

Certaine philosophical preparations of foode and beverage for sea-men, in their long voyages: with some necessary, approoved, and hermetically medicines and antidotes, fit to be had in readinesse at sea, for prevention or cure of divers diseases / [Sir Hugh Plat].

Contributors

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CERTAIN E PHILOSOPHICAL

Preparations of Foode and Beuerage for Sea-men, in their
long voyages : with some necessary, approued, and Her-
meticall medicines and Antidotes, fit to be had in readinesse at
sea, for prevention or cure of diuers diseases.



At first for Foode. A chape, fish
and taking victuals, called by the
name of *Massena* amongst the Ita-
lians, and not unlike (but only in
form) to the *Casina* in *Antiquary*, may
be your necessary victuals, provided
in any sufficient quantity, and
either for change and variety of meat,
or the want of fish victuals. With
this the Author furnished his *Prætor*
Drake and his *Two Hawks*, in their
last voyage.

2 Any broth or *Café*, that will stand cleare and liquid, and
not grow thick when it is cold, may also be preferred by
this use of Nature from all mouldiness, fownesse, or corruption,
to any reasonable period of time that it is desired. A necessary
diet for all sick and weak persons at sea, when no fresh meat can
be had, nor freshen or comfort them.

3 Now for *Seuorage*: All the water, which in that purpose
shall be thought requisite to be carried to sea, will be warmed
to fall sweet, good, and without any incumbrance to portation, for
a year together. This is performed by a Philosophicall
treating of a Symplicetall mixture with all plants and Minerals.
In this piece of one month, the Author will present to many Tastes
thereof, as shall be reasonably required at his hands.

4 For that concerneth both Wine, *Verm*, *Sider*, *Beeer*, *Ale*, and
Vinegar, may be safely kept at sea, for any long voyage, without
fear of growing bad, soure or mouldy.

5 And as for Medicines, if any *Noblemen*, *Gentlemen*, or *Mer-
chant*, shall by his: be faine to be assisted to carry any speciall distilled
warm decoctions or juices of any plant or any other liquid veg-
table or animal body whatsoever with him in any long voyage,
this Author will prepare the same only by keeping it with his
owne fire of kinde, that he may be assured of the lasting and dura-
bility thereof, even to his owne pleasure.

6 Here I may not omit the preparation of the wine of Lemons
with this fire. *Benedit* it hath of late been found by that worthy
Knight *Sir James Lowmiller* to be an assured remedy in the scurvy,
And though their wine will, by naturall working and fermenting,
in the end be perfect in taste, as that it will keep and last either
simply or by the help of a few sweet oyle or *Sapone*: yet this
Author is not ignorant, that it hath lost much of his
best manly nature, which it had whilst it was contained within
his owne rind and fruit: (as is evinced in the like example of wine,
after it hath beene long, which diffineth exceedingly both in
taste and nature from the grape out of which it was expressed.)
whereas long treaghered with this philosophicall fire, it retaineth
both the naturall taste, race, and vertue, that it had in the
first expression: and likewise of the Orange.

7 There is also a speciall powder for Agues, *Quintanes*, and
Tumors: and sometimes it helpeth *Quintanes*. Halfe a dramme is
sufficient for a quart and a quarter of a dramme for a child. It is ta-
ken in white Wine, *Beere*, or *Ale*. It cureth sometimes in the first ta-
king, often at the second, and likewise on some fall at the third
time. It is not offensive to the taste. It expelleth the disease, without
any evacuation or weakening of the Patient.

8 A sweete Pulse, for the head-ache: which commonly cleaveth
into one houre, then, after upon the first or second taking, be-
cause it is specificall. The dose is the weight of 6*℥*.

9 A safe, general & gentle purging powder, to be taken in white
wine, working easily without any convulsion, or other offence to

the stomacke. It is pleasant, and hath not any common or known
purgative therein. It weakeneth not the Patient, neither doth the
body grow collicke after it: which is usual in most of the common
purgatives. There have bene in many trinitades upon all sorts of
complexions with this powder, in that it may well deserve the
name of a general purge: yet I will commend it in Cholickes
bodies. The dose is two drammes, and as halfe at night. This be-
ing taken in warme water for three dayes together, in the Spring
and Fall will purge both the Grown and Visceris, and much of
those diseases that spring from rheumaticke causes: and if it cure
them in eight or ten dayes, take it for advantage. It cureth the
Pockes newly taken in face or face dayes: and in some or twelve
dayes at the most, it cureth a deepe rooted Pocke.

10 And if the Pockes, turning to sores, get small Pockes, or *Mas-
tels* happen to infect any of the Soldiers or Mariners, or others in
the ship: then, within five or eight houres after infection, a dose of
my Antidote powder (whereof eight grains are sufficient) be ta-
ken, it commonly preventeth the rage and violence of the Pockes,
by murthering the poison before it enter any force to infect: and it
dispelseth and conuinceth the matter of the small Pockes and *Mas-
tels* whereby in a few houres it vanishest, without making the Pa-
tient head-ache. And in the cure of any kind of pox, no Vi-
cious humors, nor *Trisph* humors, the *Terra Lemna* or *Silicea*, no *Me-
thridate* &c. is able to match the same, though taken in a double
proportion. It is an excellent remede against *Scrooing*, or any in-
ordinate puffing of the heart.

11 There is also a medicine, which I will commend for the sea
Griping, a metallicall strong powder, which hath any flux of blood
in a short time, and often cureth the *Vries* and *Intestinales*.

12 The *Fluore* of *Sper* and *Rosin* (as of *Cinnamon*, *Leaves*,
Mace, *Nutmeg*, *Solomony*, *Sage*, &c.) being in the time of pur-
gers, may with little danger be carried at sea, are more apt to be in-
jured and incorporated with *Waters*, *Wines*, or *Confects*, are more
pleasing to sailors, and are more familiarly taken, and with better
effect than the chymicall or best similes, drawn by limbecke:
their effects are as serviceable to the nature of the oyle.

Thus much I am bold to offer and publish for the benefit of dis-
tressing men, who for the most part are destitute both of learned Phy-
sicians and skilfull Apothecaries: and therefore have more neede
then others to carry some necessaries and medicines about
them. Which if it shall become common: according to the
worth thereof and my last expectation, I may happily be encour-
aged to print alittle further into *Natures* *Cabine*, and so to disperse
some of her most secret Jewels, which she hath long time in con-
cealment kept, only for the view of her dearest children: otherwise, finding
no speedy or good acceptance of this my proffer (then rather cooled
by indiffe or incredulity) I doe here free and tender my selfe from
more owne tomes: purposing to content my spirit, with such pi-
cures and pleasing practices, as may better fort with my place and
dignified in liberty, and procure also more profitable in the end,
then if I had churchelessly devoted my selfe to *Reason* *Triduum*. In
which course, happy or otherwise, I am remembred with good words:
but few or none, in these dayes, with any real acceptance.

De Deu per Naturam, sic Natura per
ignem Philosophicam.

H. P. Miles.

5098
1667.
S. Henry. Smith
Concerning Philosophicall
Preparations of Foode
and Beuerage for Sea-men