

The late dreadful plague at Marseilles compared with that terrible plague in London in the year 1665. Together with the method of cure used to those who recovered in London ... : in two parts / By the author of the Practical scheme.

Contributors

Author of The practical scheme.

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Dreadful Plague

A T

MARSEILLES

Compared with that terrible PLAGUE

In LONDON, in the Year 1665.

In which died near A Hundred Thousand Persons, and commonly between 4 and 5000 a Week; Carts continually going about *London* Streets, to fetch away in Heaps, and by whole Cart Loads the Dead Bodies: The Car-men having a Bell in their Hand, and crying out Bring out your Dead. — Bring out your Dead. Together with the Method of Cure used to those who Recovered in *London*, not ONE having DIED that used it: And RULES for its Prevention and Cure.

Published for the Preservation and Benefit of all Persons who may at any Time be, where this terrible MARSEILLIAN Infection may reach. And is proper to be kept in Every Family to be ready at Hand in the Day of Tribulation and Affliction, and Time of Need.

In Two PARTS.

Dedicated to

Dr. SLOANE.

Enter'd in the

HALL-BOOK.

By the Author of the

PRACTICAL SCHEME

PART I.

THIS Book is (for the Publick Good) Given *Gratis*, only Up one Pair of Stairs at the Sign of the Celebrated Anodyne NECKLACE, recommended by Dr. Chamberlen for Childrens TEETH, just by the Rose Tavern without Temple Bar.

LONDON: Printed by H. Parker, in Goswell-Street. 1728

T O
Sir HANS SLOANE, Bart.
P R E S I D E N T

Of the Illustrious
College of Physicians of L O N D O N.

S I R,



H E Just and Wise Choice the College has made in placing You at their Head, having given You an uncommon Concern and Zeal for the Health of the Publick; and particularly for the Assistance of the P O O R; the putting Instructions into the Hands of every one, by which they may not only Preserve themselves from, but even Cure themselves of a Distemper in which Physicians dare not without Hazard of their own Lives make them a Visit, cannot but be entirely conformable to Your Wishes.

The Distemper here treated of is the P L A G U E, (the Destroying Angel of Mankind) which at this Time so nearly threatening all Europe, we find that every Neighbouring Nation is wholly bent in taking the most necessary Precautions against it, and amongst whom the singular Care our wise Regency † have taken by the late Proclamations for the strict Performance of Quarantaines among the Shipping, claims the particular Thanks of every one of His Majesty's Subjects, And shews the Danger not to be Imaginary, but REAL.

The P L A G U E puts to flight the dearest Friends: The Husband abandons the Wife, the Wife the Husband: The Parent the Child, and the Child the Parent: Never is Help and Assistance more wanting, and never so difficult to be had Physicians, Surgeons, Apothecaries, Friends, and even the nearest and most dear Relations, running themselves into the very Jaws of Death, in daring but even so much as to touch the Leaves of a Gasping and expiring Friend. So that Every One is abandoned and left to Die ALONE.

The Safety, Sir, and Preservation of our Country, at dreadful Time, when such an impending Danger so ne

† During His Majesty's being at Hanover.

threatens us, is the Motive of Giving Away these Instructions, in order that Persons may know what to do to themselves and Friends (No Remedy being design'd here to be Sold for the Disease) in such terrible Straits, wherein we find the Poor MARSEILLIANS have been unhappily involved.

So that this Flourishing and Populous City, is become Desolate, Abandoned, and Left by All a Prey to DEATH.

YOU having been also pleased to Honour this Book with so very favourable a Reception encourages the Continuance of it to the World in Compassion for the Publick in this dreadful Calamitous time, in order that Every Family may have One by them to be ready at Hand against the Day of Affliction, and Tribulation, and time of Need. For Your GREAT NAME going along with these Instructions, will encourage and enforce their Use (Pondus addit verbis) to Numbers who otherwise might not regard them, and so Perish purely for want of HELP.

If ever therefore this Dreadful MARSEILLIAN Calamity should unhappily reach this Kingdom (which God Almighty of his infinite Mercy avert from us) it may be truly said that These Instructions supplies Your Presence, and will be esteem'd the same thing as a CHARITABLE VISIT from YOU to those whom without certain risque of their own Life no Physician nor even any Body else dares Personally to assist.

So that Those who may happily be either Preserved from, or Recovered of the PLAGUE by the Assistance of this little Book because it is honoured with YOUR NAME, may with good Reason say, that they owe their Life and their All to YOU.

As to the Cause of this dreadful Distemper it is variously disputed by Authors: Some attribute it to a Putrification of the Nitrous Spirit in the Air: Others to Venomous Insects produced and bred from Corrupted Foul Vapours Exhalations and Effluvia from putrid Nasty Places, or Corrupted Bodies.

Whence arises the Common Saying, That Such or Such Corrupted Bodies, &c. are enough to BREED a Plague.

But the Design of these Books being to instruct Persons how they may Help themselves in this terrible Distemper, and not to dwell ⁱⁿ abstrusely about its Cause, it is much more to the present use for the Publick Good to consider of Means for its Prevention and Cure.

The late Dreadful Plague, &c. Part I.

MARSEILLES is one of the most Populous and most Trading Towns in *France*: The dismal State of which, by reason of that dreadful Plague which has lately raged therein, appears by the following Account transmitted in a Letter from thence. Sept. 18. 1720.

THE dreadful Distemper this City has been visited with these 10 Weeks, was unhappily brought to us by a Ship from *Sidon* (a noted Town near *Tyre* in *Asia* mentioned in the New Testament) which came into our Road the 15th of *June*.

The Porters first employ'd in opening her Cargoes, were immediately seized with violent Pains in the Head, Sicknes at Stomach, Reaching to Vomit, and a general Faintness, with (Buboes or) Plague Sores, and died thereof in 3 Days.

Those who succeeded them in this Work, were taken in the same manner, and died likewise. Hereupon some Physicians and Surgeons were sent to examin into the Nature of this Distemper, who reported that it was really the PLAGUE.

But proper Care was not immediately taken: the Effects were only remov'd to a desert Isle 6 Miles off, where all those who went to Air the Goods died of the same Distemper.

Nevertheless some Officers of the Ship were permitted to come into the City, and many of the Sailors brought in Goods privately; upon which a considerable Mortality ensu'd.

Several Physicians who visited them, publickly declar'd, that the Plague began to spread, but the Magistrates slightly regarded it, as believing it only a putrid Fever, which was Rise only among the poorer Sort, who liv'd much upon Fruit.

Thus it continued neglected throughout the Month of *July*.

About the Beginning of *August*, the Magistrates hearing every Day various Reports of this Distemper, and perceiving the Mortality to encrease, sent Physicians and Surgeons of their own, to visit the Sick in different Quarters.

These declared that it was undoubtedly a very Contagious Distemper, & that they could not take too much Caution against it.

In the mean time, the Distemper spread so fast in the City, that the Magistrates were obliged to send the Infected of both Sexes promiscuously into the Hospitals cleared for that Purpose, and which were soon too little to contain them.

The Physicians, Surgeons, and Clergy, with their Servants, who attended the Sick, *All* died after some time, so that the Sick lay dying in the Streets, and at their Doors, without Help, calling in a most piteous Manner for Assistance, but none dares come near them; so that nothing is to be seen here but the Melancholy Spectacle of Dead or Dying Persons.

The Graves and Burying-places have been all full this Fortnight And the Infection is now spread into all Parts of the Town, & when it gets into a Family, it runs immediately thro it; so that 20 or more lie often Dead at once unburied in a House. And thus the Houses & Streets are full of dead Bodies.

Seven & Twenty Carts appointed to carry them out, are not sufficient; therefore the Magistrates are obliged to take condemned Criminals out of the Prisons, together with 500 Gally Slaves to clear the Streets of the Dead; & yet there are above 3000 dead Bodies lie about unburied, which cause an intollerable Stench.

And 'tis computed, that (*in all*) about 80,000 are dead of the PLAGUE, two Thirds of which are observed to be Women, most of 'em with Child, who died of the Infection after Miscarriages or Lying-in, purely for want of Help.

In short, the Calamity is so very great, that the Poor can hardly get even Water, because none will go near them.

The Rich and Able are gone into the Country with all manner of Provilions, and there is not a Church or a Shop left open.

So that We, who but 3 Months ago were in so flourishing a Condition, are now overwhelmed with inexpressible Misery.

Bread, Wine, and other Necessaries are very scarce, and consequently so dear, that People, even of the best Conditions have enough to do to subsist. Nay: And what is still very remarkable, There are no Birds seen in the Air, several attempting to fly over the Town falling down Dead, as soon as they have reached the Pestilential Air. *A most terrible Infection!*

And notwithstanding the General Consternation, there are some profligate Wretches so hardned that they carry off the Cloaths of the Deceased in Hopes to find Jewels or Money.

Quid non Mortalia pectora cogis Auri sacra Fames!

To conclude: This Distemper, which at first carried off the Infected in a few Hours, now begins to hold them 6 or 7 Days, but still they die at last, one very rarely escaping.

So that we have true Cause to say, LORD HAVE MERCY ON US, and deliver us from this terrible Scourge.

Much in this manner was the Progress (as Mr. Kephale in his *Medela Pestilentiae*, printed 1665, tells us) of those Plagues which raged in London before the last Great one, Anno 1665, viz.

That in London, in the Year 1603 (in which died 30561 Persons) was brought to us among Seamens Cloaths in *White-Chappel*.

That in the Year 1625 (in which Died 35403 Persons) was BRED and Produced by Rotten Mutton at *Stepney*.

That in the Year 1630 (in which Died 1317 Persons) was brought to us with a Pack of Carpets from *Turkey*.

That in the Year 1636. (in which Died 10400 Persons) was brought over to us by a Dog that came from *Amsterdam*.—And

That Last Great one in the Year 1665 (which made such a terrible Havock and Slaughter in London, that near 100,000 Persons Fell by it) was brought over in a Bale of Goods from *Holland*; and thither it came in a Bale of Cotton from *Turkey*.

For a Ship having brought from *Turkey* to *Holland* an infected Bale of Cotton, the Bale being opened soon spread its Infection.

And before Neighbouring Countries were apprised of this Danger, a Ship came from *Holland* to *London* with a Bale of Goods tainted also with this same Infection in it.

278 This Bale of Goods belonging to some Persons in *Westminster*, was carried thither, where, upon opening the Goods two or three Persons presently fell sick and died in one Family with all the Symptoms of the *P L A G U E* upon them.

Hereupon some Neighbours apprehending a *Contagion*, presently removed into the City of *London*, who unfortunately carrying along with them the Pestilential Taint, the whole City by Degrees became infected, and in an universal Consternation.

For the Disease which before was in its Infancy in a Family or 2, suddenly got Strength, and spread Abroad its fatal Darts and Poisons, and for want of proper Care in the beginning, the whole City was in a little time irrevocably Infected.

No sooner was a House known, or even suspected to have the Sickness in it, but it was presently by Order of the Government (*unhumanly*) shut up, with a *Great Red Cross* painted on the Door with these Words under it, *LORD HAVE MERCY ON US*, as a distinctive Mark for avoiding such Houses.

The Infection coming thus so suddenly into the City, before proper Provision could be made against it, 4 or 5000 were swept away every Week, so that it was common to see an Inheritance pass in 3 or 4 Days time to as many Heirs.

Nay in *ONE fatal Night* in the Month of *September* more than *Four Thousand Persons* expired; and in the Week above *Twelve Thousand*, and in that Month *Dr. Hodges* (*who was an Eye-Witness of the whole Tragedy*) tells us, that above *Forty Thousand* died.

A Desolation not unlike to that in David's Time, mentioned in the Holy Scriptures when the Plague swept away in 3 Days 70,000 Persons.

Thus the Houses in *London* became soon filled with dead Bodies; and the Living not being sufficient to bury the Dead, the Government ordered Carts to go about from House to House, to fetch the dead Bodies away; giving publick Notice when they were come, by the ringing of a Bell, & the dismal Cry of *Bring out your Dead, Bring out your Dead*, against which times, every House got their Dead ready to be conveyed away in these publick Carts, and to be thrown into large Pits, dug in Waste Ground out in the Fields in Heaps of Thirty or Forty together.

And it often happened, that those who attended the *Interment* of their Friends one Evening; were carried to their own long Homes the next. *Infants* hung at the Breasts of their dead Mothers: *Parents* and *Relations* fell in Visiting their expiring Friends: And married Persons died in Bed in each others Arms.

Of the Female Sex (*says Dr. Hodges*) most died, and hardly any Children escaped. It is also incredible to think how the Plague raged amongst the common People, insomuch that it was commonly called *The Poor's Plague*, and Nine eminent Physicians Died by Charitably assisting them. In One Room lay Carcasses waiting for Burial: Another was fill'd with the Groans of expiring Persons, & every where to be seen the Tears & Bewailings, as well for the Loss of Relations & Friends, as for the dismal Apprehension of every ones own approaching Departure.

Some of the *Infected* run about staggering like drunken Men, and fall and expire in the Streets, while others lie half dead at their Doors, calling out in a piteous manner for Help but none dares come near them. *Non est qui adjuvet.* Some lie Vomiting as if they had drunk *Poison*. And others fall down dead in the Market, while they are fetching *Necessaries* for the Support of Life.

But what very much contributed to the Destruction of People was the wicked Practices of many Nurses: For these Wretches (as Dr. Hodges tells us) out of Greediness to plunder the Dead, would strangle their *Patients*, and charge it to the Distemper in their Throat: One of which Nurses as she was leaving a House with the whole Family dead in it, loaded with her Robberies, fell down dead with her *infected Burden* in the Streets.

And another wicked Nurse was discovered by a sick Man who happened to recover after she had stripped him, having before, as she thought, strangled him. The same happen'd at *Marseilles*, where one single Wretch, confess'd (being broke on the Wheel for it) that with their own Hands they had murdered above 40 sick Persons for the sake of Plunder.—*Quis talia fando*—*Temperet a Lachrymis*—

The Court was removed to Oxford; and the Rich and Able all gone into the Countries, fearful to receive them: In fine the Desolation was so great, & London so depopulated, that it was observed, that Grass grew up in the Streets almost as in the Fields.

Thus — The smiting Angel loaded with Vengeance stood,
Spreading his Plagues and pointing out their Road;
Freight with the Wrath of an offended God.
By which whole Shoales of Lives together fled,
Death with his Scythe cutting the fatal Thread,
Crowds of pale Captives in his Triumph led.

His terrible Plague continued in London about 10 Months, which long Duration of it, (as Dr. Mead in his Treatise of *Pestilential Contagion*, p. 9. observes) may be justly charged upon the unhappy Management of Infected Houses, by thus barbarously shutting them up, which Practice ought by no means to be observed; nothing so much concurring to the keeping and increasing of the Contagion in a House, as a *Pent up Air*.

Even our common Prisons (says Dr. Mead, p. 41.) afford us an Instance of this, in which very few escape what they call the *Goal Fever*, which is always attended with a Degree of Malignity in proportion to the Closeness and Stench of the Place.

Hence it would certainly very well become the Wisdom of the Government, as well with regard to the Health of the Town, as in Compassion to poor unhappy Prisoners, to take Care that all Houses of Confinement should be kept as Airy and Clean, as is consistent with the use for which they are design'd.

If therefore it should at any time please Almighty God to visit us with this sore Distemper, Care ought to be taken against this Old but unhappy Custom of shutting up infected Houses, that such a cruel and hurtful Method may be effectually prevented, in Order that the Terror & Danger of the Distemper may not be aug.

mented by treating the poor miserable Sufferers with such unreasonable Rigor, as manifestly tends to Sink & overwhelm their Spirits, cast down already too much (*God knows*) with the *Apprehension* and *Fear* of *Dying*, and soon appearing before an offended *G O D*; whereas their Spirits and Courage ought to be kept up and not oppressed by such *Treatment*, which manifestly produces on other Effect then to dispose them to Despair and Die.

'Tis therefore to be hoped that publick Places of Retreat will be appointed by our wise *Government* at some distance off from the Town for the *Reception* of the Sick, upon the First breaking out of the Distemper in any Place, (*if ever it should unfortunately come amongst us*) which by the *Blessing* of *Heaven* may prove a happy *Means* of stopping the Progress of it in the Beginning.

There are several Diseases that are Infectious tho not so mortal as the *Plague*: As the *Itch*, *Meazles*, *Small Pox*, *Venerical Lues*, &c. all which *Infect* by Touch: Nay putrid *Lungs* will convey their *Corruption* to others by the Breath: But the *Plague* *Infects* by all these Ways, viz. by a subtle *Venom* that joins it self to the Air, which entering into our Bodies, as well by the Pores, as by our Breath, mixes it self with the Juices thereof & so corrupts them.

For Proof of this, we see that *Cloaths*, *Goods*, nay even *Walls* of *Chambers* will a long time retain any strong Scent given them.

Now all Scents are subtle *Effluvia*s of Corporeal Matter distributed into the Air which is the Vehicle whereby they are convey'd: And in this manner all *Pestilential Infection* seizes Human Bodies, and leaves *Contagious Particles* on even *Cloaths*, and *Goods* which not only receive *Infection*, but *Infect* others.

Thus *Fracastorius* (an eminent *Italian Physician*) tells us that at *Verona* in *Italy* in the Year 1511, there arose a deadly Disease amongst the Soldiers from whom it spread to the Citizens, from only the Wearing of a Coat purchased for a small Value, for it was observed that every Owner of it, being 25 in Number, soon sickned and died; until at last it was ordered to be burnt, and 10,000 Persons fell by this *Plague* before it ceased.

Boccaccio also tells us that in the great *Plague* at *Florence*, Anno 1348, Two Hogs finding some infected Rags that were Pack'd up without giving any *Infection*, by tearing them in pieces with their Teeth fell into *Convulsions* and died.

And Dr. *Halley* tells us of a Sack of Cotton put on Shoar by Stealth about 25 Years ago in the Island of *Bermudas*, that remained above a Month without any Prejudice to the People of the House where it lay hid, but when it came to be distributed among the Inhabitants, it let out such a *Contagion*, that the Living scarce sufficed to Bury the Dead.

Thus *Feather Beds*, and all *Goods* will keep the *Contagion* many Years, without proper Care be taken to Cure them of the *Infection*: Which being so very uncertain to be done, That Tryal must be made of them which is mentioned at Number XXV in the following Contents, and is plainly and fully directed in the Second Part. *These Things being thus premised,*

TIS now to little Purpose to prescribe either very chargeable Medicines, or vast Numbers of Drugs and Ingredients which are hard to come by, in any Medicine for the *Plague*, in which every Body is in such a Consternation and Amazement, that scarce ANY THING at all is to be had, and especially for the POORER sort of People.

As then the Chargableness and Multiplicity of Drugs seldom recommend any Medicine at any Time whatsoever, so much less in this dreadful Calamity: And therefore Simple, Feasible and easily Prepared Remedies, and easy also for every one to come by, are the properest at this Time, and such only are recommended in the Second Part, which is principally calculated for the Assistance of those, whose Straitness of their Circumstances makes them stand in the greatest Need of Help.

IF therefore the PLAGUE has unhappily reached any Place, the first Thing Persons ought to do, is to have a good Courage, and to lay up some Provision and Stock of those things that are Reckon'd up in the Second Part. And besides those Rules to Keep off the Plague laid down in the 2d Part.

In the coolest Seasons of the Night or Day the Streets and other filthy Places ought to be cleansed: All Carcasses and dead Bodies are to be buried deep in the Ground: All Rags, corrupted Meat and the like must be removed at a Distance, and let no Water be permitted to stand long in Cisterns, or other Vessels.

All Commerce with infected Places must be prohibited, and not only their Persons, but Goods ought to perform Quarantine.

And that which is of the greatest Consequence to Cities visited with this dreadful Calamity, is that the strictest Guard be kept upon Dogs and Cats from wandering from one House to another; especially Cats, which therefore ought to be Cag'd, or otherwise secured, for altho they enter not infected Houses, yet they may associate with other Cats that come from such, and so easily communicate the Contagion to a whole Family.

And if any of your Family is attacked with any Symptoms of the Distemper, Don't let the Person Blood unless some very particular Indication indeed requires it: But where the Stomach is foul and Loaded, and if the Distemper begins with a Sicknes at Stomach, and a Reaching, (as it usually does) some proper innocent thing is to be given First, to carry these Foul Humors off: To effect which you may give a Draught or 2 of *Carduus Posset*.

But those Families who may happen to have any of Those Cleansing Sugar Plums mentioned in the Practical Scheme, they are a very proper thing in this Case. And therefore Families would do very well to keep a few of these Plums always by them, to be ready at Hand against whatever may happen, and also for those other Reasons in the following Advertisement.

Give to the Person 2 or 3 of these Plums, and they will presently Cleanse the Body of those Foul Humors, which if not out of hand thus Carried off, would be a Cause of the greater Mortality and Increase of the Distemper. Part I. B

This is not here mentioned to induce People to lay out a great deal of Money (These Plums being only 12d. a Dozen & Two or Three of them are enough in the present Case) but by reason that in the beginning of any *Infectious Distemper*, they frequently, if taken in time, will do more towards a Cure, than many *Pompos Medicines* of a far greater Price.

And the Buying a Few of these Plums, in order to have so effectual a thing always in a *Family* in readiness by one, not only when any *Infectious Distemper* is apprehended, but at any other time, can give no great *Inconvenience* to any ones Purse.

These things being thus done, carry the Sick Person presently out of Hand into a Clean Warm (but Airy) Room with a Fire in it, and put them into a Warm Bed, & don't let them have a Shirt or a Shift on for the Reasons given in the 2d Part.

The Person being in Bed give them out of Hand of the *Famous Drink*, the Receipt of which is in the 2d Part, And let them sweat plentifully (the only SURE Method of Cure.)

And if any one has already had the *Plague*, & recovered, they are the properest Persons to attend others, this Distemper being in this respect like the *Small-Pox*, which Persons rarely have twice.

THis Drink is that Great Secret which the College of Physicians by Order of the King & Council in the Great Sicknes Year 1665, ordered Persons to make use of, and by which such vast Numbers were Preserved and Recovered.

Nay a certain Physician who staid in *London* during the whole Sicknes, and constantly visited the Infected, and by consequence was an Eye Witness of the dismal Tragedy then Acted, positively affirms that NONE that took of it Died.

Every Family then ought in any Visitation of the *Plague* to look upon This as an inestimable Jewel, & therefore it is candidly Published in the 2d Part for the *General Good*, that EVERY BODY may know how to make it, and thereby be able to help themselves and their Family in a time of such Publick Calamity, Distress, Affliction, and Tribulation, as the *PLAGUE* is; and wherein if Persons do not know how to Help themselves, they will most certainly Perish, Death being unavoidably at their Door, and No Person dares come to assist them.

This Drink will perform a Cure when nothing else will.

But those Persons who have not this Drink; must take of that Other (Easy to be had) Medicine, mentioned also in the 2d Part, and by which Medicine Another Physician who staid also in *London* during the whole time of the *Plague*, and constantly visited the Sick, says, that He then cured in *London* above 1000 Persons actually infected with the *Plague*.

These Things are those Great Secrets with which such Numbers of People were saved & rescued from the Jaws of Death, and cured in that dreadful Visitation in *London*, in the Year 1665.

Nay these Physicians goe farther yet, & say, that to the best of their remembrance, not ONE Person that took of them Died, when others who had not taken them lay dead in the same Room.

And for Persons who have neither of these Medicines, The Receipt of another Famous Remedy is imparted in the 2d Part, which during the Great Plague in London was given to Numbers of the Poorer Sort of People, and of Some Thousands to whom it was Given, Physicians assure us, that Not so much as One died.

The Receipts of these Remedies ought to be kept in All Families as a Treasure. And therefore the Second Part of this Book which contains them, may come (in time of a Plague when Help is so hard to be had) to be of such Value, that perhaps None of them may be then to be Purchased at Any rate.

For by the Method and Medicines communicated to every one in the Second Part (thro the Blessing of Almighty God) those will be Preserved and Recovered, who otherwise would inevitably Perish purely for want of Help, which makes it worth abundantly more than what you lay out for it.

So that if every Family in *Marseilles* had but had such a Book as the Second Part, to have had Recourse to for Instructions what to have done, some *Thousands of Lives* might have been saved : Whereas 'tis computed that Now out of every 8 in a House, 7 have Perished, and mostly for want of Help.

And altho *Cold Weather* be a great Defence against the Plague, yet Prudence bids every one to renew their Care when *Hotter Weather* comes on, lest the Seeds which the *Cold* kept unactive, revive, and cause the Disease to break out afresh.

Thus the Infection was brought from *Sidon* to *Marseilles* amongst Goods (which when opened the Infection flew out and spread it self) and not by the Ship's Crew who were in Health.

The Reason of this is: That if the Seeds and Eggs of the Infection are brought to us along with Goods even in a Cold Season, they will, conformable to the Nature of all Insects, as the Weather becomes Warmer, be animated and hatched, & so may Breed the Plague here, as they did at *Marseilles*. And therefore till 2 or 3 Summers are safely over, we are not secure.

But notwithstanding all possible Care that can be taken, let every one redouble their Supplications to Almighty God, to avert this terrible Scourge from us, crying out continually, From Plague and Pestilence DELIVER US O LORD.

And for Prevention of the Plague, besides those Rules and Things prescribed in the Second Part of this Book, Candied Orange Peel, or Elecampane Root, or Angelica, or a bit of Myrrhe, held in the Mouth, or Plenty of Sage dipt in Vinegar and so eaten with Bread and Butter in a Morning are excellent Preservatives. SAGE being such a noble Thing in the Plague, that probably it might be for this Reason, that such a great Encomium is given of it by the Ancients, as even to wonder that People should die, where plenty of Sage grows,

Cur moriatur Homo cui SALVIA crescit in Horto.

To correct and take away any ill Airs or Scents Put Flint-stones Red Hot, Or Quick-Lime-stones into Vinegar, and air your Rooms with the Fumes of it. Part I. B 2

Rub your House & Windows up & down with Sweet Herbs, such as Lavender, Thyme, &c. — And if the Season does not afford *Green Herbs* which are best, the Herbs dried must be used.

And if neither can be got, then Air your House with Burning of Sweet Wood, Perfumes, &c. Presently convey away all Soap Suds, & foul Water. — Glazed and Smooth Habits are better than Rough Cloaths, in whose Wool and Nap the Seeds of the Infection may stick. — A good Courage ought to be kept up: Fear & Apprehension concurring very much towards having the *Plague*; and yet Presumption on the other hand must be avoided.

Z *Welfer* an Eminent German Physician, *Pharmacop.* pag. 614. tells us of a certain great Physician in *Moravia* who ordered Persons to WEAR a dried Toad about their NECKS at a time when the *Plague* raged most violently in the City. And of all those who only thus WORE it, he affirms that *Nullus mortuus est.*

Balduinus Ronsseus an eminent Physician of *Crete.* *Venatione Medica*, p. 97. Recommends also another Remedy to be thus WORN about the Neck as a *Preservative* against the *Plague*, & says that if any Person WEARS it, they will be preserved from Infection. *Si quisquam* (says this Author in this old Verse)

GESTET percipiet PESTIS Contagia nulla.

And the College of Physicians of *London*, in their Directions for the *Plague* which they Published by Order of the King & Council for the use of distressed Families, in the Year 1665, ordered those Remedies to be WORN by Persons during the Great *Plague* in *London*, which are mentioned in the 2d Part.

HENCE by the by, may be inferred, the Reasonableness of Childrens WEARING an Anodyne NECKLACE, which may be assisting to them in the Easy Breeding and Cutting of their TEETH, as a dried Toad, &c. is of Service in the *Plague*.

And therefore *Mylius* (an eminent German Physician) *Antid.* l. 1. c. 6. speaking in praise of Remedies to be thus only WORN about the Neck, says, *Mirum, & Incredibile videri non debet, & Medicinâ Juvari posse hominem, etsi intro illam in corpus non assumat, sed DE COLLO tantum SUSPENSAM GESTET.*

And as for Children in particular, 'tis a fit Remedy for Them, who never are very willing to take much Physick inwardly. *Sic enim* as *Dodonæus* (Professor of Physick at *Leyden*,) l. 1. c. 6. says. *INFANTES nolint, aut non possint medicamenta interna sumere, AMULETA applicare expedit: INFANTULI enim non Medicamentis internis, adeo quam AMULETIS Curari volunt.*

And therefore says Dr. *Wolf* (Professor of Physick at *Jena* in *Germany*) *Scrut. Med.* page 680. *Nemo potest jure Medicis Vitio vertere, si in Morbis PUERORUM commiserationem suadentibus, inter alia Medicamenta AMULETA simul adhibeant.*

For since *Pestilential Distempers* are thus evidently communicated by Venomous Effluvia: Why may not the WEARING of a Remedy profit also & do good by its Sanative Effluvia?

See this Subject at large from Authors both Ancient & Modern, in the Discourse of *Physical NECKLACES* in *The Practical Scheme.*

THE Second Part of This Book (so often above mention-
ed) fully instructing Persons what they are to do from the
very Beginning to the End of the Distemper, and therefore it
ought to be sticht up with This *First Part*, and kept in all Fami-
lies, is Given Gratis ONLY to those Customers who Buy of
Any of the Things mentioned Here, and in *The Scheme* : viz.

The famous *Purging Sugar Plums*. 12 d. a Dozen. Or 9 s. a Gros.

The Famous *Laxative Tincture*, for the Pocket for Gentlemen
and Others, to take a Few Drops of at any time to give the
Benefit of Nature in their Wine, Ale, or other Liquor by
Way of a Bitter instead of *Stoughton's* or other such Drops :
Or instead of *Daffey's Elixir*, *Scots Pills*, or other such Medicines,
to Carry off Foul, Scorbutick or ITCHY Humors, the Per-
fection of this Tincture consisting in the Smallness of it's Dose,
a Few Drops of it being in many Constitutions a Gentle Purge,
without Uneasyness or Trouble. Whereas other Medicines are
to be taken in Large Doses requiring Confinement, 1 s. a Bottle.

The Famous *Cephalick* and *Opthalmick* TOBACCO, which
smoaks so very grateful and pleasant, as to be delightful to
those who use it : It strengthens and restores ancient Sight, and
preserves Young Eyes, and this in such a manner, that by the
use of it, Persons may (by the Blessing of Almighty God) ne-
ver come to use Spectacles, and if they have already used them,
may come to leave them off, it so strengthens and Clears the
Sight. It brings away those Watery Rheums and Humors
that cause Defluxions, Catarrhs, Vapours, Head-Achs, Tooth-
Achs, the Rheumatism, Sore, Weak, Watery and Dim Eyes,
Difficulty of Hearing, &c. The use of it is excellent to draw
off Water in a Droply : And to Sweeten the Breath. Also for
Coughs, Colds, and Difficulty of Breathing, by helping to
expectorate and bring up that troublesome Flegm which causes
these Ailments on the Breast and Stomach, and is a singular
Thing to preserve from any Infection. And a Pipe of it in an
Evening gives a sound whole Night's sleep without waking.
1 s. each Parcel, which will last a good while, with Directions.

Balsamick Drops for Decays of the Lungs, Green Sicknefs,
Gravel, and Difficulty of Urine : To Warm and defend the
Nerves from those Defluxions which prejudice their Motion, &
so cause the Palsy and GOUT in the Joints, to Preserve against
which (says Dr. Quincy, speaking of this *Polycrest Balsam* in his
Pharmacop.) there is not a better Medicine. 2 s. a Bottle.

Those Famous AGUE Drops, by which so many of the
late Agues have been Cured, and now so well known in *Kent*,
Suffex, *Essex*, *Lincolnshire*, and other such Aguish Counties.
They presently Cure an AGUE when most other means fail.

BUT There being several Things Sold where this Book is
Given away, which do not belong at all to This Author.

Notice is hereby given That The 2d Part is not to be Given
along with the Sale of any of THEM, but Only along with the
Sale of such things as belong to this Book and the Scheme.

The Contents of the Second Part.

Which is a *Continuation* of *This Book*, to be sticht up with it.

- I. Of the *Signs* and *Fore-Runners* of the **PLAGUE**.
- II. What the *Plague* is, and with what *Signs* it first appears.
- III. Which *Signs* and *Tokens* are *Mortal*, and which not?
- IV. Compleat *Instructions* what *Persons* are to do, to *Preserve* & keep themselves and *Family* from *Infection*, where any contagious *Distemper* either actually rages, or is apprehended: And what *Precautions* they are to use at *Home*, as well as *Abroad*. What *Goods* and *Things* they must avoid *Touching*: Whose *Company* they are to shun. And in what manner they may with *Safety* be conversant with, and visit their dying *Friends* and others in this *Distemper*, and not Catch it *Themselves*.
- V. Of the Use of *Snuff* and *Tobacco* both as to *Smoaking* and *Chewing*, as a *Preservative* during the *Time* of a *Plague*.
- VI. What things *Persons* ought to keep and Hang up in their *Houses* to keep out the *Infection*. And by what *Method* Any whole entire *Family* may be preserved from *Infection* during the whole *Time* when the *Plague* rages in any *City*, without either taking any *Medicines*, or any one of the *Families* leaving the *Town* all the time. (*An Article worth knowing*)
- VII. What *Break-Fast*, and what *Mornings Draught* is most proper during the *Time* of any infectious *Distemper*.
- VIII. The *Receipt* of *That Particular Family Drink*, (for every one of your *Family* to drink a *Draught* of every *Morning*, with their *Breakfast*, to keep and preserve them all the *Day* following from *Infection*) by which so many *Persons* were *Preserved* from the *Plague* in the *Great Sickness Year* in *London* 1665.
- IX. Of the Use of *Coffee*, *Tea*, & *Chocolate* during a *Plague*.
- X. *Instructions* what *Persons* are to do, to preserve themselves from *Infection* who are obliged to go about *Streets*.
- XI. What *Cloaths* are fittest to be worn in the time of a *Plague*, that the *Infection* may not harbour and stick in them, and thereby to avoid *Persons* bringing *Home* any *Infection* along with them when they go *Abroad*.
- XII. What *Sort* of *Things* every *Family* ought to lay up a *Stock* of, beforehand, when any *Infectious Distemper* is feared.
- XIII. *Instructions* how you are to *Manage* any one of your *Family* that may unhappily be attacked with the *Distemper*. In what *Manner* you are to put them to *Bed*: What you must **FIRST** give them, with the *Reasons* why they are not to have a *Shirt* or a *Shift* on, but must be put to *Bed* naked in a *Blanket*.
- XIV. The *Receipt* of that *Great Cordial Drink*, mentioned above page 10, which the *College of Physicians* by Order of the *King* and *Council* in the *Great Sickness Year* 1665, ordered *Families* to make use of, and by which such vast *Numbers* were *Preserved* and *Recovered*, during that dreadful *Time*.
- XV. The *Receipt* of Another *Particular Remedy* which saved *Thousands of Lives* in the *Great Sickness* in *London*; for of some *Thousands* that took of it (especially the *Poor*) not **ONE** died.

XVI. The Receipt of a Medicine, by which a certain Gentleman a *Limner* preserved himself from the Infection during the last Great Plague in *London*, where he staid all the time, to draw Persons after they were Dead of the Infection.

XVII. Instructions how to Manage the Plague Sores.

XVIII. The Receipt of that *Famous Application* that cured All the Plague Sores it was laid to, during the Sicknefs in *London*.

XIX. What to Give (during the Plague) to Children & Women with Child, by which some Thousands of Lives may be saved: It having been for Want of such Helps that at *Marseilles*, near two Thirds of those who perished by the Plague were observed to be Women, and most of them with Child.

XX. Why for 50 Years past *London* has not had the Plague. And why *London* was much more subject to the Plague Threescore Years ago, then it has been since.

XXI. The Method that cured those who Recovered in the late dreadful Plague at *Marseilles*, Translated from the Original *French*, and Published by Messieurs *Verny*, *Soullier*, and *Chicoynéau*, the Physicians who were sent thither from *Paris* by the Duke Regent of *France*, to prescribe to sick distressed Families, during this dreadful and inexpressible Calamity.

XXII. What Houses and Trades escaped being infected, during the last Great Plague in *London* in the Year 1665.

XXIII. Why the old Way of Building Streets and Houses contributed towards *London's* having the Plague much more Threescore Years ago, than the New Buildings do now.

XXIV. Why the Poorer Sort of People are more liable to the Plague, and infectious *Distempers* then others.

XXV. How to know when Goods and Merchandises are free from *Infection*, without the Hazard of any ones Life in the Tryal.

XXVI. The Receipts of those Medicines with which Dr *Hodges* (who staid in *London* all the Time of the Plague) Cured such great Numbers, and kept himself also from being infected.

XXVII. What Method is to be used in particular with Seamen, Goods, and Shipping coming from infected Places.

XXVIII. The Receipt of that Remedy which the College of Physicians (in their *Directions* for the Plague which they published by express Order of the King and Council, for the Good of the Publick, in the great Sicknefs Year in *London* 1665) ordered Persons (whose Business required them to go Abroad and about Streets) to WEAR and Carry about them, to preserve from, and Keep off the *Infection*.

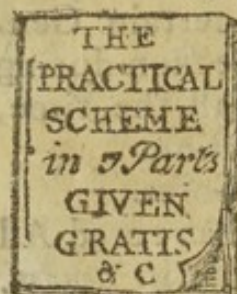
XXIX. The Receipt of a particular Remedy by which Sir *Kenelm Digby* preserved himself and Family from *Infection* during the Great Plague in *London* in the Year 1665.

XXX. The Receipt and Proportion of that famous Family D R A M of Snake Root and Brandy against infectious *Distempers*.

What Liquor Persons may make it of, who do not care for Brandy; and what Liquor POOR People may make it of.

Note. This Second Part ought to be kept in all Families.

A D V E R T I S E M E N T.



THE *Practical Scheme*, containing Seven Useful Discourses.—*Disc. I.* An Account of the Common Distemper: By which to know Infected Persons from Others, And Whether a *Secret Injury* is Received or Not: If Received, In what Degree of Infection: And if Well after Former Cures. With Rules for its Cure.

Disc. II. Of *Weaknesses*, &c. in Either Sex. With some Useful Particulars relating to **WOMEN**.

Disc. III. Of a *Broken Constitution* by Secret Injuries, Weaknesses, Fast Living, former Cures, Salivations, *Mercury*, Self-Abuses, &c.

Disc. IV. Of the **GOUT** and Rheumatism.

Disc. V. Of the Ancient and Modern Use of *Physical Necklaces* for Children. As also of that Celebrated Anodyne

NECK LACE

Recommended by Dr. Chamberlen for Children's Teeth, Fits, &c.

Disc. VI. Of **AGUES** and Intermittent Fevers. Of a new Method of **SWEATING** any particular Part for Pains, &c. And of the Famous *Purging SUGAR PLUMS*, entirely without *Mercury*: 12 d. a Dozen, or **NINE** Shillings a Gros with *Directions*.



THESE **PLUMS** are so pretty and convenient a thing for Family Use, that in common Indispositions, a Person may Eat 2 or 3 of them at any time, or Give One (which will cost only a Penny) Or Half a One, to a Child, and a few Hours after they are Eaten you will be so lightsome and Easy, and Breathe so freely, & be so well, that nothing but the Trial of them can convince of their admirable Effect.

And if in a Place where Any *Infectious Distemper* is apprehended, Every one of your Family (whilst well in Health) Eats 2 or 3 of them, they will so (previously) Cleanse away the Matter which would be otherwise disposed to receive the Contagion, that such Persons will not Catch the Infection near so easily as Others:

And if they do happen to have the Distemper, it will probably be in a much more Favourable and Cureable manner.

Since therefore the Buying a Few of these Plums can give no very great Inconvenience, every Family ought to Keep some of them always in readiness by them, against whatever may happen.

This is here mentioned by reason of the admirable Effect of these little Plums, which it would be injurious to Families (in these Circumstances) not to acquaint them Here with.

Disc. VII. To **SHOP-KEEPERS**, *House-Keepers* and others.

Dedicated to Dr. Chamberlen.

The Thirtieth Edition.

THis Scheme is Given Gratis Up One pair of Stairs at the Sign of The *Anodyne Necklace* without Temple-Bar. At Mr. Garway's the Sign of this Scheme at the R. Exchange-Gate And at Mr. Cooper's the Corner of Charles Court in the Strand.

The End of the First Part.

Dreadful Plague

A T

M A R S E I L L E S

Compared with that terrible PLAGUE

In L O N D O N, in the Year 1665.

In which died near A Hundred Thousand Persons, and sometimes between 7 and 8000 a Week; Carts continually going about *London* Streets, to fetch away in Heaps, and by whole Cart Loads the Dead Bodies: The Car-men having a Bell in their Hand, and crying out Bring out your Dead. — Bring out your Dead. Together with the Method of Cure used to those who Recovered in *London*, not ONE having DIED that used it: And RULES for its Prevention and Cure.

Published for the Preservation and Benefit of all Persons who may at any Time be, where this terrible *MARSEILLIAN* Infection may reach. And is proper to be kept in Every Family to be ready at Hand in the Day of Tribulation and Affliction, and Time of Need.

Dedicated to

Dr. S L O A N E.

Enter'd in the

HALL-BOOK,

By the Author of the

PRACTICAL SCHEME:

P A R T . II.

THIS Book is (for the Publick Good) Given *Gratis*, to Customers only Up one Pair of Stairs at the Sign of the Anodyne NECKLACE, recommended by Dr. Chamberlen for Childrens TEETH, just by the Rose Tavern without Temple Bar.

L O N D O N; Printed by H. Parker, in Goswell-street, 1722.

Note. The First Part of this Book, with the Dedication to Sir Hans Sloane, Bart. President of the Illustrious College of Physicians of London, &c. is Given Gratis to every Body at the Anodyne Necklace without Temple-Bar, and is to be stitched up together with this Second Part, which Two Parts make a compleat Book, which ought to be kept in all Families.

THE PLAGUE (which is always to be feared, when the Signs and FORE-RUNNERS of it, are in any Neighbouring Country) is a continual malignant burning Fever, proceeding from Putrifaction of the Spirits and Humors, & Venomous Effluvia, Insects, &c. See Part I.

They who are Infected are Cold without, Hot within, Weary, and Lumpish: Have great Pain in the Head, Carelessness and Sadness of the Mind, with Sleepiness, Loss of Appetite, Thirst, Vomiting, Bitterness and Dryness of the Mouth, the Pulse frequent, small, and deep, Urine thick and of an offensive Smell, with Blotches (in this Distemper called Buboes and Carbuncles) behind the Ears, under the Arm Pits, or in the Groin: Or else Blew, Reddish, Black or Livid Spots about the Body.

If no Buboes come out, or if they appear and go in again, or Spots appear of a Livid or Black Colour, the Danger is still the greater. But All Plague Sores by how much they are farther from the Heart, and suppurate sooner, by so much the less dangerous they are, and if they are well Drawn, they commonly prove a happy Cure.

FOR Prevention of the Plague, Persons ought to avoid Handling any Thing wherein the Eggs and Seeds of it may lie, such as Quilts and Coverings wherein such as have had the Plague have lain; as also all Leather Things, Cloaths & Hangings. Persons ought also to dwell far from, and avoid Burying-Places, Shambles of Flesh and Fish, Dyers, Tallow Chandlers, Farriers, Skinners, Dunghills, Privies, Stinking muddy Waters, close and putrified Airs, offensive Smells, &c.

Avoid also the Company of Nurses, Grave-makers, Searchers and Bearers, who altho they have not the Plague, yet may carry the infectious Seeds and Effluvia thereof in their very Cloaths.——Persons ought to keep themselves Airy and Cool; and to avoid any thing that may over heat, inflame, or cause a Fever, by which Means the Pores being opened, the Habit of the Body is made more apt to receive the Pestilential Effluvia.——Hang up upon Lines, and the Walls in your House Linnen Cloths dipt fresh every Day in Vinegar, or Vinegar and Water, to attract and imbibc the Contagion that floats about in Pestilential Airs.

And keep your Windows towards the North-East frequently open, when the Air blows cool. But towards the South always shut.—Those Persons who visit and attend the Sick, ought to turn their Faces as much as they can from their Breath ; to avoid the Steams of the Bed, or the Vapours arising from any Bubo or Plague Sore.

To view them with what speed may be, to wash their Hands after touching the Sick, Never to swallow their Spittle while they are about the Sick, but spit it out, and likewise never to Draw in their Breath when they are near them, and to make as short a stay as well they can in the House.

Taking of Snuff, and Smoking Tobacco is very good, in-
somuch that Dr. Willis in his Treatise on the *Plague*, says that during the time of that dreadful Visitation in *London*, it was observed that no Tobacconist's Houses were Infected.

Chewing of it, is indeed a very nasty indecent Practice, but those who can away with it, will find it of Service.

Before keep your House Airy, Fresh, and moderately Cool : Strew it with Cooling Refreshing Herbs, as Roses, Violets, Rosemary, Lavender, Time, Sage, Rue, Mint, Wormwood, Sweet-marjoram, &c. And Wash it often with Vinegar and Water, which is an admirable thing to Kill Damp, and Destroy the Infection.—A very good preservative Breakfast in a Morning is a piece of Bread, rubbed well over with Garlick, with or without Butter ; and with Rue, Sage, or Sorrel wet very well with Vinegar, and laid on it, drinking after it a Glass of Sack, or good strong Drink.

Or Coffee, Bohea Tea, or Chocolate, or eat a Toast with Tent, &c. The following is an admirable Drink for a Family for common Drink during the *Plague*, to Drink a Draught of in a Morning, to prevent Infection.

Take of Rue, Sage, and Wormwood, of each a good Handful. A good large Nutmeg in Powder : Three Cloves ; One handful of Juniper Berries, and a Lemon or a Seville Orange Peel. Put all these into a Jugg with 2 Gallons of Good Beer. And let every one of Your Family drink a Draught with their Breakfast.

POOR People may make themselves a preservative Drink, with 6 or 7 Cloves of Garlick, and a Handful of Sage, and as much Rue, with a Lemon or Seville Orange Peel in two Quarts of common Beer. And so they may make a larger Quantity ; let this stand and draw it off as you drink it.

As for Persons who must go Abroad : Garlick, Lemon or Orange Peel, or a Clove, held in the Mouth, is good.

Or else hold a Sponge dipt in Vinegar before your Mouth as you walk along Streets.

Never go out Fasting. Nor before Sun-Rise nor after Sun Set. Avoid all Crowds.—And to correct and take away any ill Scents put Flint-stones Red Hot, Or Quick-Lime-stones into Vinegar, and air your Rooms with the Fumes of it.

Rub your House and Windows up and down with Sweet Herbs. ——— And if the Season does not afford Green Herbs which are best, the Herbs dried must be used.

And if neither can be got, then Air your House with Burning of Sweet Wood, Perfumes, &c. Presently convey away all Soap Suds, and foul Water. — Glazed and Smooth Habits are better then Rough Cloaths, in whose Wool and Nap the Seeds of the Infection may stick.

A good Courage ought to be kept up : Fear and Apprehension concurring very much towards having the Plague ; and yet Presumption on the other hand must be avoided.

A certain Gentleman a Limner preserved himself from being Infected all the time during the Great Plague in London, whilst he Painted the dead Bodies that were Infected, by the following Drink. ——— Take Galangal sliced Two Drams ('tis an Indian Root to be bought at any Drugsters) Infuse this in a Quart of White Wine Vinegar for 3 Days.

Of this he took three or four Spoonfuls every Morning, and steeped a Toast in it and Eat it, snuffing also some of the Vinegar up his Nose, and wash'd himself with the rest.

Note. Vinegar is an admirable Thing to smell to, & Bathe the Nostrils with : And mixt with Water to wash your House with, and to Soak Letters and other Things in, coming from Infected Places. Rosemary, Pitch, Rosin, Gums, Spices, &c. may also be burnt, to purify the House with.

Dr. Diemerbroeck an eminent German Physician who during that dreadful Havock the Plague made at Nimeguen in the Year 1636 constantly attended the Sick, says (page 170) that he had seen many poor People better preserved by taking a Spoonful of Vinegar in a Morning, then some others were by the most costly Remedies. These Things being observed ; IF the Plague has unhappily reached any Place, the first Thing Persons ought to do, is to have a good Courage, and to lay up some Provisions for Sustenance and Life, in order to have as little Communication abroad as possible.

By this Means we find a Gentleman-Inhabitant at Marseilles preserved himself and Family : He laid in Provisions of Biscuit, Beef, Butter, Cheese, Wine, Brandy, Spices, Tobacco, &c. and made fast his Doors, permitting no Body to go either out or in, all the while the greatest Violence of the Plague raged ; but after some time hearing People

walk about, and talk more chearfully in the Streets he ventured out, and thus preserved himself and Family.

This Method then may be very well imitated.

Provide your self also with some Quantity of Rosemary, Lavender, Majoram, Thime, Mint, Tobacco, Lemons, Seville Oranges, Saffron, Sage, Rue, Garlick, Vinegar, Canary, some Oil of Sulphur from the Chymists, and other Things hereafter mentioned. And if any of your Family is attacked with any Symptoms of the Distemper, don't let the Person Blood unless some very particular Indication indeed requires it: But where the Stomach is foul and loaded, and if the Distemper begins with a Sicknes at Stomach, and a Reaching, (as it usually does) some proper innocent Thing is to be given First, to cleanse and carry these Foul Humors off: To effect which you may give a Draught or 2 of Carduus Posset. But those Families who may happen to have any of Those Cleansing Sugar Plums mentioned in the Practical Scheme, they are a proper thing in this Case.

And therefore Families would do very well to keep a few of these Plums always by them, to be ready at Hand against whatever may happen, and also for those other Reasons in the Advertisement at the End of this Book.

Give to the Person 2 or 3 of these Plums, and they will presently cleanse the Body of those Foul Humors, which if not out of Hand thus Carried off, would be a Cause of the greater Mortality and Increase of the Distemper.

This is not here mentioned to induce *People* to lay out a great deal of Money (These *Plums* being only 12 d. a Dozen and Two or Three of them are enough in the present Case.)

But by reason that in the begining of any Infectious Distemper, they frequently, if taken in time, will do more towards a Cure, than many pompous Medicines of a far greater Price: And the Buying a Few of these Plums, in order to have so effectual a thing in a Family in readiness, not only for any Infectious Distemper, but at any other Time, can give no great Inconvenience to any ones Purse.

The Three Celebrated Physicians, Messieurs *Verny*, *Soul-lier*, & *Chicoyneau* who were sent from *Paris* to *Marseilles* by the Duke Regent of *France* to Prescribe to Sick Distressed Families, tell us in the Account which they Printed of this Distemper by the express Command of the Court of *France*, pag. 24. that they used this Method successfully in the begining of the Distemper. These things being thus done, And after the Working of what you have given is over, carry the Sick presently out of hand into a Clean Warm

(but Airy) Room, with a Fire in it: Wash them Clean, Shave their Head, & put them into a Clean Warm Bed, and don't let them have a Shirt or a Shift on, but let them be Wrapt Naked in a Blanket, to suck up the Sweat, and to avoid the Danger of taking off a Wet Shirt, or Shift, & a Clean one will be the easier put on. The Person being in Bed give them out of Hand of the following Famous Drink.

Cover them up warm & close that they may Sweat plentifully (the only SURE Method of Cure.) And if any one has already had the Plague, & recovered, they are the properest Persons to attend others, this Distemper being in this respect like the *Small-Pox*, which Persons rarely have twice.

Whilst the Person is in Bed, bind on the Feet Sheep's (or any other) Lungs, and renew them as they grow dry, to draw down the Malignity from the Heart and Head.

Take 2 Quarts of Canary (if you cannot get Sack; take Claret or any other Wine: POOR People may make it of Good Beer) put into it of Rue and Sage of each one good Handful. Boil these together in a Pipkin close covered 'till about a Pint is boiled away.

Then strain it off, and set it over the Fire again, and put into it one Dram of Saffron. One Dram of Long Pepper: Half an Ounce of Ginger, and two good large Nutmegs all well beaten together.

Then let it boil a quarter of an Hour, take it off the Fire; and dissolve in it of Mithridate and Venice Treacle of each a full Ounce: And keep it close stoppt for Use.

This Drink is that Great Secret which the College of Physicians by Order of the King and Council in the Great Sicknes Year 1665; ordered Persons to make use of, and by which such vast Numbers were Preserved and Recovered.

Take of this Famous Drink every Morning and last every Night 3 or 4 Spoonfuls for Preservation: But if a Sick Person takes it, you may give more at a Time, putting them to Bed, to S W E A T well upon it.

For in Pestilential Fevers, the universal Motion of Nature being towards the Skin, this Motion the Physician is to assist by such Things as Moderately induce SWEATING.

And also for this Reason care must be taken not to evacuate too much by Stool, no more then by Bleeding.

And Give to Children and Women with Child a Spoonful or two of it. Only with this Caution, that when you make it for Women with Child, Leave out the Rue, and increase the Quantity of the Sage.

And for want of such a Remedy for Children, & Women with Child, so many of them perished in *Marseilles*.

As the Sweat arises and is protruded thro the Skin, it

must be wiped off: And whatever things have been used about the Sick, either throw them into scalding hot Water: Or burn them. This Drink most powerfully fortifies the Vitals, and by Sweat (which is the only Way of curing the *Plague*) throws out the Malignity of the Disease.

THose Persons who have not this Drink; must take the Quantity of a large Nutmeg Morning and Night of *Venice Treacle* (To be had at every Apothecaries) Or if they have not This Treacle, then let them take the same Quantity of Mithridate, or *Diascordium*, dissolved in a little *Canary*, or Warm Ale for POORER People.

By this Method another Physician who staid also in *London* during the whole Time of the Great *PLAGUE*, and constantly visited the Sick, say, that He then Cured in *London* above 1000 Persons actually infected with the *Plague* the Sick being in Bed and *Sweating* well upon it.

And untill about Two Sweats are undergone, 'tis not adviseable to Sleep, let the Person be never so drowsy.

This is also a most excellent Remedy. Let the Person SWEAT well upon it, 5 or 6 Hours or more as the Sick can well bear it, and let it be repeated again for at least 4 Days.

And let the Person when out of the great Sweat, yet lie in a kind of a Breathing Sweat, and now and then Wash, Moistten, and Refresh their Mouth with the Juice of an Orange, Or with Vinegar and Water, Or some pleasant Cordial Julep, made gratefully Acid with Oil of Sulphur.

When the Sweat begins, it must be promoted with repeated Draughts of Sage-poffet, or Beer boiled with a little Mace in it. Continue this Method for at least 24 Hours (if the Sick can bear it) and in the mean while some comfortable Broths must be given to support Nature under the Fatigue of so much Sweating. But here all Persons are desired to take Notice, that altho the Best and most Rational Method of Cure of the *Plague* consists in *Sweating*, yet this ought to be Moderate, and not at all by the violent Force of very HOT Medicines, so as to over-heat the Blood.

And therefore if the foregoing Drink prove too Hot for some Constitutions, you may leave out the *Pepper*, *Nutmegs* & *Ginger*: Or put in only One of them, for Example the *Ginger*.

Again: If you DO put in ALL the foregoing Ingredients, then the Dose must be so moderated to Persons Constitutions as to cause a good Sweat, without over-heating the Blood.

It being a great Error in the Cure of the *Plague*, to think to do it by VERY HOT Medicines, or too much stifling up the sick Persons; but rather keep them so Airy, and mode-

As to what was said above p. 3. of the Use of Tobacco, it was observed that in the Year 1665, those who smoaked frequently were not infected, especially if they smoaked in a Morning. And for this End that particular Cephalick and Opthalmick TOBACCO mentioned in the 1st Part Page 13. is a Preservative far beyond common Tobacco.

For the fragrant Smoak of this particular Tobacco, being impregnated with the more volatile *Particles* of the Herb, &c. destroys in a particular Manner, the Infectious Effluvia which cause the *Plague* in the Air surrounding the Person.

The same also of the use of Sweet Aromatick Herbs, which ought to be rubb'd between the Fingers and Hands, or bruised and so smell'd to. For each Leaf of these fragrant Herbs contain vast Numbers of little Bags full of fragrant Oleagenous Juice, which by bruising the Herb, diffuses it self, and sends out its Effluvia, and thereby destroys those Contagious Particles in the Air, that cause that Putrification, from whence comes the PLAGUE.

It has been observed that the Fire of *London* the Year after the Plague so consumed the Eggs and other Remains of the Disease, (and also the Buildings having been made since more spacious Broad and Airy, has so concur'd to the Health of the City, whereas before the Fire, *London* abounded more with Narrow Close Lanes and Allys) that we have not had the Plague since.——In the great *Plague* in *Naples*, Anno 1656, in which died in one Day Twenty Thousand Persons, the Physicians when they visited the Sick, Wore a particular Habit, not of Cloth or Wool, wherein the poisonous Effluvia might easily stick, but of Linnen, not rough but smoothed over and Glazed, that no Infection might stick upon it: They had also a Mask covered with Wax all over their Face and Head, that their Hair might not take the Infection: With Glasses before their Eyes, &c.

Dr. *Boner* an eminent Physician at *Geneva*, says, (p. 205.) that when he every Day visited many that were sick of the Plague, he took nothing but a Spoonful of Vinegar soaked in the Crumb of Bread for prevention Sake, and in the Morning again before he visited his Patients.

He use this Remedy for 8 whole Months, and he never perceived any Infection for the whole Time.

But when, upon the *Plague's* seeming to abate, he left off taking of Vinegar, he says that he found a little Head-ach come upon him, whenever he enter'd an Infected House.

On Account of Rue, Sage, and other such Herbs being so Excellent in the time of a Plague, it may not be amiss

to remark here from Authors that write on Agriculture, that these Plants are very rarely or never destroyed by Insects, such as Grubs, Caterpillars, and other such Animals, whilst the other Herbs in the Garden shall be almost quite eaten away and destroyed by them, which gives us still a farther Conviction of the innate Aversion all Insects have to them; and their Power of resisting the approach of those Venomous Animals and their Eggs that cause the *Plague*.

It may not be amiss here also to observe That the POORER Sort of People, whose Diet, Cloathing, Habitation, and other Necessaries of Life are sordid & Mean, have their Bodies much more disposed to receive and Harbour those Pestiferous Animals (with their Seeds and Eggs, with which the Air of an infected City [with the PLAGUE] so vastly abounds) which cause the Distemper, than Bodies that are kept cleaner, and better nourished, by which they are the better enabled to resist the Infection; as poor sordid People, are more subject to breed Lice and Vermin than Neat Cleanly Persons. Hence in *London* poor mean Places were much more Infected than others.

Keep the sick Person as Clean & Neat as you can, for Slovenliness, Nastiness & Dirt always increase this Distemper.

Again: POOR People live commonly in narrow Alleys & close Streets, where there is not so great a Freedom of Air, as in broad Streets, where the Air by passing & repassing, shifts & changes it self, & by this Means a new fresh Change of Air, destroys the venomous Particles in the former Air.

Consonant to this, are the Observations made by Physicians, during the great PLAGUE in *London*, viz. that where the Streets were Broad & Airy, & where there were Warehouses of Spices and fragrant Gums, Rosin, Camphire, Pitch Tar, Frankincence, and other such Drugs, the Infection was not near so great, as in the Lanes and Allies, and narrow Streets among the meaner Sort of People, destitute of the above-mentioned preservative Helps.

The Receipt of a particular Remedy by which Sir Kenelm Digby preserved himself & Family from Infection in the Sickness 1665.

TAKE a Pound of Wood Sorrel Leaves and Beat them well in a Mortar: Then beat and mix with it 3 Pound of fine Sugar in Powder, & 4 Ounces of (London made) Venice Treacle, (or Mithridate) keep it tied close up in a Gally-Pot for Use. And take the Quantity of a large Nutmeg every Morning an Hour before Breakfast.

By this Remedy Sir Kenelm & all his Family went about the City without receiving any Hurt during the whole Sickness.

The Receipt of a Sovereign Family DRAM to prevent Infection.

Take a Quart Bottle & fill it quite full with Virginia Snake Root (to be had at any Drugsters) then fill up the Bottle with good French Brandy: And after it has infused a Day or 2, take of it, as of any other Dram: And as you draw it off, supply it still with more Brandy upon the same Root.

Those who do not like Brandy, may put the Root into Canary, Sherry, and any other Wine: POOR People may make it of that Liquor which is commonly called Geneva.

And indeed in the Time of any Infectious Distemper, This Geneva, if rightly good & well made from good Juniper Berries will together with this Snake-Root make a very Sovereign Dram to Prevent and keep off the Plague.

AN eminent Surgeon in London gave to the Sick (in the great Sicknes Year 1665) during their Sweat, instead of Bare Posset-drink this following with great Success (& which indeed is much better than bare Posset-Drink.)

Take the Leaves of Carduus, & Scabious, & of Butter Bur Roots, of each four Ounces: Of Posset-Drink or Water-Gruel 3 Quarts, Boil all together about half an Hour over a slow simmering Fire, strain it off, & let the Sick take it as ordinary Drink whenever they are Thirsty.

With this Drink he Cured great Numbers that were Infected, who by drinking largely of it, were oftentimes Cured in 24 Hours, when nothing but Death was expected.

If any Child or other Person is suspected to have the Worms, in time of a Plague, Trifles are not to be used, but out of Hand give of the above-mentioned Remedies as in Danger of Infection, that Disease having such a Tendency to Putrification, as makes such Persons much more apt to receive the Contagion, then others.

To what has been abovesaid of Nourishing Food during a Plague it may be observed that good Plain Roast and Boiled Flesh Meat, is much better then any Fish.

And Young Constitutions must be moderate in the use of Wine, lest the Blood is inflamed thereby.

Let all your Sauces be Acid and Sharp. Salt Meat, Hot Spices, Fruits and luscious Herbs must be sparingly used.

In the late dreadful Plague at Marseilles where the above-mentioned Application of a Roasted Onion, &c. was not at hand, the Physicians successfully applied a Pultice of Crums of Bread, mixt with the Yolk of an Egg, & Salad Oil, or Milk.

And where none of these could easily be had, they applied a Pultice of Soap to the Bubo's. If the Sick Person be without a Stool 2 Days, you must give a Clyster of Mutton Broth, Or a Decoction of Emolient Herbs, as Marsh Mallows, &c.

By the Name of *VENICE-TREACLE* above-mentioned is not always meant this Medicine, as made no where but at *Venice*, just as if no other was good for any thing but that, many People having a Prejudice (says Dr. Quincy, *Pharmacop. Part 3. Sect. 5.*) that this Medicine made in *England* is not so good as what comes from *Venice*; as if the Name which by meer Accident it has obtained, confined it to be made Good only in that Place, and that their Vipers they say are much better than any. But there is no Foundation (goes on this Author) in this. For tho their Country is hotter than ours, and so may the more exhale the *Viperine* Juices, yet their Manner of making their Vipers into Troches, loses so much of their Volatility, that the Way we have here in *England* of infusing the Vipers in Wine, and afterwards drawing the Virtue of them off by a Retort into a Receiver, carries much more of their Virtues into the Medicine than their being made into Troches (as they do at *Venice*) possibly can do.

But besides: This seems to be a naked Supposition, without any great weight; for if we may in this Point be sway'd by their particular Properties, the Bites of our Vipers here in *England*, at the proper Time of the Year which is the Hottest, are full as efficacious and Deadly as theirs.

But to end all this Controversy, if Any Country may have an Advantage over us in this one Ingredient, Ours has it at least much more in another of as great if not greater Moment, and that is in the Saffron, which is an essential Ingredient in this Medicine, *English* Saffron being allowed by all Physicians to be the very best in the World, being of four Times more Strength & Goodness upon every Account than any from Abroad. This erroneous Opinion (goes on still this ingenious Author) of the Foreign *Theriaca* being better than what is made Here, occasions daily the Common People to be Cheated with the worst of Medicines for right *Venice Treacle*. For they imagining *Venice* only to be the proper Place of its Manufacture, please themselves much with Buying a Tin-pot of Some Sailor, who pretends to have imported it, wrapt up with printed Directions in *Italian*: Whereas 'tis commonly nothing else but Old Stale *London-made-Treacle*, which the Shops cannot Sell, & therefore many People put it up Here in Tin pots, & cause *Italian* Directions to be printed here in *London*, & so put up with it.

One Mr. Dixon an eminent Surgeon in *London* who staid in the City during the whole Sickness in the Year 1665, cured great Numbers actually infected, and preserved as many others from the Infection by the following Drink.

Take of Rue and Sage, of each 2 Handfuls. Roots of Masterwort, Butter Bur, Angelica, and Zedoary, of each an Ounce: Virginia Snake Root half an Ounce, Contra Yerva 2 Drams, Saffron two Scruples. Infuse all these in two Quarts of Canary Wine in a Pipkin close covered, over a small Fire (so as not to Boil) for two Hours or more, then strain it off, and dissolve therein of Mithridate and Venice Treacle of each an Ounce.

He gave of this three or four Spoonfuls Morning and Night, and thereby Cured great Numbers, putting them in Bed to sweat upon it. All the Ingredients may be had at Covent-Garden or Stocks-Market, and at any Drugsters.

This Mr. Dixon Cured great Numbers of Plague-Sores by this Pultice.—Take common Salt ground fine in a Mortar, Mithridate and Figs, of each two Ounces. Castile Soap sliced thin a Quarter of a Pound, with Oil of Lillies enough to make it as soft as an Ointment, beat them well together in a Mortar, and apply them to the Part. Sometimes this Mr. Dixon gave the following Bolus instead of the foregoing Drink, where Persons were averse from a Drink.—Take Powder of Vipers one Scruple: Bezoar Mineral 16 Grains: Cochineel 12 Grains. Saffron 10 Grains. Volatil Salt of Amber 8 Grains. Mix all together and with Mithridate make a Bolus for 4 Doses, to be given one every six Hours, and repeated the next Day, or oftener if requisite. And with this he Cured great Numbers.

Amongst the many Prescriptions which Dr. Hodges delivers to us for the Plague the 2 following, are not only of easy Preparation, but perhaps of equal Virtue with the most pompous Forms. The following he calls an Electuary for the use of the Poor in time of the Plague.

Take Conserve of Wood Sorrel a Pound: Of Marygold Flowers a Pound, London-made-Venice-Treacle 3 Ounces. Bole Armoniack four Ounces, with Syrup of Lemons as much as is sufficient make an Electuary, and take to preserve from Infection in a Morning before you go Abroad, the Quantity of a large Nutmeg of it, drinking a Glass of good Canary Wine after it.

The following is his Drink which he used to give to the Poor.

Take Rose-Water 2 Ounces: The best Vinegar one Ounce, in which dissolve 2 Scruples of the best Bole-Armoniack, and add three Drams of Syrup of Scabious, mix for a Draught, to be taken in a Morning, & repeated again at Night, if need be.

The Receipt of that famous Cordial Elixir Advertised in London in the Publick Prints for Preserving against Infection, &c.

Take a Quart of the best French Brandy: Put to it (in a Bottle) of Saffron and Cochineel of each a Quarter of an Ounce: Of Gentian Root (thin sliced) 2 Ounces. And the Rinds (thin

pared) of Six very good choice Seville Oranges. Let all this Infu about a Week, and take of it from 20 to 40 or 50 Drops or Mo (in a Glass of Sack in time of a Plague) but any other time in any Wine, Ale, or any other Liquor. And as you draw it off, supply it with Brandy. These Ingredients being sufficient for more Brandy.

If there has been any Contagious Distemper in a Ship, the sound Men should leave their Cloaths, which should be burnt, the Men washed and shaved, and having fresh Cloaths should stay 30 or 40 Days at an appointed Place some Distance off: The Reason of this is because Persons may be recovered from the Distemper themselves, and yet retain Matter of Infection about them a considerable time.

The College of Physicians in their particular Directions for the Plague, which they published in the Great Sickness Year in London, 1665, by express Order of the King & Council, p. 10. ordered Persons whose Business obliged them to go Abroad, and about Streets, to WEAR and carry about them, Snake Root, Rue, Angelica, Myrrhe, Wormwood, &c.

Also to Take Angelica, Rue, Myrrhe, and Camphire, beat these all together, and with Wax make this Mixture into round Balls, to WEAR ABOUT THEIR NECKS, to preserve from, and keep off the Infection.

Hence as was said in the *First Part*, may be inferred, the Reasonableness of Childrens WEARING an Anodyne NECKLACE, to assist them in the Easy Breeding and Cutting of their TEETH, as the Wearing of these Remedies were of Service in the Plague. For since *Pestilential Distempers* are thus evidently communicated by Venomous Effluvia: Why may not the WEARING of a Remedy profit also and do good by its Sanative Effluvia? See this Subject at large from Authors both Ancient & Modern, in the Discourse of *Physical NECKLACES* in *The Practical Scheme* Given Gratis, &c.

THis Book ought to be kept in all Families, to be ready at Hand in time of any Infectious Distemper, when Help is so hard to be had, and is Given Gratis ONLY to those Customers who Buy of Any of the Things mentioned ONLY in *The Practical Scheme*, and the *First Part*. For Example,

Any Person who Buys of the Purging SUGAR PLUMS, which are 12 d. a Dozen, or 9 s. a Gros.

Or a Bottle of the Famous *Laxative Tincture*, which is a very convenient pretty Thing for the Pocket for Gentlement & others, to give the Benefit of Nature at any Time. Or to Carry off any Foul ITCHY Humor out of the Blood, by taking a few Drops in any Liquor. Price 12 d. a Bottle. And so of any of the Remedies in the *Scheme* & in the 1st Part.

A D V E R T I S E M E N T.



THE *Practical Scheme*, containing Seven Useful Discourses. — *Disc. I.* An Account of the Common Distemper: By which to know Infected Persons from Others, And Whether a *Secret Injury* is Received or Not: If Received, In what Degree of Infection: And if Well after Former Cures. With Rules for its Cure.

Disc. II. Of *Weaknesses*, &c. in Either Sex. With some Useful Particulars relating to **WOMEN**.

Disc. III. Of a *Broken Constitution* by *Secret Injuries*, *Weaknesses*, *Fast Living*, *Former Cures*, *Salivations*, *Mercury*, *Self-Abuses*, &c.

Disc. IV. Of the **GOUT** and *Rheumatism*.

Disc. V. Of the Ancient and Modern Use of *Physical Necklaces* for Children. As also of that Celebrated *Anodyne*

NECK LACE

Recommended by *Dr. Chamberlen* for Children's Teeth, Fits, &c.

Disc. VI. Of **AGUES** and *Intermitting Fevers*. Of a new Method of **SWEATING** any particular Part for *Pains*, &c. And of the Famous *Purging SUGAR PLUMS*, entirely without *Mercury*: 12 d. a Dozen, or **NINE** Shillings a Gros, with Directions.



THESE **PLUMS** are so pretty & convenient a thing for Family Use, that in common Indispositions, a Person may Eat 2 or 3 of them at any time, or Give One (which will cost only a Penny) Or Half a One, to a Child, & a few Hours after they are Eaten you will be so light some & Easy; and Breathe so freely, & be so well, that nothing but

the Trial of them can convince of their admirable Effect.

And if in a Place where Any *Infectious Distemper* is apprehended, Every one of your Family (whilst well in Health) Eats 2 or 3 of them, they will so (previously) Cleanse away the Matter which would be otherwise disposed to receive the Contagion, that such Persons will not Catch the Infection near so easily as others:

And if they do happen to have the Distemper, it will probably be in a much more Favourable and Cureable manner.

Since therefore the Buying a Few of these *Plums* can give no very great Inconvenience, every Family ought to Keep Some of them always in readiness by them, against whatever may happen.

This is here mentioned by reason of the admirable Effect of these little Plums, which it would be injurious to Families in these Circumstances) not to acquaint them Here with.

Disc. VII. To **SHOP-KEEPERS**, *House-Keepers* and others.

Dedicated to *Dr. Chamberlen*.

The Thirtieth Edition.

THis Scheme is Given Gratis Up One pair of Stairs at the Sign of the *Anodyne Necklace* without Temple-Bar.

At Mr. Garway's the Sign of this Scheme at the R. Exchange-Gate. And at Mr. Cooper's the Corner of Charles Court in the Strand.

F I N I S.