.

The Queen useth to baste such meat with yolks of fresh Eggs beaten thin; which continue to do all the while it is Roasting.

Savoury

Savoury Collops of Veal.

Cut a Leg of Veal into thin Collops, and beat them well with the back of a knife, then lay them in soak a good half hour, in the yolks of four Eggs, and two whites very well beaten; and a little small shredded Thyme mingled with it, then lay them in the Frying-pan wherein is boyling butter, and pour upon them the rest of the Eggs that the Collops have not imbibed and carried with them, and fry them very well, turning them in due time. Then pour away all the butter, and make them a sauce of Gravy, seasoned with Salt and Spice and juice of Orange at last squeezed upon them.

To make Excellent Hare-pyes.

Mrs. Bodville makes Excellent Hare Pyes, thus: Hash the flesh of as many Hares as you please very small, then beat them strongly in a Mortar into Paste, which Season duly with Pepper and Salt, Lard it thoroughly all over with great Lardons of Lard, well rowled in Pepper and Salt; put this into a straighter earthen pot to lie close in it. If you like Onions, you may put one or two quartered into the bottom of the Pot, put store of sweet butter upon the meat, and upon that some strong red, or Clarret wine. Cover the Pot with a double strong brown Paper, tyed close about the mouth of it; set it to Bake.

Bake with Household bread (or in an Oven as a Venison Pasty) for eight or ten hours, then take it out the pot, and thence the meat, and Pour away all the Liquor, which let settle, then take all the congealed Butter, and clarifie it well; put your meat again into the pot, and put upon it your clarified butter, and as much more as is necessary; and I believe the putting of Clarret wine to it is better now; and to omit it before. Bake it again, but a less while, pour out all the Liquor when it is baked, and clarifie the Butter again, and pour it upon the meat, and so let it cool, The Butter must be at least two or three fingers breadth over the meat.

To Stew a Breast of Veal.

Take a Breast of Veal half Roasted, and put it a Stewing with some Wine and Gravy, three or four yolks of Eggs minced small, a pretty quantity of sweet herbs with an Onion, Anchovies or Limon, stick it either with Thyme or Limon Peels, and season it to your liking.

To Stew Beef.

Take very good Beef, and slice it very thin, and beat it very well with the back of a knife, put to it the gravy of some meat, and some wine or strong broth, sweet herbs a quantity, let it stew till it be very tender, season it to your liking, and garnish your dish with Marygold flowers or Barberries. It

A Sallet of cold Capon.

It is a good Sallet, to slice a cold Capon thin, mingle with it some Sibbalds Lettice, Rocket, and Tarragon sliced small, season all with Pepper salt Vinegar and Oyl, and sliced Limon; a little Origanum doth well with it.

Tender Brawn sliced thin, and layed Sallet-wise in a dish as the sliced Capon, and seasoned with Pepper, Salt, Vinegar, and Oyl, with a little Limon; is also a very good Sallet.

Marrow-Puddings.

Take the pith of Beeves, a good spoonful of Almonds, very small beaten with Rose water, beat the pith when the skin is taken off very well with a spoon, then mingle it with the Almonds, and put in it six yolk of Eggs well beaten, and four spoonfuls of Cream boyled and cold, it must be very thick; put in a little Amber-grease, and as much Sugar as will sweeten them, and a little salt, and the marrow of two good bones cut in little pieces. When your Beeves Guts are seasoned, fill them up and boyl them.

To make Excellent Black Puddings.

Take a quart of Sheeps bloud, and a quart of Cream, ten Eggs, the yolks and the whites beaten well together, stir all this Liquor very well, then thicken it with grated bread and
Oatmeal

Oatmeal finely beaten, of each a like quantity; Beef-suet finely shred, and marrow in little Lumps; Season it with a little Nutmeg and Cloves and Mace, mingled with salt, a little sweet Marjoram Thyme and Penny-royal shred very well together, and mingle them with the other things; some put in a few Currans, then fill them in cleansed Guts and boyl them carefully,

To make a Shoulder of Mutton like Venison.

Save the blood of your Sheep, and strain it take grated bread almost the quantity of a penny loaf, Pepper, Thyme, chopt small, mingle these Ingredients with a little of the blood, and stuff the Mutton, then wrap up your shoulder in the Cawl of your Mutton, and lay it in the blouce twenty four hours, prick the shoulder with your knife to let the blood into the flesh, and serve it with Venison sawce.

To make Spinage-broath

Take Strong broth, and boyl a Neck of mutton and a Marrowbone in it, and skim it very well, then put in half a pound of French Barley, and a bundle of sweet herbs, and two or three blades of large Mace, let these boyl very well, then mince half a peck of Spinage, and two great Onions very small, and let it boyl one hour or more, Season it with Salt as you please, and

and send the Mutton and the Marrow bone in a dish with French bread or Manchet, to the Table.

To make a boyled Sallet of Spinage, put the herbs without any Liquor in a dish upon a Chafing-dish of coals, and stir them continually for fear of burning, and much moisture will stew out from them in half, or three quarters of an hour; Squeeze away all the Liquor you can wring out. Then stew the dry herbs very well with store of fresh Butter.

Monsieur de Bourdeaux used to take in a Morning, a Broth thus made.

Make a very good Broth (so as to gelly when it is cold) of a lean piece of a Leg of Veal, the crag end of a Neck of Mutton and a Pullet, seasoning it with a little salt, Cloves, and pepper, to your mind. [Mrs. S. K. used to put stoned Raisins and Currans to it] Beat some of it with a handfull of blanched Almonds, and twenty husked seeds of Citron, and strain it to the whole; put Sugar to it, and so drink it warm as an emulsion.

Another.

Make strong Broth with a piece of Beef, Mutton, and Veal, adding a piece of the sinews of the Leg of Beef; seasoning it with two great Onions quartered, some Cloves and white Pepper, in due time, put in a Capon, or take some

Cc

Broth

Broth out to boyl it in. But before you put in the Capon, take out some of the broth, in which Boyl and Stew Turneps first prepared thus: fry them in scalding Butter till they be tender, then take them out with a holed skimmer, and lay them in a holed dish warmed set in another whole dish. When all the Butter is quite drayned out, stew them in a Pipkin in the Broth as is said above. When you will make up your pottage put some Ladles full of the broth of the greasy Pot (driving away the fat with your Ladle) upon slices of scorched bread in a deep dish. Let this mittonner a while, then lay the Capon upon it: and pour the Turneps and broth of them over all. A Duck in lieu of a Capon, will make very good pottage, but then it is best to fry that first as the Turneps, then Boyl it.

Monsieur Vidales *good Pottage de sante is thus made.*

Make a good and well Seasoned *Bouillon* with lean Beef, Mutton, and Veal; in which boyl Capon: Boyl with it either Cabbage or Turneps or whole Onions, the first two you put into the broth all over the dish; but the Onions you lay all round the brim when you serve it in. Whilst the meat is boyling to make the *Bouillon* you must roast a fleshy piece of Beef, (without fat) of two or three pound; and when it is half roasted, squeeze out all the juice, and put the flesh into the Pot with the rest of the meat to Boyl which

which will both colour and strengthen it. When you find your *Bouillon* good, pour it into the dish where your bread lyeth sliced (which must be very light and spongy) and dryed first, after it is sliced (and let it mittonner a little; then pour the gravy of Beef upon it (or of mutton) and lay your Capon upon it, and lay on your roots round about it. It is best to boyl by themselves in some of the *Bouillon* in a Pot apart, the roots or Onions.

A good Portage for Dinner is thus made.

Boyl Beef, Mutton, Veal *volaille*, and a little piece of the lean of a Gammon of the best Bacon, with some quartered onions (and a little Garlick, if you like it) you need no salt if you have Bacon; but put in a little Pepper and cloves. If it be in the Winter, put in a bundle of sweet herbs, or whole Onions or Roots or Cabbage, if Season of herbs, boyl in a little of the broth a part, some Lettice, Sorrel, Borage, and Bugloss &c. till they be onely well mortified. If you put in any gravy, let it boyl or stew a while with the broth; put it in due time upon the toasted bread to mittonner &c. If you boyl some half roasted meat with your broth will be the better.

Another.

Make a good Strong broth of Veal and Mutton, then take out the Meat, and put into it a good Capon or Pullet, but first, if it be very fat parboyl it a little to take away the oylinefs: then put it into the broth, and when it has boyled a little therein, put in some grated bread, a faggot of sweet herbs, two or three bladess of Mace, and a peell'd Onion, when it is ready to be dish'd up, take the yolks of six Eggs, beat them very well with two or three spoonfulls of White wine. Then take the Capon out of the broth, and thicken it up with the Eggs, and dish it up with the Capon, and toasts of White bread, or slices which you please, and have ready boyled the Marrow of two or three bones with some tender boyled white Endive, and strow it over the Capon.

Quer. Of Beating some blanched Almonds with some of the broth, and then putting it to the whilst it is Stewing.

For plain Savoury English Pottage.

Make it of Beef, Mutton and Veal, at least adding a Capon, Pullet or Pigeons. Put in at first a quartered onion or two, some oatmeale or Fre-Barley, some bottom of a Venison Pastie Crust, twenty whole grains of pepper, four or five Cloves at least, and a little bundle of sweet herbs, store of Marigold flowers. You may put in Parsley or other herbs.

*Good Savoury Strong Broth as it was made for
the Queen on mornings.*

Make very good Broth, with some lean of
Cal, Beef, and Mutton; and with a brawny
old or young Cock. After it is scummed, put
in an Onion quartered (and if you like it a clove
Garlick) a little Parsly, a sprig of
Thyme, as much Mint, a little Baum, some
Riander seeds bruised, and a very little Saff-
ron; a little Salt, Pepper and a Clove. When
the substance is boyled out of the meat, and
the broth very good, you may drink it so; or
eat a little of it upon toasted sliced bread and
drink it till the bread have drunk up all that
broth; then add a little more, and stew; so
drinking broth by little and little, that the bread
may imbibe it and swell, whereas if you drown
it at once, the bread will not swell, and grow
like Jelly; and thus you will have a good Pot-
tage. You may add Cabbage or Leeks, or En-
dive, or Parsly Roots, in the due time before
the broth hath ended boyling, and time enough
for them to become tender. In the Summer
you may put in Lettice, Sorrel, Purslane, Bo-
rag, and Bugloss, or what other Pot-herbs
you like. But green herbs do rob the strength
and vigour and cream of the Pottage.

*The Queens ordinary Bouillon de sante
a morning, was thus :*

A Hen, a handful of Parsley, a sprig of Thyme, three of Spearmint, a little Baum, half a gill of Onion, a little Pepper and salt, and a Clove as much water as would cover the Hen ; this boyled to less than a pinte, for one gill pottinger full.

*An Excellent and wholsom Water-grewell
is thus made.*

Into a Posnet of two quarts of water, best the due proportion of beaten Oatmeale, two handfuls of Wood-forrel a little chopped and bruised, and a good quantity of picked washed Currans tyed loosely in a thin stuff (as of Bolter cloath) boyl these very well together, seasoning the Composition in due time with Salt, Nutmeg, Mace, or what else you please; as Rosemary, &c. when it is sufficiently boyled, strain the Oatmeal, and press out the juice and humidity of the Currans and hence throwing away the insipid husks; and season with sugar, and butter, and to each pottinger full two spoonfuls of Rhenish wine and the yolk of an Egg.

Venison or Mutton &c. is well baked in Lattin Coffin; but then you must Line it with Paste to have Pudding Crust, and cover

with Paste as a Venison Pasty. The Coffin must be near a hands breadth high, and more long than broad. You may have of several sizes, to Bake from a Side of Venison to half or a quarter. To Bake Mutton &c. in a Stewing manner, you must have a Cover to it of the same, like a Box.

To make ordinary plain wholesome Posset, when you Sup not, Do thus :

Put a Pinte of good milk to boyl; as soon as it doth so, take it from the fire, to let the great heat of it cool a little; for doing so, the Curd will be the tenderer, and the whole of a more uniform consistence. When it is pretty well cooled, pour it into the pot, wherein is about two spoonfuls of Sack, and about four of Ale, with sufficient Sugar dissolved in them. So let it stand a while near the fire, till you eat it.

Mr. May makes thus his Smallage Grewell, that he takes constantly for his Breakfast (and after his Pellets of Butter and Liquorice) in the Spring. In a Marble Mortar beat great Oatmeale to meal (which requireth long beating) then boyl it three or four hours in Spring-water, to a Posnet full of two or three quarts of water, he putteth not above half a pottinger full of Oatmeale, before it is beaten; for after beating, it appeareth more. To this quantity he puts as much Smallage as he buyeth for a pen-

ny, which maketh it strong of the herb, and very green. Chop the Smallage exceeding small, and put it in about a good half hour before you are to take your Posnet from the fire. You are to season your grewell with a little salt at the due time; and you may put a little Nutmeg and Mace to it. When you have taken it from the fire, put into it a good proportion of Butter which stir well, to incorporate with the Grewell, when it is melted.

Grewel of Oatmeal and Rice.

Doctor *Pridion* ordered my Lord *Cornwallis* for his chief Diet in his Looseness, the following Grewel; which he found very tastful:

Take about two parts of Oatmeal well beaten in a Mortar, and one part of Rice in subtil Powder; boil these well in water, as you make Water-Grewel, adding a good proportion of Cinamon to boil also in due time; then strain it through a Cloth, and sweeten it to their Taste. The Yolk of an Egg beaten with a little Sherry Sack, and put to it, is not bad in a Looseness; at other times you may add Butter; it is very tastful and nourishing.

To make a pleasant and wholsom Flummery Cawdle.

Take some Lumps and Spoonfuls of Flummery when it is cold, boil it with Ale and white Wine, then sweeten it with Sugar to your Taste.

A Nourishing Almond-Cawdle for weak Persons.

Take four ounces of blanched Almonds, stamp and strain them with a quart of good Ale, then boil it gently, and put to it the yolks of two new-laid Eggs, and season it with Sugar; it is very nourishing for weak Persons.

Another strengthening Cawdle.

Take a quart of the best strong Ale-wort of the first running, and put into it three Dates shred small, one Nutmeg grated, a small stick of Cinamon, and three Leaves of Comfry, boil them all together to a pint, then put thereto half a pound of the Pith of an Oxe, and a pint of good Mulcadine; let it boil three or four walms, and then add a pint of red Rose-water, and twelve yolks of Eggs, sweeten it with white Sugar candy to your Taste.

An Emulsion or Almond-Milk, to strengthen, cool, and to induce Sleep.

Take half a pound of blanched Almonds, beat them in a Mortar, sprinkling them now and then with Barly-water, then when they are well beaten, put more Barly water to them, and strain it through a Cloth; beat the Almonds again with that remaineth in the Cloth, and strain them again with more Barly-water; do
this

this again till you get all the Milk out of the Almonds, and that you have employed a quart of Barly-broth; then put them to two ounces of Rose-water, and four ounces of fine Sugar and so drink it.

Very good Oatmeal Pap, by Dr. Colladon.

Put beaten Oatmeal to soak an hour or two in Milk, as you do in Water when you make Flummery, then strain it out into a Posnet through a fitting Strainer; and if you judge it too thick of the Oatmeal for sufficient boyling, add more Milk to it: Set this to boil, putting therein a Lump of Sugar (about as big as a little Walnut) and stir it well all the while, that it burn not to. About an hours boyling is sufficient; by which time it should be grown pretty thick; put then a good Lump of fresh Butter to it, which being well melted and stirred into the Pap, and incorporated with it, take it from the fire, and put it into a Dish, and strew some fine Sugar upon it, or mingle some Sugar with it to sweeten the whole quantity. You may season it also with Rose-water, or Orange-flower-water, or Ambergrease, or some Yolks of new-laid Eggs. You may put in a very little Salt at the first.

Wheatmeal

Wheaten Flummery.

In the West-Country they make a kind of Flummery of Wheat-flower, which they judge to be more hearty and pleasant than that of Oatmeal, thus; Take half or a quarter of a Bushel of good Bran of the best Wheat (which containeth the purest Flower of it, though little) and is used to make Starch, and in a great wooden Bowl or Pail let it soak with cold water upon it three or four days; then strain out the Milky water from it, and boil it to a Jelly, or like Starch; which you may season with Sugar and Rose and Orange-flower-water, and let it stand till it be cold and gellied; then eat it with White or Rhenish Wine, or Cream, or Milk, or Ale.

Pap of Oatmeal-Panada.

Beat Oatmeal small, put a little of it to Milk, and let it boil stewingly till you see that the Milk begins to thicken with it; then strain the Milk from the Oatmeal (this is, as when you soak or boil out the Substance of Oatmeal with Water, to make Flummery) then boil up that Milk to the height of Pap; which sweeten with a little Sugar, and put to it some yolks of Egg dissolved in Rose or Orange-flower-water, and let it mitter a while upon a Chafing-dish; (quare, of a little Sack, if it turn not the Milk) and

and a little Butter, if you like it; you may boil a little Mace in the Milk.

Another.

Beat a couple of new-laid Eggs in good, clear Broth; heat this a little, stirring It all the while; then powr this upon a Panado (made thick) of the same Broth; and keep them a little upon the Chafing-dish to incorporate, stirring them all the while; *quare* of putting to it a little Wine: also, Juice of quick Oranges.

To stew Wardens or Pears.

Pare them, put them into a Pipkin, or into our Engin, with so much red or Claret Wine and Water, of each at much as will near reach to the top of the Pears; stew or boil them gently till they grow tender, which may be in two hours; after a while, put in some sticks of Cinamon bruised, and a few Cloves; when they are almost done, put in Sugar enough to season them well, and their Syrup; which you powr out upon them in a deep Plate.

To stew Apples.

Pare them, and cut them into Slices; stew them with Wine and Water as the Pears, and season them in like manner with Spice; towards the end sweeten them with Sugar, breaking the
Apples

Apples into Pap by stirring them. When you are ready to take them off, put in good store of fresh Butter, and incorporate it well with them, by stirring them together. You stew these between two Dishes; the quickest Apples are the best.

A Sack-Poffet as Sir Kenelm's House-keeper made it for him.

Take three pints of Cream, boil in it a little Cinamon, a Nutmeg quartered, and two spoonfuls of grated Bread, then beat the yolks of twelve Eggs very well with a little cold Cream, and a spoonful of Sack; when your Cream has boil'd about a quarter of an hour, thicken it up with the Eggs; then sweeten it with Sugar, and take half a pint of Sack, and six spoonfuls of Ale, and put it into the Bason or Dish you intend to make it in, with a little Ambergrease (if you please) then powr your Cream and Eggs into it, holding your hand as high as conveniently you can, gently stirring in the Bason with a Spoon as you powr it: so serve it up. If you please you may strew Sugar upon it.

You may strew Ambered Sugar upon it as you eat it, or Sugar beaten with Cinamon, if you like it.

Sill-bubs

Sillibubs, by the Lady Middlesex.

My Lady *Middlesex* makes Sillibubs for little Glasses with Spouts, thus; Take three pints of sweet Cream, one of quick white Wine (or Rhenish) and a good Wine-Glass full (better than a quarter of a pint) of Sack; mingle with them about three quarters of a pound of fine Sugar in powder: Beat all these together with a whisk till all appeareth converted into Froth. Then powr it into your Sillibub-Glasses, and let them stand all Night. The next day the Curd will be thick and firm above, and the Drink clear under it. I conceive it may do well to put into each Glass when you powr the Liquor into it, a Sprig of Rosemary a little bruised, or a little Limon-peel, or some such thing to quicken the Taste; or use Amber-Sugar, or Spirit of Cinamon, or of *Lignum Cassia*, or Nutmegs, or Mace, or Cloves, a very little.

A Receipt for a Tansie.

Spinage, Sorrel, Tansie, Wheat, a Quart of Cream, Bread (the quantity of a twopeny Loaf) twenty Eggs, and half the Whites, one Nutmeg, half a pound of Sugar, and the Juice of a couple of Limons.

Spinage is the chief Herb to have the Juice; Wheat also is very good, when it is young and tender.

tender. You must not take much Sorrel, for fear of turning the Cream, but less Tansie; so little that it may not taste distinctly in the composition; I doubt there is too much Bread. The Juice of Limons is put in at the end of all. You may lay thin Slices of Limon upon the Tansie made, and Sugar upon them.

To make a Cake my Lady Cambden's Way.

Take three pound and a half of Flower, a penniworth of Cloves and Mace, and a quarter of a pound of Sugar and Salt, and strew it on the Flower, there being a hole in the middle; then take the yolks of eight Eggs well beaten with a spoonful and half of Rose-water; take likewise a pint of thick Cream, and a pound of Butter, melt them together, and when it is so, take three quarters of a pint of Ale-yeast, and mingle the yeast and Eggs together; then take the warm Liquor, and mingle all together; when you have done, take all and powr it into the Bowl, and so cover the Flower over the Liquor, then cover the Pan with a Napkin, and when it is risen take four pounds of Currans well wash'd and half a pound of Raisins sliced, and let them be well dried and hot, and so stir them in; when it is risen, have your Oven hot against the Cake is made, and let it stand three quarters of an hour; when it is half baked, Ice it over with fine Sugar and Rosewater, and the Whites of Eggs, and Musk and Ambergrease.

When

When you mingle your yeast and Eggs together for the Cake, put Musk and Amber to that.

To make a good Cake as Sir Kenelm's House keeper made it for him.

Take four quarts of fine Flower, two pound and a half of Butter, three quarters of a pound of Sugar, four Nutmegs, a little Mace, a pound of Almonds finely beaten; half a pint of Sack, a pint of good Ale-yeast, a pint of boild Cream, twelve Yolks and four Whites of Eggs, four pound of Currans: When you have wrought all these into a very fine Past, let it be kept warm by the Fire half an hour before you set it into the Oven. If you please you may put into it two pound of Raisins of the Sun stoned and quartered.

The Ice for this Cake.

Take the Whites of three new-laid Eggs, and three quarters of a pound of fine Sugar finely beaten, beat it well together with the Whites of Eggs, and Ice the Cake. If you please, you may add a little Musk or Ambergrease.

Let your Oven be of a temperate heat, and let your Cake stand therein two hours and half before you Ice it, and afterwards only to harden the Ice.

My Lady Harvey's way to make a Caroway Cake:

Take three pound and a half of the finest Flower, and dry it in an Oven, one pound and a half of sweet Butter; and rub it in the Flower until it be crumbled very small, that none of it be seen; then take three quarters of a pint of new Ale-yeast, and half a pint of Sack, and half a pint of new Milk, six spoonfuls of Rose-water, four yolks and two whites of Eggs; then let it lie before the Fire half an hour or more; and when you go to make it up, put in three quarters of a pound of Caroway Comfits, and a pound and a half of Biskets; put it in the Oven, and let it stand an hour and a half.

Mrs Stockdels Excellent small Cakes, which are much esteemed at Court; the King himself hath eat of them.

Take three pounds of very fine Flower, one pound and half of Butter, and as much Currans, and as much Sugar, seven Eggs, one half of the Whites taken out, and knead all well together into a Paste, adding one Nutmeg grated, and a little Rosewater; so make them up about the bigness of your hand, and bake them upon a Plate of Tin.

Select Directions

To make Excellent Small Cakes.

Take three pound of very fine Flower well dried by the Fire, and put to it a pound and a half of Loaf-Sugar sifted in a very fine Sieve, and dried, three pound of Currans well wash'd and dried in a Cloth, and set by the Fire; when your Flower is well mixed with the Sugar and Currans, you must put in it a pound and a half of unmelted Butter, ten spoonfuls of Cream with the yolks of three new-laid Eggs beat with it, one Nutmeg, and if you please three spoonful of Sack; when you have wrought your Paste well, you must put it in a Cloth, and set it in a Dish before the Fire till it be through warm then make them up in little Cakes, and prick them full of Holes; you must bake them in quick Oven unclosed.

Afterwards Ice them over with Sugar. These Cakes should be about the bigness of a handbreadth, and thin, of the size of the Sugar Cakes sold at *Barnet*.

Mrs Ragly's Cheese-Cakes.

Take twelve quarts of Milk from the Cow turn it with a good spoonful of Runnet; break it well, and put it into a large strainer, in which rowl it up and down that all the Whey may run out into a little Tub; when all that will is run out, wring out more; then break the Curd well

well ; then wring it again, and more Whey will come ; thus break and wring till no more come ; then work the Curds exceedingly with your hand in a Trey, till they become a short uniform Paste ; then put to it the yolks of eight new-laid Eggs, and two Whites, and a pound of Butter ; work all this long together, in the long working (at the several times) consisteth the making them good ; then season them to your Taste with Sugar finely beaten ; and put in some Cloves and Mace in subtil Powder ; then lay them thick in Coffins of fine Paste, and bake them.

My Lady Diana Peters her Scotch Collops.

Cut a Leg or two of Mutton into thin Slices, which beat very well ; put them to fry over a very quick Fire, in a Pan first glazed over, with 6 more Butter melted in it than just to besmear little at the bottom of the Pan ; turn them in due time : There must never be but one Row in the Pan, nor any Slice lying upon another, but every one immediate to the Pan. When they are fried enough, lay them in a hot Dish covered, over a Chafingdish ; and powr upon them the Gravy that runs out of them into the Pan. Then lay another Row of Slices in the Pan to fry as before, and when they are enough, put them into the Dish to the other. When you have enough by such repetitions, or by doing them in two or three Pans all at a time, take

a potttinger full of Gravy of Mutton, and put
into it a piece of Butter, as much as a Walnut
and a quartered Onion, if you will (or rub the
Dish afterwards with Garlick) and Pepper and
Salt, and let this boil to be very hot; then
throw away the Onion, and powr this into the
Dish upon the Slices, and let them stew a little
together; then squeeze an Orange upon it, and
serve it up.

A Fricasie of Veal.

Cut a Leg of Veal into thin Slices, and beat
them; put about half a pint of water, or Fleshy
Broth to them, with some Thyme, Marjoram
and an Onion or two quartered, and a little
Butter; boil them till they be tender, having
seasoned them with Salt and about twenty Corns
of whole white Pepper, and four or five Cloves.
When they are enough, take half a pint
white Wine, and four yolks of Eggs, a quart
of a pound of Butter (or more) a good spoon-
ful of Thyme, sweet Marjoram and Parsley,
minced small (more Parsley than of the others)
a pottinger full of your Gravy. When all these
are well incorporated together over the Fire
and well beaten, powr it into the Pan to re-
st, and turn it continually over the Fire
all be well incorporated and thickned; then
throw away the Onion and first Sprigs of herbs
Squeeze an Orange to it, and so serve it up hot.

A Tansie.

Take three pints of Cream, fourteen new-laid Eggs (seven Whites put away) one pint Juice of Spinage, six or seven spoonful of Juice of Tansie, a Nutmeg (or two) sliced all, half a pound of Sugar, and a little Salt; put all these together; then fry it in a Pan with more Butter than is necessary. When it is enough, serve it up with Juice of Orange, or Juice of Limon upon it.

by Lady Middlesex's Excellent Slip-Coat Cheese.

Take of good Morning Milk, putting Cream to it; a quart of Cream is the proportion my dy used to as much Milk as both together make a large round Cheese of the bigness of an ordinary Tart-plate, or Cheese-plate; as big as an ordinary first Cheese that the Market-women sell, which they call Cream-Cheese. Thus if you want of Stroakings at London, you may take five parts of Cream to five or six of Morning Milk, and for the rest, proceed as with Stroakings, and these will prove as good.

make Slip-Coat Cheese, as Sir Kenelm's House-keeper made them for him.

According to the bigness of your Moulds, proportion your Stroakings for your Cheese-

Curds, to six quarts of Stroakings, take a pint of Spring-water; if the Weather be hot, then let the Water be cold, and before you put it into the Stroakings, let them stand a while; cool after they are milk'd, and then put in it Water with a little Salt first stirr'd in it; and having stirr'd it well together, let it stand a little while, and then put in about two spoonful of good Runnet, stir it well together, and cover it with a fair Linnen Cloth, and when it becomes hard like a thick Jelly, with a skimming-Dish lay it gently into the Moulds; and as it sinks down into the Moulds, fill it still till all be in, which will require some three or four hours time; then lay a clean fine Cloth in another Mould of the same size, and turn it into it, and then turn the skirts of the Cloth over it, and lay upon that a thin Board, and upon that as much weight as with the Board may make two pound or thereabouts; and about an hour after, lay another clean Cloth into another Mould, and turn the Cheese into that, then lay upon the Board so much as will make six or seven pound weight; and thus continue turning of it till night; then take away the weight, and lay it no more on it; then take a very small quantity of Salt finely beaten, and sprinkle the Cheese all over with it as slightly as can be imagined. Next Morning turn it in another dry Cloth, and let it lie out of the Mould upon a plain Board, and change it often as it wets the Cloth, which must be thus

or four times a day ; when it is so dry, that it
 wets the Cloth no more, lay it upon a Bed of
 green Rushes, and lay a Row upon it ; but be
 sure to pick the Bents clean off, and lay them
 even all one way ; if you cannot get good Rushes,
 take Nettles or Grass. If the Weather is cold,
 cover them with a Linnen and Woolen Cloath ;
 In case you cannot get Stroakings, take five
 quarts of New Milk, and one of Cream ; if
 the Weather be cold, heat the Water hot tha
 you put to the Stroakings ; turn the Cheese eve-
 ry day, and put to it fresh of whatsoever you
 keep it in. They are usually ripe in ten days.

To make Mustard my Lady Holmeby's Way.

My Lady Holmeby makes her quick fine Mu-
 stard thus ; Chuse true Mustard-seed, dry it in
 an Oven after the Bread is out ; beat and searce
 it to most subtil Powder ; mingle Sherry-Sack
 with it (stirring it a long time very well) so
 much as to have it of a fit consistence for Mu-
 stard ; then put a good quantity of fine Sugar
 to it, as five or six spoonful (or more) to a
 pint of Mustard, stir and incorporate all well
 together. This will keep good a long time :
 Some do like to put to it a little (but a little)
 very sharp Wine-Vinegar.

To make Bologna Puddings as they make them at Milan in Italy, which are better than those of Bologna.

Take seventeen pound and a half of a fore-quarter of Pork, and three pound and a half of lean Buttock Beef, chop them well together, but not too small; then put to them a pound and half of Salt well dried and powdered, and three ounces of white Pepper grossly bruised; mix and knead them all well together like Paste; and if you will have them fat, you may put to them a pound or two of the Fat or Bacon of the Hog cut in square Dice; put thereto when you knead it, a Glass-ful of deep red Wine; then fill your large Beef-Guts with this, being first well scowred and cleansed from all the slime, by turning them; then wipe them dry before you fill them: In filling them, you must squeeze, and press down the Meat very hard, that all the Wine may get out of them, and that they may be stuffed very close; then tie them fast with Packthred, and hang them up over the Mantle-tree in the Kitchen, not in the Chimney, for they would dry too fast; leave them there for three weeks, then hang them in a Garret, where the Wind and Air comes in; and when they are well dried, take them down and wipe them, then grease them over with Sallet Oyl, and lay them in a Box in Hay, and they will keep good all the year long. You may cut your Guts
of

of the length of eight or nine inches, or twelve inches long, and tie them first at one end before you fill them. When you will use them, boil one or two at a time in fair water for an hour, and when they are cold, cut them in round slices, and they will look pure red and white, and are excellent Meat, better than any Neats-tongue, they will keep good a fortnight after they are boiled. These Puddings I have often made in *England*, and kept them all the year long; and they have been exceedingly praised by all those that did eat of them.

To make Harts-horn Jelly.

Take four pounds of Harts-horn rasped, boil it in two quarts of Water til it be a Jelly, which you may try upon a Plate (it will be so in four or five hours gentle boiling) and then strain the clear Liquor from the Horn (which will be a good quart) then set it on the Fire again, with fine Sugar in it to your Taste, with half a pint of white Wine or Sack in it, and a Bag of Spice containing a little Ginger, a stick of Cinnamon bruised, and a Nutmeg quartered, and two or three Cloves bruised. As soon as it be- ginneth to boil, put into it the Whites of three or four Eggs beaten, and let it boil up gently, til the Eggs harden into a Curd; then pour in- to it the Juice of four Limons, and take it pre- sently off the Fire, and run it through an Hy- pocras Bag.

My

My Lady Paget's Harts-horn Jelly.

Take a small Cock-Chick when it is scalded,, slit it in two pieces, lay it to soak in warm water until the Blood be well out of it; then take a Calves-foot half boiled, slit it in the middle,, and pick out the Fat and Black of it; put these into a Gallon of fair Water, scum is very well :: then put into it an ounce of Harts-horn, and half an ounce of rasped Ivory; when it is half consumed, take some of it up, and if it jelly,, take it off, and put it into a Bason; then beat the Whites of four Eggs, with four spoonfull of Rosewater, and put it to the Jelly, with a quarter of an ounce of Cinamon well bruised.. one flake of Mace, three or four thin slices of Ginger, one top of Rosemary, and two or three of sweet Marjoram, sweeten it with fine Sugar: then set it over a Chafing-dish of Coals, and stir it well; then cover it close, and blow under it to make it boil, till the Curd hardens; then wring into it the Juice of half a Limon, and take it presently from the Fire, and strain it :: If you would have it more Cordial, you may add one Grain of Ambergrease, and half a Grain of Musk, ground with a little Sugar.

The Way to dress Poor John, to make it very tender and good Meat.

Put it into a Kettle in cold Water, and so hang it over the Fire, and let it soak and stew without boiling for three hours, but the Water must be very hot; then make it boil two or three walms: By this time it will be very tender, and swelled up; then take out the Backbone, and put it to fry with Onions, if you put it first into hot water, (as Ling and such Salt-fish) or being boyled if you let it cool, and heat it again, it will be tough and hard.

Buckorn is to be watered a good hour before you put it to the fire, then boyl it till it be tender, which it will be quickly, then Butter it as you do Ling; and if you will put Eggs to it.

To Stew or Dress an Eel with Ragust the French way.

Cut the Eel in pieces and put them into your Stew-pan, with white wine, Butter, Sibbalds, and Parsly shred, some Capers, Salt and Pepper, and a few chippings of bread to allay the sauce; when it is enough, serve it up, and if you will you may make a white sauce to it with whites of Eggs and Verjuice, or white wine and Vinegar.

To

To Stew a Carp in Short Broth.

Cut the Carp in pieces and cast them into white-Wine, or half water and half white wine, Season it with Pepper, Salt, and Cloves, some Limon or Orange-peel; put into it a bundle of Parsly and Thyme, with an Onion if you will; let it stew easily till there remain but a little Broth or Sauce, then put into it some Butter and some Parsly shred very small, then serve it up.

Salmon in Short Broth.

Boil it in Wine, Water and Vinegar, till it be tender, then put into it a piece of Butter, which will enter into the fish; then take it out and put it in a Cloath and eat it with Vinegar. you may make also a sauce to it, with Butter and Anchovies, which is an excellent Sauce for it.

Monsieur St. Ebremonds way of Stewing Oysters.

Take what quantity you will of the best Oysters to eat raw, open them, putting all their water with the fish into a Basen. Take out the Oysters one by one (that you may have them washed clean in their own water) and lay them in the dish you intend to Stew them in. Then let their water run upon them through a fine linnen, that all their foulness may remain behind.

Then

Then put a good great Lump of Butter to them, which may be (when melted) half as much as their water. Season them with Salt, Nutmeg, and a very few Cloves. Let this boyl smartly, covered, when it is half boyled, put in some Crusts of light French Bread, and boil it on till all be enough, then serve them up.

My Lord of St. Albans's way to Boyl Beef most tender and short.

Take a Rump or Brisket of Beef, keep it without Salt as long as you may without danger to have it smell ill; for so it grows mellow and tender, which it would not do if it were presently salted. When it is sufficiently mortifi'd, rub it well with Salt: let it lie so but a day and a night, or at most two nights and a day. Then boyl it in no more water then is necessary, boyl it pretty smartly at first, but afterwards but a simpring or Stewing Boyling, which must continue seven or eight hours. Sometimes he boyls it half over night, and the rest the next morning; If you should not have time to Salt it you may supply that want thus: When the Beef is through boyled, you may put so much Salt into the Pot as to make the Broth like brine, and then boil it gently an hour longer; or take out the Beef and put it into a deep dish, and put to it some of his broth made brine, and cover it with another dish, and stew it so an hour. A Hanch of Venison may be done the same way.

Of

OF
PRESERVING, CONSERVING,
and CANDYING, &c.

*Apples in Gelly my Lady Pagets way; set down by
Sir Kenelm Digby.*

MY Lady Paget makes her fine Preserved Pippins thus: They are done best when Pippins are in their prime, for quickness; which is in *November*. Make your Pippin-water as strong as you can of the Apples, and that it may be the less boyled, and consequently the paler, put in at first the greatest quantity of Pared and quartered Apples the water will bear. To every pint of Pippin-Water, add (when you put the Sugar to it) a quarter of a pint of fair Spring-Water that will bear Soap, (of which sort only you must use) and use half a pound of Sugar, the purest double Refined. If you will have much Gelly, two Pippins finely Pared and whole, will be enough; you may put in more, if you will have a greater Proportion of substance to the Gelly. Put at first but half the Sugar to the Liquor, for so it will be the paler. Boyl the Apples by themselves in fair water

with

with a very little Sugar, to make them tender; then put them into the Liquor, and the rest (the other half) of the Sugar with them. Boil them with a quick fire till they be enough, and the Liquor do gelly; and that you see the Apples look very clear, and as though they were transparent. You must put the juice of two Limons and half an Orange to this, in the due time. Every Pippin should be lapped over in a broad Pill of Orange; which you must prepare thus: Pare the Orange broad and very thin, and all hanging together; rub it with salt, Prick it, and boyl it in several waters, to take away the bitterness and make it tender. Then the Orange Peels must be Preserved in ordinary manner; and it imports not though they be done many days before the Apples be ready, and kept in fyrrup. Preserve it by it self with sufficient quantity of Sugar, when it is thoroughly done and very tender (which you must cast to do before hand, to be ready when the Apples are ready to be put up) take them out of their Syrup, and lap every Pippin in an Orange-Peel, and put them into a Pot or glass, and pour the Liquor upon them; which will be Gelly over and about the Apples when all is cold. This Proportion of Liquor, Apples, and Orange-Peels, will take up about three quarters of a pound of Sugar in all. If you would keep them any time, you must put in weight for weight of Sugar.

Sir Kenelms Observation.

I conceive *Apple-Johns* instead of *Pippins*; will do better; both for the Gelly and substance; and especially at the latter hand of the year; and I like them thin sliced, rather than whole; and the *Orange-Peels* scattered among them in little pieces or Chips.

My Lady Barclays's Sweet-meat of Apples.

My Lady Barclay makes her fine *Apple-gelly* with slices of *John-Apples*, sometimes She mingles a few *Pippins* with the *Johns* to make the Gelly, but She likes best the *Johns* singlee and the cooler is paler. First fill the Glass with slices cut round-wise, and then pour the Gelly into it to fill up the vacuities. The Gelly must be boiled to a good stiffness, then when it is ready to take from the fire, put in some juice of Limon, and of Oranges if you like it; but then must not boyl, yet it must stand a while upon the fire stewing in good heat, to have the juice incorporate and penetrate well. Amber-green doth well in this Sweet-meat; Gelly and slices of *Golden-Pippins*, made as of *John-Apples* and *Pippins* are exceeding good.

*Mrs. Marbury the Queens Preserving-Woman,
makes her Apples in Gelly thus:*

Cut your Apples into quarters (either pared
or unpared) boyl them in a sufficient quantity
of water till it be very strong of the Apples.
Take the clear Liquor, and put to it sufficient
Sugar to make Gelly, and the slices of Apple;
so boyl them all together till the slices be enough
and the Liquor Gelly; or you may boyl the slices
in Apple-liquor without Sugar, and make
Gelly of other Liquor, and put the slices into it
when it is Gelly, and they be sufficiently boiled.
Either way, you must at the last put some juice
of Limon to it, and Amber and Musk if you
will. You may do it with halves or quartered
Apples, in deep glasses; with store of Gelly a-
bout them. To have these clear, take the pie-
ces out of the Gelly they are boiled in with a
lice, so as you may have all the Rags run from
them, and then put neat clean pieces into clear
Gelly. The other Gelly is as good to eat, and
will serve as well for glasses, in which you stand
not so much upon the outward beauty.

Dr. Bacon his Syrup of Apples.

You may make an Excellent Syrup of Apples
thus: Slice a douzen or twenty Pippins into
thin slices; and lay them in a deep Dish S. S. S.
with pure double Refined Sugar in powder. Put

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two or three spoonfuls of water to them, and cover them close with another dish, cutting their joyning that nothing may expire. Then set them into an Oven, and when you take out the Dish, you will have an Excellent Syrup, and the remaining substance of the Apples will be insipid.

You may proceed with Damsons in the same manner (or other Plumbs) and you will have excellent stewed Damsons, (as fair as Preserved ones) swimming in a very fine Syrup.

To make Excellent Marmelade of Pippins.

Take the quickest Pippins when they are newly gathered and are sharp; pare and core and cut them into half quarters, put to them their weight of the finest Sugar in powder. Put them into the Preserving-Pan, and pour upon them as much Fountain Water as will even cover them. Boil them with a quick fire, till by touching a little upon a plate you find it gellieth when it is cold; then take it from the fire, and put into it a little of the Rinde of Limons rasped very small, and a little of the yellow Rinde of Oranges boiled tender, (casting away the water to correct their bitterness) and cut in narrow slices (as in the Gelly of Pippins) break the Apples with the back of the Preserving-Spoon whilst it cooleth. If you like it sharper, you may put in a little Juice of Limons a little before you take the Pan from the fire.

When it is cold, put it into Pots, this will keep a year or two. This is the juice of Apples (strained out of Rased Apples in such sort as you make Marmelade of Quinces, with the juice of Quinces would not be better than fair water, to boil your Apples and Sugar in.

Gelly of Quinces as it was made by Sr. Kenelms Direction, and the Receipt set down by himself.

The Quinces being very ripe, and having been long gathered, I took twelve Quinces in quarters, and the juice of sixteen others, which made two pound of juice, and I made a strong Decoction of about twenty four others, adding to these twenty four (to make the Decoction the stronger and more slimy) the Coars and Parings of the twelve in quarters, and the Coars and Parings of the twenty four and the Quinces sliced, All these boyled about an hour and half in ten pintes of water, then I strained and pressed out the Decoction, and had between four and five pounds of strong Decoction. To the Decoction and Syrup I put three pound of fine Sugar, which being dissolved and scummed, I put in the quarters often turning them, and in near three quarters of an hour it was enough. When it was cold, it was store of firm clear red Gelly, and the quarters very tender and well penetrated with the Sugar. I found by this making that the juice of Quinces is not so good to make Jelly, it maketh it somewhat running like Syrup.

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Preserved

Preserved Quinces made by Sr. Kenelm's Directions and set down by himself.

When I made Quinces with Gelly, I used the first time these proportions, of the Decoctions of Quinces three pound, of Sugar one pound three quarters, flesh of Quinces two pound and half; The second time these, of Decoction two pounds and half, Sugar two pounds and a quarter, of flesh two pounds three quarters. I made the Decoction by Boyling gently each time fourteen Quinces in a pottle of water, an hour and half, or two hours; so that the Decoction was very strong of the Quinces. I boyled the parings with all the Substance of the Quinces in thick slices, and part of the Coar (excepting all the kernels) and then let it run through a loose Napkin, pressing gently with two plates, that all the Decoction might come out, but be clear without any flesh or mash. The first making intended should be Red, and therefore both the Decoction and the whole were boyled covered and it proved a fine clear Red. This boiled above an hour, when all was in. The other boyled not above half an hour, always uncovered (as also in making his Decoction) and the Gelly was of a fine pale yellow. I first put in the sugar upon the fire with the Decoction, and as soon as it was dissolved, I put in the flesh in quarters and halves, and turned the pieces of them in the Pan; else the bottom of such as lay long untu

ned, would be of a deeper colour than the upper part. The flesh was very tender, and good, I put some of the pieces into Jarr-glasses (carefully, not breaking them) and then poured Gelly upon them; then more pieces, then more Gelly &c. all having stood a while to cool a little.

*Mrs. Marbury the Queens Preserving-Woman,
Her fine white Gelly of Quinces*

Take Quinces newly from the Tree, wipe them clean, and boyl them whole in a large quantity of water,, the more the better, till the Quinces crack and are soft, then press out their Juice hard, but so, that onely the Liquor run out; but none of the Pap: Take three pound of this strained Liquor being settled, and one pound of fine sugar, and boyl them up to a Jelly, with a moderate fire; they may require near an hours boyling to come to a Jelly. The Tryal of that is, to take a tin Plate and wet it with fair water, and drop a little of it upon the wet Plate, if it stick to the Plate, it is not enough; but if it fall off, (when you slope the Plate) without sticking at all to it, then is it enough: Then put it into flat shallow Tin forms, first melted with cold water, and let it stand in them four or five hours; then reverse the plates that it may shale and fall out, and so put the parcels up in Boxes.

White Marmelade of Quinces the Queens way.

Take a pound and a half of flesh of Quinces sliced, one pound of sugar, and one pound of a Decoction made very strong, of Quinces boiled in fair water; boyl these with a pretty quick fire till they be enough, and that you find it Gellieth; then proceed as in Sr. Kenelms way.

The Lady Baths's way of making White Marmelade of Quinces.

Take six pound of the flesh of Quinces, and two pound of sugar, moistened well with the juice of Quinces, Boil these together, first gently till the Liquor be swelled out of the Quinces and have dissolved all the Sugar, then very quickly and fast proceed as in Sr. Kenelms way, bruising the Quinces with a Spoon, &c. till it be enough. This will be very fine and quick in Taste.

Paste of Quinces with very little Sugar, as they were done for Sr. Kenelm Digby.

To one pound of the flesh or solid substance of Quinces, (when they are pared, coared and quartered) take but a quarter of a pound of double-Refined purest Sugar. Do thus: Scal your flesh of Quinces in a little of the juice of other Quinces, that they may become tender and

If they were Codled ; then beat them in a Mortar, to subtil, uniform, smooth Pulp ; (which you may pass through a Searse) In the meantime let your Sugar be dissolved and boyling upon the fire. When it is of a Candy height, put the Pulp of Quince to it, and let it remain a little while upon the fire, till it boyl up one little puff or bubling ; and that it is uniformly mixed with the Sugar. You must stir it well all the while, then take it off, and drop it into little Cakes, or put it thin into shallow glasses ; which you may afterwards cut into slices. Dry the Cakes and Slices gently, and by degrees in a Stove, turning them often ; these will keep all the year, and are very quick of taste.

To make Excellent Marmalade of red Currans, by Mrs. Marbury,

Take the Juice of red Currans, and put into it a convenient proportion of entire Currans cleansed from the Stalks and Buttons at the other end ; let these boil a little together. have also ready some fine Sugar boiled to a Candy-height ; put to this of Currans at discretion, and boil them together till they be enough ; and bruise them with the back of your Spoon, that they may be in consistence of Marmalade ; which put in Pots when it is cold. You need not stone the Currans when you put in the Juice, unless you please.

Excellent Jelly of red Currans.

Set them over the Fire, that their Juice may sweat out ; pressing them all the while with the back of your preserving Spoon, to squeeze out of them all that is good ; when you see all is out, strain the Liquor from them, and let them stand to settle for five hours, that the gross Matter may sink to the bottom ; then take the pure Clear, and to every Pint of it put three quarters of a pound of fine Sugar, and boil them up with a quick Fire till they come to a Jelly-height (which will be in less than a quarter of an hour) which you may try with a drop upon a Plate ; then take it off, and when it is cold enough, put it into a Glass. You must be careful to scum it well in due time : the thick Setling will serve to add to the Marmelade off Cherries, or the like.

To make Jelly of Currans with the Fruit whole in it.

Boil four pound of Sugar to a Candy-height, and clarify it with Whites of Eggs ; then put it into five pound (or at discretion) of pure red Currans ; boil them together a little while till it be enough to become Jelly ; then put into it a good handful or two of whole Currans, cleaned from the Stalks and black Ends, and boil them a little till they be enough ; you need not boil the Juice before you put it to the Sugar ;

but let it be very clear and well-strained, and scum it well whilst it boileth with the Sugar.

To make Marmalade of Cherries.

Take a pound of fine Sugar to four pound of the best *Kentish* Cherries, stone them, and put them over a gentle Fire, that they may not boil, but resolve much in Liquor; take out with the Spoon much of the thin Liquor, leaving the Cherries moist enough, but not swimming in clear Liquor; then put to them your Sugar in Powder, and boil it up quick, scumming away the Froth that rises. When it is well incorporated and clear, strew in a little more of the Sugar, which course will make the Colour the finer; when they are boiled enough, take them off, and brnise them with the back of a Spoon; and when they are cold, put them up in Pots. This will keep well all the Year.

To make a fine Marmelade of Currans with Juice of Rasps and Currans, as Madam Mancy made it for the Queen.

Take three pound of Cherries stoned, half a pound of clear Juice of Rasps, and one pound of the Juice of red Currans, and a pound of fine Sugar; put them altogether into the Preserving-Pan; boil them with a quick Fire, especially at the first; skimming them all the while, as any Scum riseth. When you find them of a fit Consistence

sistence with a fine clear Jelly, mingled with the Cherries, take them from the Fire, and bruise the Cherries with the Back of your Spoon, and when they are cold, put them in Pots. Peradventure to keep all the year, there may be requisite a little more Sugar. It is a very fine Sweet-meat.

To make Conserve of red Roses Dr. Glisson's way..

Take a pound of red Rose Leaves (well pickt, and the nails cut off) in about a quart of Spring-water, till the Water hath drawn out all the Tincture of the Roses into it self, and that the Leaves be very tender, and look pale, which may be in half an hour, keeping the pot covered while it boileth; then pour the tinctured Liquor from the pale Leaves, pressing it gently, and set it upon the Fire by it self to boil, putting into it four pound of double refin'd Sugar: boil it till it be a high Syrup, very near a Candy height, but not to flake or candy, then put the pale Rose Leaves into this high Syrup, and presently take it from the fire, and stir them exceedingly well together, to mix them uniformly. If you put it into Pots while it is yet thoroughly warm, and leave them uncovered some days, putting them in the hot Sun or Stove, there will grow a fine Candy upon the top, which will preserve the Conserve without a Paper upon it. The Colour both upon the Rose Leaves, and the Syrup about them, will be exceeding beauti-

ful

ful and red, and the Taste excellent; and the whole Composition very tender and smoothening, and easie to digest in the Stomach, without clogging it, as doth the ordinary rough Conserve, made of raw Roses beaten with Sugar, which is very rough in the Throat. When you have begun a Pot, and have taken some out, you must always keep a Paper lying close upon the Conserve, or else it will be apt to grow mouldy on the top where you have broken the Candy that was upon it. The Conserve of Roses is very good for Colds and Coughs, and for the Lungs; it is also exceeding good for Sharpness and Heat of Urine, and Soreness of the Bladder, eaten much by it self, or drunk with Milk, or Distilled Waters of Mallows and Plantane, or Milk-water.

Dr. Bacon's Way of making Conserve of Roses.

Take twelve pound of the best Lump or Kitchen-Sugar, boil it with Spring-water, and clarify it with Whites of Eggs, taking away all the Skum; then boil it to a Syrup, and when it is half boiled, begin to beat your Rose-Leaves, being pick'd, and the white Nails cut off beforehand; put half a pound of them to every pound of Sugar into your Mortar, and beat them well, squeezing into them as you beat them, the Juice of two Limons, which brings out their Colour finely. You must have finish'd beating your Roses by then the Sugar is come by boiling

boiling to a high Syrup (for if you should let them lie still in the Air but a little while, they would grow black, and of ill colour) then with your Ladle put the Roses to the Sugar, and stir them well in it, to incorporate all well and uniformly together; let them boil gently, and a thick scum of the Roses will rise, which you must scum off from time to time continually as it rises, and reserve it in a Pot by it self; for it will be good hard Sugar of Roses. and may be about an eighth or ninth part of the whole. After it is clear from Scum, and boiled near a quarter of an hour, with the Roses in it, and that you see by a drop upon a plate, that is of a due consistence, take the pan from the fire, and stir all well together, and put it into pots, which leave uncovered ten or twelve days, setting them in the hot Sun all the day long during that time, to give the Roses a fine hard Crust or Candy at the top. If the Sun favour you not, you may use a Stove. After twelve days tie Covers of Paper upon the Pots.

Dr. Bacon useth to make a pleasant Julep of this Conserve of Roses, by putting a good spoonful of it into a large drinking-Glass or Cup, upon which squeeze the Juice of Limon; work these well together with the Back of a Spoon, putting water to it by little and little, till you have filled up the Glass with Spring-water; so drink it. He strains it sometimes, and then it is a beautiful and pleasant Liquor.

*To preserve green Walnuts as they are done in France
and Germany.*

Take green Walnuts when they are of a fit
signess to preserve, which is about the begin-
ning or the middle of *July*; pierce them through
three or four times, and put them in fair water
for three or four days, shifting the water twice a
day; then boil them in fresh water for a quarter
of an hour; then throw away this water, and
powr fresh boiling water upon them, and boil
them therein till they be tender, but not
too tender; then powr off the Liquor, and to
twelve pints thereof, take six pounds of ordina-
ry brown Sugar; dissolve the Sugar in eleven
pints of the water; boil it up and clarifie it
with Whites of Eggs; so soon as it boileth, put
in the other pint of water which you kept for
that purpose, and as the Whites of the Eggs
rise, put them down again; then strain it
through an Hypocras Bag, and when it is cold,
boil it up to a Syrup. Then stick your Nuts
with Cloves and Cinamon, and put them into
your pot, and when your Syrup is cold, powr
it upon them, so much of it that they may be
just covered; and let it stand four and twenty
hours, and the Syrup will be very thin, by draw-
ing out the water that was in the Nuts; powr
it off, and boil it up again, and when it is cold,
pour it upon them again; and when it hath stood
four and twenty hours, powr it of, and boil it
again

again to its due Consistence; then being colled
powr it on again; and as long as you see that
the Syrup groweth thin, you must still boill
again.

*Preserved Walnuts are very Cordial, Pectoral
and Stomachal; they strengthen the Stomach, and
cause a good Digestion, and are excellent in Fluxes
and Loosness; they expel Wind out of the Stomach
and Bowels, and are a most Sovereign Antidote
against the Plague and infectious Air.*

*To keep Goosberries green and fresh, so that you
may make a green Goosberry-Tart at Christmas.*

Take green Goosberries when they are full
grown, put them fresh gathered without much
handling them, into Stone-Bottles; stop them
very close, and put store of wax about the Corks;
then bury the Bottles in the ground, or under
a heap of Coals in the Cellar, and they will keepe
fresh and green all the Winter long.

*To Preserve Grapes green upon a Vine all the
Winter.*

Cut a Branch of the Vine, that is full of clusters
of Grapes; close up both ends of the
Vine, with store of warm wax; then lay the
Vine along upon nails under the Roof of
Chamber, and let it remain there with the grapes
upon it, and they will keep green and fresh
all the Winter long, without rotting or withering.

*My Lady Wendibanks Curious Red Marmelade
of Quinces.*

Take six pound of flesh of Quinces, and as much pure Sugar, and eight pints of juice; Boyl this up with a quick fire, till you have scummed it; then pull away all the coals, and let it but simmer for four or five hours remaining covered, renewing from time to time so little fire, as to cause it so to continue simmering; But as soon as it is scummed, put into it a handfull of Quince-kernels, two Races of Ginger sliced, and fourteen or fifteen Cloves whole; all these put into a Tiffany bag tyed fast, when you find that the colour is almost to your mind make a quick fire and boyl it up apace; then throw away the bag with the things in it, and put up your Marmelade, when it is cold enough.

Another by the same Lady.

Put the Quinces pared and sliced into a Pot as above, and to every pound of this flesh put about a quarter of a pint of fair water, and put this into a Kettle of boiling water, till you perceive all the Juice is boyled out of the Quinces. Then strain it out, and boyl this Liquor till you perceive it gellieth upon a Plate. Then to every pint of Liquor put a pound of Sugar, and boyl it up to a Gelly, skimming it well, and you will have a pure gelly.

To

To make a very Beautifull and clear Paste of Apricocks, which tastes most quick of the fruit; from the same Lady.

Take six pound of Pared and sliced Apricocks, put them into a high pot, which stop close, and set it in a Kettle of boyling water, till you perceive the flesh is all become an uniform Pulp; then put it into your Preserving-pan and boil it gently, till it be thick; stirring it carefully all the while. Then put two pound of pure sugar to it, and mingle it well and let it boil gently, till you see that it comes to such a thickness and solidity, that it will not stick to a plate. Then make it up into what form you please. In this manner you may make Paste of *Rasps* and *Currans*.

To make a Pleasant and Beautiful Sweet-meat of Rasps and Currans.

Boil Rasps in such a Pot, (as in the foregoing Receipt) till they be all come to such a Liquor; then let the clear run through a Strainer, to a pint whereof put a pound of Red Currans, (first stoned and the black ends cut off) and a pound of Sugar. Boil these till the Liquor be gellied, then put it in glasses, it will look like Rubies in clear Gelly. You may do the like with Cherries either stoned and the stalks cut off, or three or four capped upon one stalk, and the stones left in the first, and boiled in Liquor of Rasps.

Select

A
COLLECTION
OF
CHOICE RECEIPTS

For Making of

*M E T H E G L I N, S I D E R,
C H E R R Y - W I N E, &c.*

M E T H E G L I N is esteemed to be a very wholsom Drink; and doubtless it is, since all the world consents that Honey is a precious Substance, being the Choice and Collection which the Bees make of the most pure, most delectable, and most odoriferous Parts of Plants, more particularly of their Flowers and Fruits. Metheglin is therefore esteemed to be excellent Pectoral, good against Consump-
A tion,

tion, Phthifick and Asthma; it is cleansing and diuretick, good against the Stone and Gravel; it is restorative and strengthening; it comforts and strengthens the Noble parts, and affords good Nourishment, being made Use of by the Healthy, as well as by the Sick.

My worthy Master, that incomparable Sir Kenelm Digby, being a great Lover of this Drink, was so curious in his Researches, that he made a large Collection of the choicest and best Receipts thereof, which you have here inserted with the Names of the Persons which communicated them to him.

My Lady Hews's Receipt to make White Mead.

TAKE Rosemary, Time, Sweet-bryer, Egrimony, Wood-Bettany, Eie-bright, Scabiuss of each a like quantity; Roman wormwood of each of these a proportion, which is to every handful of these herbs a fixteenth part of a handful of these latter, steep them a night and a day in a wooden Bowl of water covered, the next day boyl them very well in another water, the colour be very high, then take another quantity of water and boyl the herbs in it till look green, and so let it boyl three or four times or as long as the Liquor looketh any thing green; and so let it stand with these herbs in a d

a day and a night, to every gallon of this water put a quart of pure clear honey, the Liquor being first strained from the herbs, your Liquor if it be strong enough will bear an Egg the breadth of three pence above water; when you have put your Honey into the Liquor, you must work and Labour it together a whole day until the Honey be consumed, Then let it stand a whole night in clearing, then put it into a kettle, and boyl it for one quarter of an hour with the whites and shells of six Eggs, so strain it clean and let it stand a cooling, then put it into a Barrel and take Cloves, Mace, Cinamon, Nutmegs, and beat them together, put them into a linnen bag hang'd by a thred in the Barrel, if you will have it work, and you may drink of it presently, take the Whites of two or three eggs a spoonfull of Barm, two spoonfuls of Wheat-flower, beat all these together, let it work before you stop it up, then afterwards stop it well with clay and Salt temper'd together, to keep the longer moist.

Sr. Edward Baintons's Receipt to make white Metheglin, which my Lord of Portland (who gave it to Sr. Kenelm Digby) said was the best he ever drank.

Take Sweet marjorum, Sweet Bryar buds Violet leaves, Strawberry leaves, of each one handful, and a good handful of Violet flowers; the double ones are the best) broad Time,

A 2

Borage,

Borage, Agrimony, of each half a handful; and two or three branches of Rosemary, the seed of Caroway, Coriander, and Fennel, of each two spoonfuls; and three or four blades of large Mace. Boyl all these in eight gallons of running water, three quarters of an hour, then strain it, and when it is but bloud warm, put in as much of the best Honey as will make the Liquor bear an Egg the breadth of six pence above the water. Then boyl it again as long as a Scum will rise. Then set it abroad a cooling, and when it is almost cold, put in half a pint of good Ale-barm, and when it hath wrought til you perceive the Barm to fall, then Tun it and let it work in the Barrel til the barm leaveth rising, filling it up every day with some of the same liquor. When you stop it up, put in a bag with one Nutmeg sliced, a little whole Cloves and Mace, a stick of Cinamon broken in pieces, and a grain of good Musk.

You may make this a little before *Michaelmas*, and it will be fit to drink at *Lent*.

My Lady Grovers Receipt to make white Mead which is very Excellent.

Take to four gallons of water, one gallon of Virgin honey, let the water be warm before you put in the honey, and then put in the whites of three or four Eggs well beaten to make the scum rise, when the honey is thoroughly melted and ready to boyl put in an Egg with

the shell softly, and when the Egg riseth above the water to the bigness of a groat in sight, it is strong enough of the honey, the Egg will quickly be hard and so will not rise, therefore you must put in another if the first do not rise to your sight, you must put in more water and honey proportionable to the first, because of wasteing away in the boyling, it must boyl near an hour, you may if you please boyl in it a little bundle of Rosemary, Sweet Marjorum, and Time, and when it tastes to your liking, take it forth again, many do put sweet Bryar berries in it which is held very good; when your Mead is boyled enough, take it off the fire, and put it into a Kive, when it is bloud warm, put in some Ale barm to make it work, and cover it close with a blanket; in the working the next morning Tun it up, and if you please put in a bag with a little Ginger, and a little Nutmeg bruised, and when it hath done working stop it up close for a month, and then Bottle it.

Dr Floyds Receipt to make Methaglin which is highly Commended.

Take Spring water and boyl it with Rosemary, Sage, Sweet margerum, Baum and Saffras, until it hath boyl'd three or four hours, the quantity of herbs is a handful of them all to one gallon of water, of each a like proportion, and when it is boyled, set it to cool and settle until the next day; then strain your water and

mix it with honey, until it will bear an Egg the breadth of a groat above the water, then set it over the fire to boyl, take the Whites of twenty or thirty Eggs, and beat them mightily; and when it boyls pour them in at twice, stir it well together, and then let it stand until it boyls apace before you scum it, and then scum it well and then take it off the fire, and pour it in earthen things to cool, and when it is cold, put to it five or six spoonfuls of the best yeast of All you can get, stir it together and then every day scum it with a bundle of feathers, until it hath done working; then Tun it up in a Cask that Sack was in, and to every six gallons of *Methegglin* one pinte of *Aqua vite* or a quart of Sack and a quarter of a pound of ginger sliced, with two or three Limons and Orange-peals in a bag to hang in it.

When this Lady made this Meade, She used to make a Rundlet of ten or twelve gallons at a time, to which the Whites of Eggs above-named, was a fit proportion.

My Lady Salisburies Receipt to make Meath.

Take to six quarts of water a quart of the best Honey, and put it on the Fire, and stir it till the Honey is melted, and boil it well as long as any scum rises, and now and then put in some cold water, it makes the scum rise clear off and keep your Kettle up as full as you put it on when it is boiled enough, about half an hour before

for making Metheglin, &c.

before you take it off, then take a quantity of Ginger sliced, and well scraped first, and a good quantity of Rosemary, and boil both together; for the Rosemary and Ginger, put in to please your own Taste, more or less; and when you take it off the Fire, strain it into your Vessel, either into a well seasoned Tub, or a great Cream-pot, and the next Morning when it is cold, powr it softly the Top from the Settlings, into another Vessel, and then some little quantity of the best Ale-Barm to it you can get, and cover it with a thick Cloath over it in the Summer, and the Winter it will be longer ripening, keep it warmer covered, in a close place; and when you go to Bottle it, take with a Feather all the Barm off, and put it into your Bottles, and stop it close up; in ten days you may drink it; and if you think six quarts of water be too much, and would have it stronger, then put in a greater quantity of Honey.

My Lord Gorge his Mead.

Take a sufficient quantity of Rain-water, and boil in it the Tops of Rosemary, Eglantine, Betony, Strawberry Leaves, Wall-Flowers, Borage and Bugloss; of each a handful, a sprig of Bays, and two or three of Sage; then take it off the Fire, and put a whole raw Egg in it, and powr in so much Honey till the Egg rise up to the Top; then boil it again, scumming it

very well, and so let it cool; then Tun it up, and put Barm to it, that it may ferment well; then stop it up, and hang in it such Spices as you like best: it will not be right to drink under three or four Months.

The Lady Vernon's White Metheglin.

Take three gallons of water (Rain-water is best) boil in it broad Thyme, Rosemary, Peniroyal, Muscovy, of each three handful; then put it into a Stone-pan to cool, and strain away the Herbs, and when it is cold, put in a quart of Honey, and mix it very well; then put to it one Nutmeg, and a little Cinamon, Cloves and Ginger, some Orange and Limon Peels; then boil it very well, and scum it very well, while any will rise; then put in your Spices, and try with a new laid Egg, and the stronger it is, the longer you may keep it; and if you will drink it presently, put it up in Bottles, and rub the Corks with Yeast that it may touch it, and it will be ready in three or four days to drink, and if you make it in the Spring, put no Spices but Cloves and Cinamon, and add Violets, Marigolds, Cowslips and Gilliflowers, and be sure to stop your Vessel close with Cork, and to this put no Yeast, for the Gilliflowers will set it to work.

My

My Lady Gargrave's Metheglin.

Take a Gallon of Honey, put to that four Gallons of Water; stir them well together, and boil them in a Kettle till a gallon be wasted; which boiling and scumming, then put that into a Vessel to cool; when that is almost as cold as Ale-wort, then clear it out into another Vessel; then put Barm upon it as you do to your Ale, and so let it work, and then Tun it up into a Vessel, and put into it a Bag with Ginger, cloves and Cinamon bruised a little, and so hang the Bag in the Vessel, and stop it up very close; and when it hath stood a month or six weeks, bottle it up, and so drink it.

My Lady used to put a little Limon peel into some of her Metheglin, for those that liked that taste; which most persons did very much.

My Lord Herbert's Receipt to make Metheglin.

Take fair water and the best Honey, beat them well together, but not in a wooden Vessel; for wood drinks up the Honey; put it together in a Kettle, and try it with a new-laid Egg, which will swim at the top if it be very strong; if it bobb up and sink again, it will be too weak; boil it an hour, and put into it a bundle of Herbs, what sort you like best, and a little of Spice, of Nutmeg, Ginger, Cloves and Mace, and Cinamon; scum it well all the while it

it boils; when it hath boiled an hour, take off, and put it into earthen Pans, and so let stand till next day; then powr off all the cleare of it into a good Vessel that hath had Sack in it or white Wine: hang the Bag of Spice in it and so let it stand very close stopt, and well fill'd, for a month or longer; then if you desire to drink it quickly, you may bottle it up, if be strong of the Honey, you may keep it a year or two; if weak, drink it in two or three months: one quart of Honey will make a gallon of water very strong; a sprig or two of Rosemary, Thyme and Marjoram are the Herbs that should go into it.

My Lady Pooley's Receipt to make Metheglin

Take eight gallons of water, set it over a clear fire in a Kettle, and when it is warm, put into it sixteen pound of very good Honey, and stir it well together till it be well mixed, and when it boileth, take off the Scum, and put in two large Nutmegs cut in quarters, and so let it boil at least an hour; then take it off, and put into it two good handfuls of grinded Malt, and with a white staff keep beating it together till it be almost cold, then strain it through a hair Sieve into a Tub, and put to it a wine-pint of Ale-yeast, and stir it very well together; and when it is cold, you may if you please, Turn it up presently into a Vessel fit for it; or else let it stand and work a day; and when it hath done work

works well with

for making Metheglin, &c. 11

working in your Vessel; stop it up very close; it will be three weeks or a month before it be ready to drink.

My Lady Roberts her Receipt to make white Metheglin.

Take Rosemary, Thyme, sweet Briar, Pennyroyal, Bayes, of each a handful; steep them four and twenty hours in a Bowl of fair water, covered close; the next day boil them very well in another water till the colour be very high; then take another water, and boil the same Herbs in it till it look green, and so boil them in several waters till they do but just change the colour of the water; then it must stand four and twenty hours with the Herbs in it: the Liquor being strained from them, you must put in as much fine Honey till it will bear an Egg; you must work and labour the Honey with the Liquor a whole day till the Honey be consumed; let it stand a Night a clearing; in the Morning put your Liquor a boiling for a quarter of an hour with the whites and shells of six Eggs, so strain it through a Bag, and let it stand a day a cooling, so Tun it up, and put into the Vessel in a Linnen Bag Cloves, Mace, Cinnamon, and Nutmegs bruised all together; if you will have it to drink presently, take the whites of two or three Eggs, a spoonful of Barm, a spoonful of wheaten Flower; then let it work before you stop it, afterwards stop it well with Clay and Salt.

My

My Lady Mary Astons Receipt to make Merbeglin

Take five gallons of water, and to that take one gallon of good white Honey, then set it on the fire together, and boil it very well, and scum it very clean; then take it off the fire, and set it by; then take six ounces of good Ginger, and two ounces of Cinamon, one ounce of Nutmegs, bruise all these grossly, and put them into your hot Liquor, and cover it close, and so let it stand until it be cold; then put as much Ale-barm to it as will make it work, then keep it in a warm place, as you do Ale, and when it hath wrought well, Tun it up as you do Ale or Beer, and when it is a week old, drink of it at your pleasure.

The Countess of Cork's Receipt to make white Mead.

Take six gallons of water, and put in six quarts of Honey, stirring it till the Honey be thoroughly melted; then set it over the fire, and when it is ready to boil, scum it clean, then put in a quarter of an ounce of Mace, so much Ginger, half an ounce of Nutmegs, sweet Marjoram, broad Thyme, and sweet Briar, of all together a handful, and boil them well therein; then set it by till it be thoroughly cold, and Barrel it up, and keep it till it be ripe.

Ano. her

Another from the same Lady.

To every gallon of water take a quart of Honey, and to every five gallons a handful of sweet Marjoram, half a handful of slic'd Ginger, boil all these moderately three quarters of an hour; then let it stand and cool, and being lukewarm, put to every five gallons about three quarts of Yeast, and let it work a Night and a Day, then take off the Yeast, and strain it into a Rundlet, and when it has done working, then stop it up, and so let it remain a month; then drawing it out into Bottles, put into every Bottle two or three stoned Raifons, and a Lump of Loaf-Sugar; it may be drunk in two months.

My Lady Fortescu's Receipt to make Metheglin.

Take as many gallons of water as you intend to make of Meath, and to every gallon put a quart of Honey, and let it boil till it bear an Egg: To every gallon you allow the white of an Egg, which white you must remove and break with your hand, and put into the Kettle before you put it over the Fire: before it boils, there will arise a scum, which must be scummed off very clean as it rises: Put to every gallon two Nutmegs sliced, and when it hath boiled enough, take it off, and set it a cooling in clean Wort-Vessels, and when it is as cold as Wort, put in a little Barm, and work it like Beer, and when

when it hath done working, stop it up, and let it stand two months.

My Lady Gerrard's Mead.

My Lady *Gerrard* makes her Mead with a little Rosemary and sweet Marjoram, but a large quantity of Bryar-Leaves, and a reasonable proportion of Ginger. Boil these in the Liquor when it is scummed, and work it in due time with a little Barm, then Tun it in a Vessel and draw it into Bottles after it is sufficiently settled. Whites of Eggs with the shells beate together, do clarify Mead best, and leave a bignity in it, as my Lady *Fortescue* (*Wintour*) conceiveth. If you will have your Mead cooling, use Violet and Strawberry Leaves, Agrimony, Eglantine, and the like, adding Borage and Bugloss, and a little Rosemary and sweet Marjoram to give it Vigor. Tartar makes work well.

To make Metheglin my Lady Willoughby's way.

Take four gallons of running water, and boile it a quarter of an hour, and put it in an earthen Vessel, and let it stand all Night, then next day only take the water, and leave the Setling at the bottom, so put the Honey in a thin bag and work it in the water till all the Honey is dissolved; take to four gallons of water one gallon of Honey; then put in an Egg, if the

Honey

for making of Metheglin, &c. 15

Honey be good, that it be strong enough, the Egg will part of it appear on the top of the Liquor, if it do not, put more Honey in it till it do; then take out the Egg, and let the Liquor stand till next morning; then take two ounces of Ginger, and slice it, and pare it, some Rosemary washed and stripped from the stalk, dry it very well; the next day put the Rosemary and Ginger into the Drink, and so set it on the fire; when it is almost ready to boil, take the Whites well beaten of three Eggs with the shells, and put all into the Liquor, and stir it about, and scum it well till it be clear; be sure you scum not off the Rosemary and the Ginger; then take it off the fire, and scum it, let it run through a hair sieve, and when you have strained it, pick the Rosemary and the Ginger out of the Strainer, and put it into the Drink, and throw away the Egg-shells, and so let it stand all night; the next day Tun it up in a Barrel, be sure the Barrel be not too big; then take a little Flower, and a little Bran, and the white of an Egg, and beat them well together, and put them into a Barrel on the top of the Metheglin after it is Tunn'd up, and so let it stand till it has done working, then hoop and stop it up as close as is possible, and so let it stand six or seven weeks; then draw it out and bottle it; you must tie down the Corks, and set the Bottles in Sand five or six weeks, and then drink it.

To

To make Meath or Mead the Lady Say's way.

Take to every gallon of water a quart of Honey, and set it over a clear fire, and when it is ready to boil, scum it very clear; then take two handfuls of sweet Marjoram, as much Rosemary, and as much Bawm, and two handfuls of Fennel-roots, as much Parsley-roots; and as many Asparagus roots, slice them in the middle and take out the Pith, wash and scrape them very clean, and put them with your Herbs into your Liquor; then take two ounces of Ginger, one of Nutmegs, and half an ounce of Mace, bruise them, and put them in, and let it boil until it is so strong that it will bear an Egg; then let it cool, and being cold, put in three or four spoonfuls of Ale-yeast, and let it scum it well, and put it into a Rundlet, and it will work like Ale, and having done working, stop it up close as you do new Beer, and lay Salt upon it.

Mrs. Conquests Receipt to make Metheglin.

In every three gallons of water, boyl Rosemary, Liverwort, Baum, of each half a handfull, and Cowslips two handfuls, when the water hath sufficiently drawn out the vertue of the herbs, pour all into a Tub, and let it stand: a night, then strain it, and to every three gallons of the clear liquor (or two and a half

You will have your drink stronger) put one gallon of Honey, and boyl it til it bear an Egg, cumming it til no more scum will rise, which to make rise the better, put in now and then a pottinger full of cold water, then pour it into a Tub, and let it stand to cool til it be bloud-warm; and then put by degrees a pint of Ale-yeast to it to make it work, so let it stand three days very close covered. Then Scum of the yeast and put it into a seasoned Barrel; but stop not up close til it have done hissing. Then ther stop it very close if you will keep it in the Barrel, or draw it into Bottles.

Put into this proportion Ginger sliced, Nutmegs broken of each one ounce, Cinamon bruised half an ounce in a bag, which hang in the lung with a Stone in it to make it sink.

Sometimes She addeth two handfuls of sweet yar leaves, and one of Bettony to this proportion of water, or one gallon more.

To make Sr. William Pastons's Meade.

Take ten gallons of Spring-water, and put therein ten pintes of the best honey, let this boyl half an hour and scum it very well, then put in one handful of Rosemary, and as much y-leaves, with a little Limon-peel, Boyl this half an hour longer, then take it off the fire and put it into a clean Tub, and when it is cool work it up with yeast as you do Beer. When this wrought put it into your Vessel, and stop it

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very close ; within three days you may Bottle it, and in ten days after it will be fit to drink.

*White Mead as it was made for Kenelm Digby,
by his Direction.*

Boyl what quantity of Spring water you please three or four walms, and then let it settle twenty four hours, and pour the clear from the settling.

Take sixteen gallons of the clear, and boyl in it ten handful of Eglantine Leaves, five of Liver-wort, five of Scabious, four of Baum, four of Rosemary, two of Bay-Leaves, one of Thyme, and one of Sweet Marjoram, and five Eringow Roots splitted, if you can get them ; when the water hath drawn out the vertue of the herbes (which it will do in half an hours boyling) let it run through a strainer or sieve, and let it settle so that you may pour the Clear from the Dregs. To every three gallons of the clear take one of pure Honey, and with clean Armes stripped up, layd it for two or three hours to dissolve the honey in the water, lade it twice or thrice that day. The next day boyl it very gently to make the scum rise, and scum it all the while, and now and then pour to it a Ladle full of cold water, which will make the scum rise more ; when it is very clear from scum, you may boyl it the more strongly, til it bear an egg very high, that the breadth of a groat be out of the water, and that it boyl high with great

walness

valmes, in the middle of the Kettle. (which
boyling with great Bubbles in the middle, is a
sign it is boyled to its height) Then let it cool
till it be Luke-warm, at which time put some
Ale-yeast into it to make it Work as you would
do Ale ; and then put it up into a fit Barrel
first seasoned with some good sweet White wine
(as Canary Sack) and keep the Bung open til
it have done Working, filling it up with some
such honey-drink warmed, as you find it sunk
down by working over. When it hath almost
done working, put into it a bagg of thin stuff,
such as Bakers use to Bolt in) fastned by a
Cord at the Bung containing two parts of Gin-
ger sliced, and one a piece of Cinamon, Cloves,
and Nutmegs, with a pebble stone in it to make
it sink, and stop it up close for six months or a
year, and then you may draw it into Bottles.
If you like *Cardamum* seeds you may add some
of them to the Spices. Some do like Mint ex-
ceedingly to be added to the other herbs.

If you will have it stronger, put but two
gallons and a half of water to one of honey.

You may use what Herbs or Roots you please
either for their taste or vertue ; after the man-
ner here set down.

If you make it work with yeast, you must
have great care to draw it into Bottles soon af-
ter it hath done working, as after a fortnight
or three weeks : for that will make it soon
grow stale, and it will thence grow fowr and
dead before you are aware, But if it work singly

of it self, and by help of the Sun without admixtion of other Leaven or yeast, it may be kept long in the Barrel so it be filled up to the top, and kept very close stopt.

I conceive it will be exceeding good thus :
When you have a strong honey Liquor of three parts of water to one of honey, well boyled and scummed, put into it (as soon as you take it from the fire) some Clove-gilliflowers first wiped and all the whites clipped off, one good handful or two to every gallon of Liquor. Let these infuse thirty or forty hours: then strain it from the flowers; and either work it with yeast or set it in the Sun to Work: when it hath almost done working, put into it a bag off like Gilliflowers (and if they be duly dried, I think they are the better) hanging in it at the Bung. I conceive that bitter and strong herbs, as Rosemary, Bays, Sweet marjorum, Thyme, and the like, do conserve Mead the better and longer; being as it were instead of Hops. But neither must they no more then Clove-gilliflowers, be too much boyled; for the volatile pure Spirit flies away very quickly: therefore rather infuse them. Beware of Infusing Gilliflowers in any Vessel of Metal (excepting silver) for all metals will spoyl and dead their colour. Glazed earth is best.

My Lady Dormers Receipt to make Metheglin.

Take four Gallons of water, and one of Honey; boyl it and skim it; then put into it Liferwort, Harts-tongue, Wild-carrot, and Yarrow, a little Rosemary and Bays, one Parsly-root, and a Fennel-Root: let them boyl an hour altogether, you may hang a little bag of spice in it if you please: when it is cold, put a little Barm to it, and let it work like Beer. The Roots must be scraped, and the Pith taken out.

My Lady Morrices Receipt for Mead.

My Lady Morrice makes her Mead thus: boyl first your water with your herbs, Those she likes best, are Angelica, Baum, Borage, and a little Rosemary (Spirit of Myrrh; if the same here be good) (not half so much as of any the rest) a handfull of all together to two or three gallons of water. After about half an hour Boyling, let the water run through a strainer (to sever the herbs from it) into wooden or earthen Vessels, and let it cool and settle. To three parts of the clear put one (or more) of Honey, and boyl it til it bear an egg, leaving as broad as a shilling out of the water, skimming it very well, Then pour it into Vessels as before, and next day when it is almost quite cold pour it into a Sack-Cask

wherein you have first put a little fresh Ale-yeast, about two spoonfuls to ten gallons, hang in it a bag with a little sliced Ginger, but almost a pottinger full of Cloves, cover the bung lightly til it have done working, then stop it up close. You may keep and draw it a year or two after. It is excellent good.

Her Sister makes Hers thus.

Dissolve your Honey in the water til it beareth an Egg higher or lower according to the strength you will have it of, then put into it some Sea-wormwood, and a little Rosemary and a little Sage; about two good handfuls count all together to ten gallons: when it hath boyled enough to take the vertue of the herbs, skimm them out, and strew a handful or two of fine wheat flower upon the boyling Liquor. This will draw all the Dregs to it, and swim at the top, so that you may skim all off together; and this She holdeth the best way of clarifying the Liquor, and making it look pale. Then pour it into Vessels as above to cool, let it stand three days, then Tun it up into a Sack Cask, without yeast or Spice, and keep it stopped til it work; then let it be open til it have done working, filling it up still with other honey drink. Then stop it up close for a year or two; you may at first stop it so that the strong working may throw out the stopple, and yet keep it close til it work strongly. She saith that such a small proportion

proportioned

proportion of Wormwood, giveth it a fine quick taste, and a pale colour with an eye of green. The Wormwood must not be so much as to discern any the least bitterness in the taste; but that the composition of it with the honey may give a quickness. The Rosemary and the Sage, must be a great deal less than the Wormwood; sometimes She stops it up as close as soon as she hath Tunned it, and lets it remain so for three months. Then pierce it, and draw it into Bottles; which stop well and tie down the stoppels; this will keep so a long time. She useth this way most, It makes the Mead drink exceeding quick and pleasant, when you pierce the Cask it will fly out with exceeding force; and be ready to throw out the stopper and Spiggot.

*My Lady Shanons Receipt to make the best
White-mead.*

Take to every Gallon of water a quart of Honey, and to every five gallons a handful of Sweet Marjoram, and half a handful of sliced Ginger, boyl these moderately three quarters of an hour, then let it stand and cool, and being Luke-warm, put to every five gallons about three quarts of yeast, and let it work a night and a day, then take off the yeast, and strain it into a Rundlet, and when it hath done working stop it up, so let it remain a month; then draw it out into Bottles, and put in every Bottle two or three sliced Raisons, and a Lump of Loaf-

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Sugar;

Sugar; it may be drunk in two months, you must let the water boyl before you put in the honey, Sweet Marjorum or Ginger.

My Lady Luffon's Receipt to make Mead.

Take four gallons of water, two quarts of Honey, two ounces of Ginger, one ounce of Nutmegs, a good handful of Rosemary tops, and a like handful of Bay-Leaves, two ounces of dried Orange Rinde or Peels. Boyl all these til it be so strong as will bear an Egg and not sink: When it is so far cooled as new milk from a Cow, Work it up with yeast or barm during twenty four hours, and then Barrel it up: And after three months you may Bottle it up at your pleasure.

As you desire a greater quantity of the Drink you must augment the Ingredients according to the proportions above recited.

My Lady Bridges her white Metheglin.

To three Gallons of Spring-water take three quarts of Honey, and set it over the fire till the Scum arise pretty thick; then take off the Scum, and put in Thyme, Rosemary, and Maiden-hair, of each one handful, and two handfuls of Eglantine Leaves, if you can have them, and half a handful of Organe. The Spices, Ginger, Nutmegs, Cinamon, and a little Mace; and boil all these together near half an hour;

then

then take it from the fire, and let it stand till it be cold, and then strain it, and so Tnn it up, and stop it close; the longer you keep it, the better.

Sir John Arundel's Receipt to make white Mead.

Take three gallons of Honey, and twelve gallons of water, mix the Honey and water together till you think the Honey is dissolved; so let it stand twelve hours, then put in a new-laid Egg, if the Liquor bears the Egg, that ye see the breadth of a groat upon the Egg dry, you may let it over the fire, if it does not bear the Egg thus, you must add a quart or three pints more of Honey to the rest, and then put it over the fire, and let it boil gently till you have scummed it very clean, and clarified it as you would do Sugar with three whites of new-laid Eggs; when it is thus made, clean them from all Scum, let it boil a full hour till the fourth part is wasted; then take it off the fire, and let it stand till the next day, then put it into your Vessel; when it has been in the Barrel five or six days, take a white Toast, and dip it in all yeast, so put the Toast into the Barrel, and let it work; when it has done working, stop it up very close, this will keep three quarters of a year, and you may drink it within half a year; if you please, you may add in the boiling what Herbs you like the Taste of, or what is Physical.

My Lord Hollis Way to make Hydromel.

In four parts of Spring-water dissolve one part of Honey, or so much as the Liquor will bear an Egg boyant to the breadth of a Groat; then boil it very well, and let all the Scum be taken away; he addeth nothing to it but a small proportion of Ginger sliced; of which he putteth half to boil in the Liquor after all the Scum is gone, and the other half he putteth into a Bag, and hangeth in the Bung when it is tunn'd. The Ginger must be very little, not so much as to make the Liquor tast strongly of it, but to quicken it. I should like to add a little proportion of Rosemary, and a greater of sweet-Briar Leaves in the boyling; as also, to put into the Barrel a Toast of white Bread with Mustard, to make it work: he puts nothing to it, but its own strength in time makes it work of it self. It is good to drink after a year.

Morello Wine.

To half an Aeme of white Wine take twenty pounds of Morello Cherries, the Stalks being first plucked off; bruise the Cherries, and break the Stones. Powr into the Wine the Juice that comes out from the Cherries, but put all the solid Substance of them into a long Bag of Boulter Cloath, and hang it in the Wine at the Bung, so that it lie not in the bottom, but only reach

to touch it ; and therefore nuple it down at the mouth of the Bung ; then stop it close ; for variety, you may put some clear Juice alone of Cherries (but drawn from a larger proportion of Cherries) into another parcel of Wine. To either of them, if you will aromatize the Drink, take to this quantity two ounces of Cinamon grossly broken and bruised, and put it in a little Bag at the Spigot , that all the Wine you draw may run through the Cinamon.

You must be careful in bruising the Cherries, and breaking the Stones ; for if you do all at once, the Liquor will sparkle about ; but you must first bruise the Cherries gently in a Mortar, and rub through a Sieve all that will pass, and strain the residue hard through your hands ; then beat the remaining hard mark so strongly as may break all the Stones ; then put all together, and strain the Clear through a subtil Strainer, and put the Solid or Substance into the Bag to hang in the Wine.

Currans Wine to cool the Liver, and cleanse the Blood.

Take a pound of the best Currans clean picked, and powr upon them in a deep strait-mouth'd earthen Vessel six pounds or pints of hot water, in which you have dissolved three spoonfuls of the purest and newest Ale-yeast ; stop it very close till it ferment, then give such vent as is necessary, and keep it warm for about three days,

days, it will work and ferment. Taste it after two days, to see if it be grown to your liking; as soon as you find it so, let it run through a strainer to leave behind all the exhausted Currans and the Yeast; and so bottle it up; it will be exceeding quick and pleasant, and is admirable good to cool the Liver, and cleanse the Blood; it will be ready to drink in five or six days after it is Bottled; and you may safely drink large draughts of it.

Mrs. Evelin's Way of making Cherry-Wine.

Take twenty four pound of the best ripe Cherries; bruise them well, that all their Juice may issue forth (if you also break the Stones, the Wine will have a bitterness, not ungrateful) let them continue so to ferment twelve hours (which will give the Wine a deep colour, by fermenting upon the skins) then let them run through an Hippocras or gelly-bag, putting the whole Mash into the Bag. In the Vessel that the Liquor runneth into, put one pound of the best double refined Loaf Sugar in subtil Powder; which will be melted by the Liquor; then put it into Bottles, filling them up above half way their necks, within a good inch of the Corks. This will keep a year or more, and be exceeding pleasant and stomachal, and will have no dregs in it, and be of a pure deep Claret colour; multiply this quantity, keeping the proportion of Sugar, as much as you will. This quantity

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will make about six quarts of Wine. It is the running through the Bag that makes it so clear. I should like to put it into Barrels after it is *bien cuve*, to let it ferment more there. I think less Sugar would serve the turn.

The Lady *Newport* makes it near after the same manner; but she first picks the stones as well as the stalks from the Cherries, then breaks them very well with Hands or a Ladle, and after twelve hours fermenting together, strains them through a Napkin, wringing it very well, to press all out that can come, which she putteth into Barrels to ferment with Sugar; and after a long time settling, draws it into Bottles; it will draw well to the last if you drink it out of the Barrel without Botling.

Mrs. Marbury's Receipt to make Syder.

Take a peck of Apples and slice them, and Boyl them in a Barrel of water, til the third part be wasted; then cool your water as you do for wort, when it is cooled you must pour the water upon three measures of grownd Apples; then drayn out the water at a Tap three or four times a day, for three days together; then press out the Liquor, and Tun it up; when it hath done Working then stop it up close.

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Sr. Paul Neals Way of making Syder.

The best Apples make the best Syder; as Pearmains, Pippins, Golden-pippins, and the like; Codlins make the finest Syder of all, (they must be ripe when you make Syder of them, and is in prime in the Summer Season, when no other Syder is good: but lasteth not long, not beyond *Autumn*. The Foundation of Making perfect Syder, consisteth in not having it work much, scarce ever at all; but at least no second time; which ordinary Syder doth often upon Change of Weather, and upon Motion, and upon every working it grows harder. Do then thus: Chuse good Apples, Red-streak are the best for Syder to keep, Gennet-Moils the next, then Pippins, let them lye about three weeks after they are Gathered; then stamp and strain them in the ordinary way into a wooden Fat that hath a Spiggot, three or four fingers breadth above the bottom. Cover the Fat with some hair or Sack-cloath, to secure it from any thing to fall in, and to keep in some of the Spirits, so to preserve it from dying; but not so much as to make it ferment. When the juice hath been there twelve hours, draw it by the Spiggot (the Fat inclining that way, as if it were a little Tilted) into a barrel; which must not be full by about two fingers, leave the bung open for the ayr to come in upon a Superficies all along the Barrel, to hinder it from Fermenting;

but not so Large a Superficies as to endanger dying, by the ayrs depredating too many Spirits from it: the drift in both these settlings is, that the grosser parts consisting of the substance of the Apple, may settle to the bottom and be severed from the Liquor; for it is that which makes it Work again (upon motion or Change of Weather) and spoys it. After twenty four hours draw off it, to see if it be clear by the settling of all the dregs, above which the spigot must be. If it be not clear enough, draw it from the thick dregs into another Vessel; and let it settle there twenty four hours. This Vessel must be less than the first, because you draw not all out of the first. If then it should not be clear enough, draw it into a third, yet lesser than the second, but usually it is at the first. When it is clear enough draw it into Bottles; filling them within two fingers, which stop close; After two or three days visit them, that if there be danger of their Working (which would break the Bottles) you may take out the stopples, and let them stand open for half a quarter of an hour, then stop them close, and they are secure for ever after. In cold freezing weather set them upon hay, and cover them over with hay or straw. In open weather, in winter, transpose them to any other part of the Cellar to stand upon the bare ground or pavement. In hot weather set them in Sand. The Syder of Apples of the last Season as Pippins, not Pear-mains, (not Codlins) will Last til the Summer

mer grow hot, though this never Work, it is not of the nature of stummed wine, because the naughty dregs are not left in it.

Mr. Web's way of Making Bragot.

He takes the first Running of strong Ale, and boyls a less proportion of honey in it then when he makes his ordinary Mead, but double or treble as much Spice and herbs. As for example, to twenty gallons of the strong Wort, he puts eight or ten pound (according as your taste liketh more or less honey) but at least treble as many herbs and treble as much Spice as would serve such a quantity of small Meade (for to a stronger Mead, you put a greater proportion of herbs and Spice, then to a small; by reason that you must keep it a longer time before you drink it; and the length of time mellows and tames the taste of the herbs and Spice) and when it is Tunned in the Vessel (after Working with the Barm) you may hang in it a bag of bruised Spices (rather more then you boyled in it) which is to hang in the Barrel all the while you draw it.

He makes also Mead with the second weak Running of the Ale, and to this he useth the same proportions of Honey, Herbs, and Spice, as for his small Mead of pure water; and useth the same manner of boyling, working with yeast, and all other circumstances as in making of that.

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