

**A history of the most remarkable pestilential distempers that have appeared in Europe for three hundred years last past : with what proved successful or hurtful in their cure. Together with the method of prevention and cure of the plague. Founded upon the experience of those who were practitioners when it raged. Laid down in such a manner, that the generality of people may be able to manage themselves / By R. Brookes.**

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# H I S T O R Y

Of the most Remarkable

## *Pestilential Distempers*

That have appeared in EUROPE  
for Three Hundred Years last past ;

W I T H

What proved SUCCESSFUL or HURTFUL  
in their CURE.

T O G E T H E R

With the Method of PREVENTION and CURE  
of the PLAGUE.

Founded upon the Experience of those who were  
PRACTITIONERS when it raged.

Laid down in such a Manner, that the Generality of  
People may be able to manage themselves.

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By R. BROOKES M. D.

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*The Sweating-Sickness\*\*\*\*\*was most probably of a Foreign  
Original, and no other than a Plague abated in its Violence  
by the mild Temperament of our Climate.*

*Mead's Short Discourse.*

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The SECOND EDITION Corrected, with a POSTSCRIPT.

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L O N D O N:

Printed for A. CORBET, at the Old Hand and Pen, over  
against the Chapel in Russel-Court, near Covent-Garden ;  
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T O

Dr. *BAYLY.*

S I R,



**A**FTER some Deliberation with myself, to whom I should make a Present of these Sheets, both my Inclination and Judgment fixed upon you: For at the same Time, that you have *greater Abilities* than others to judge of this *Performance*, you have *Candour* and Good-Nature enough to pardon its *Faults*.

You need not be acquainted, that Things of this Nature cannot be too Publick, when the *Apprehensions* and Fears of the *Nation* run so high; and considering that if they should come to pass, the *Generality* might probably have no other *Assistance* than such as this: and if this shall contribute any thing towards the *Wellfare*

4      *The* DEDICATION.

of my *Fellow-Creatures*, I shall have my End, and I know that you will not be displeas'd with any thing that looks like an *Office of Humanity*, who are yourself so much concern'd for the *Good of Mankind*.

I would not have you to think, *Sir*, that I am going to say any thing that looks like a *common Dedication*; for if I did, your *Generosity, Prudence, Learning* and *good Sense*, would afford Matter enough to work upon: But I know that you would despise whatever looks like *Flattery*; such mean Arts could never be agreeable to a Soul like Yours.

What therefore is design'd for a *Testimony of my Respect*, and not for a *Catalogue of your Praises*; I doubt not but you will have Goodness enough to pardon, from,

*S I R,*

Your real Admirer, and

very Humble Servant

R. BROOKS,



T H E  
P R E F A C E.



*HOWEVER* writes with any tolerable Success upon the PLAGUE, must found his Opinions upon the Observations and Experience of his Predecessors; for they alone are able to inform us of the different Fortune of a various Practice, and the several Tryals that have been made to weaken the Force of so formidable an Enemy to Mankind.

If this be true, as undoubtedly it is, the Reader will not be displeas'd to find that he has a good deal of Labour saved in turning over Variety of Books, and that he may behold with one View Observa-  
B
tions

tions which before were scattered here and there.

In translating what I here present you, tho' I have made considerable Contractions, I have omitted no material Circumstance that would either explain the Nature of the Disease, or the Manner of its Cure; and if my Authors had been more particular, I might have been so too.

What I have said in the Second Part, I have Authority for; and I believe as good as any Person else can have.

In this Second Edition I have taken care to correct some Oversights that were committed for want of due Attention; and to make it as generally useful as I can, have added a probable Account of the Manner of its Progress, together with some farther Remarks upon the Method of Prevention and Cure.

I would not have the Reader mistake this for an entire History of Pestilential Distempers, but rather of the different sorts of them; tho' by the by, I shall not be positive that any two that have yet appeared have been in all respects the same. Yet as Authors have distinguished between some kinds of these Diseases and the Plague itself, I have kept to that Distinction, without apprehending any ill Consequences from it.



## P A R T I.

*A History of the most Remarkable Pestilential Dis-  
tempers, &c.*



THE PLAGUE is a Subject of so great Importance to Mankind, that whoever sincerely endeavours to weaken its *Force* or stop its *Progress*, is sufficiently excused in the *Attempt*, tho' he should not meet with any extraordinary *Success*.

However specious or conclusive the Reasonings of some may be, yet they satisfy us no farther than they have *Experience* for their *Foundation*; because whatever is not built upon that, must needs be uncertain and precarious. To search after the hidden Causes of Things, to give probable Guesses in abstruse Matters, may, indeed, answer the Ends of *Ostentation* and *Vain-glory*, and please some curious and inquisitive Minds; but the *Fears*



and the *Sufferings* of Mankind call for something more: While a most dreadful Enemy of Mankind rages, and imperiously threatens the Death of Thousands, there is no time left for *empty Speculations* and *idle Amusements*; all Aids are to be summon'd, all Methods try'd, that if possible one way or other this Destroyer of Mankind may be vanquish'd.

However, no *one Method*, how promising soever, can be secure enough wherewith to trust the Welfare of Millions of People, unless that *one Method* were infallibly certain, which it is not possible any should be that have not been try'd: Besides, it is not sufficient, as some People seem to imagine, to call a Destructive Distemper by the name of the *Plague*, and then to give the Remedies for that Distemper in general. We cannot be sure that Distempers which to very discerning Eyes seem to have the same Symptoms, require the same Method of Cure; much less ought we to adhere to one uniform Way of Practice, where the Disease puts on Variety of Shapes: And if we may believe Dr. *Mead*\*, the same Distemper that is call'd the *Plague* in *France*, may put on another Dress, and in *England* become the *Sweating-Sickness*.

It does indeed seem to be very probable, that the same Distemper may put on different Appearances, or in other words, that the same Cause may produce various Effects; for the same reason, that an *equal Quantity* of the *same Medicine* has different Operations upon different Bodies.

To be well guarded therefore, we should be able to know and overcome our *Enemy* under

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\* See his *Skort Discourse*, p. 6.

*all Disguises*, at least under all those that we have had any Account he has yet appeared : This I take to be the most cautious and prudent Way of Proceeding ; for let us be attack'd on which side we will, we shall in some measure be prepared to ward off the Blows, and defend ourselves against the Assault.

When any new Distemper appears, *Physicians* are commonly at a loss what to do, or how to proceed, till a sufficient number of *Experiments* have been try'd, which may enable them to do more than guess at a Method of Cure. But if they find any old Disorder to which they may compare the new, tho' not alike in every Particular, they with good reason conclude, that what has prevail'd against *that*, is most likely to prevail against *this*.

I think then it is very plain we cannot be too well armed against *Contagious Distempers* of any sort, much less against the most *destructive* ; and if I can give any tolerable HISTORY of them, the *Preservatives* against them, and the Cure of those that were infected, I shall not contribute the least toward so valuable a Purpose.

And what makes such an Attempt more necessary, is, that nothing is more common than to give the same Names to Diseases very unlike. Thus *Crato* affirms, that after 30 Years diligent Observation, the *Hungaric Disease* never return'd with the same Symptoms that it had before, as *Dolzæus* \* reports. *Sennertus* † makes it the Essence of a *Plague* to be *Contagious* and *Mortal*; so that if it be attended with a *Fever*, *Raving*, *Watching*, *Head-Ach*,

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\* *Dolzæi Encyclop.* p. 538. † *De Natur. Pest.* cap. 1.  
pro-

*profound Sleep, Ulcers of the Mouth, Quinsy, Pleurisy, Vomiting, Looseness, Jaundice, Buboes, Carbuncles and Spots of various kinds, yet he comprehends them under the general Name of the Plague: for, says he, it is not the Quinsy that suffocates, the Fever that kills, &c. but the Plague.*

Dr. Willis\* in his Description of the *Plague* brings in *Buboes* and *Carbuncles*, and yet without doubt that was properly a *Plague* which *Heurnius* † speaks of, which happened in the Year 1445, when People dropt down dead without so much as a *Fever*, or any other Symptom.

The Use of a Name, indeed, I take to be a matter of no great moment, provided it does not lead us into Mistakes, and if we do not attempt the Management of all Distempers of the same Name after the same Manner. But before I prosecute my main Design, I shall describe what I mean by a *Plague* or *Pestilential Distemper*, and some of its more usual Symptoms.

*The Plague  
what.*

The *Plague* then is an *Epidemical Distemper*, *Contagious*, and *very fatal* to Mankind; it is often attended with *Buboes*, *Carbuncles*, *Spots*, *Wheals* and *Pustules*.

Some Authors think that a *Plague* may exist without being *Epidemical* or common, and that there are *Epidemical Distempers* that are not contagious; and the *Cough* and *Catarrh* mention'd by ‖ *Forestus* is brought as an Instance, which in the Year 1580 spread throughout *Europe* in six Weeks time, and of which scarce one in a thousand died, tho' whole Families were ill of it at once. How-

\* Willis de Peste. † Heurnii Inst. Med. p. 200.

‖ Forestus, Lib. 6. Obser. 3.

ever just the latter Observation may be, the former seems too trifling to insist upon.

*Buboes* are Swellings of the Glands occasioned by the sharp Morbific Matter that is thrown upon them: which sometimes increasing, suppurates and turns into *Pus*. These most commonly appear in the Groin, sometimes behind the Ears, and in the Neck. *Buboes  
what.*

A *Carbuncle* is a fiery Swelling encompassed with the most sharp and burning Pustules, infesting the Sick with intolerable Pain; it breaks out in any Place without distinction, does not suppurate or turn into *Pus*, but creeping and enlarging its Bounds, throws out the eaten corrupted Flesh, which leaves a hollow Ulcer behind it as if burnt with an *Escharotic*. *Carbuncles  
what.*

What \* *Dolæus* relates of an Accident which happened in the time of the *Plague* in the Lower *Palatinate*, is pretty remarkable: ‘ A certain Maid, says he, had a Carbuncle on the End of her *Ring-Finger*, and whether because she was delirious, or through Vehemence of the Pain, I know not, but she took a common Kitchen-Knife, and cut the End of her Finger off; yet for all that she died the next day, with her Finger and Hand mortify’d.’

The *Spots*, *Wheals* and *Pustules* are of the same sort of Swellings with those before described, and are only more malignant for being less; for in these the Poison being more dispersed, is more *deadly* and *fatal* than if it was thrown upon one Place. *Spots,  
Wheals,  
Pustules,  
what.*

Some have taken a great deal of pains to inform us when we are to expect that we shall

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\* *Dolæi* Encyclop. p. 540.

be visited with a *Pestilential Distemper*, but with very little certainty; especially if what *Dr. Mead* \* says be true, That such Distempers are not of *English* Growth: but that, perhaps, we may consider hereafter.

Diagnostic  
Signs  
what.

*Diagnostic* Signs indeed may be made better use of, for these serve to shew when Persons are afflicted with this dreadful Distemper, and how we may know that they are so; which being timely discovered, any Help that can be got, is likely to prove most beneficial. The chief of which, as they are observed by Authors of most Note, are as follow.

The *Pulse* small, weak, quick and unequal; a Pain at the Mouth of the *Stomach*; sometimes great and insatiable *Thirst*; *Loathing* of Food and all kind of Victuals; *Vomiting*; *Shivering* and *Trembling*; *Weariness* and *Heaviness* of the *Body*; Pains in the *Head*; continual *Waking* and *Raving*; sometimes extreme *Heaviness* and *Sleepiness*; the *Urine* often like that of a healthy Person, the Heat not extraordinary; *Redness* of the *Eyes*; *Buboes* in several Parts of the *Body*, or *Carbuncles*, or *livid* and *black Spots*.

Sweating-  
Sickness,  
1486.

These are the Signs usually taken notice of, but do not agree with all *Pestilential* Distempers, as you will find hereafter, but only to a Species of them. I shall therefore begin my Account of these Distempers with that remarkable Disease call'd the *Sweating-Sickness*: This was first observed in the Year 1486, and because it was supposed to be a new Distemper, and to take its Rise in *England*, it is call'd by Authors *Sudor Anglicus* and *Pestis Sudorifica Anglica*; it continued in *England* almost

\* See pag. 5. of his Short Discourse.

constantly for 40 Years together, and tho' the Cold of the Winter seem'd to drive it away sometimes, yet it would return in warmer Weather with fresh Vigour. It destroy'd such vast Numbers of People before there was a certain Remedy found out, that Foreigners hardly believed there were so many in the whole Island. From *England* in 1525 it took <sup>1525.</sup> its Progress, and in five Years time march'd through *Lower Germany*, the *Low Countries*, *Holland*, *Zeland*, *Brabant*, *Flanders*, *Denmark*, *Norway* and *France*.

So merciless was this Distemper, that when it first entered a City, it would seize five or six hundred in a day, and scarce six recover'd.

Those that were taken with it, had neither *Buboes*, *Carbuncles*, nor *Spots*, but were excessively weak and faint; they had Uneasiness at the Heart, Pain in the Head, thick, swift unequal Pulse, and great *Paipitation* of the *Heart*, which would last with some that recovered two or three Years, and did not leave others all their Life long; they were under a *continual* and *plentiful Sweat*, which did not end till the Distemper ceased, which was in twenty four hours time. Those which did not farther their *Sweating*, nor used *Cordials*, and who, impatient of *Heat*, exposed themselves to the *cold Air*, all died suddenly in the space of *twenty four Hours*: But after the Cure came to be known, and they fortified the Sick with *Cordials*, and promoted their *Sweating*, not so many perished.

The Cause of this Distemper was generally <sup>Cause.</sup> allowed to be some *Poisonous Quality* of the *Air*. Yet some ascribed it to the malignant Influences of the Stars, amongst whom was *Sennertus*; but more especially *Camden*, who

does not at all doubt but it owed its Rise to an Opposition of *Saturn* and *Mars* from the Zodiacal Constellations *Scorpio* and *Taurus*, as you may see more at large in his *Britannia*.

But whatever the Cause was, the Effects were sometimes soon over; for it was observed by *Tyengius* to enter *Amsterdam* with a misty Air on the 20th of *September* 1529 after Noon, and after a stay of five days entirely vanished, and returned no more.

1550.

In the Year 1550, *England* was again visited with this strange Distemper; it was said to destroy a great number of People in the Prime of their Age, and what is very remarkable that our *Historians* relate, it affected none but the *English* in foreign Countries. Our *Ambassador* at that time at *Paris* consulted three famous *Physicians*, *Fernelius*, *Hollerius* and *Sylvius*, for a Preservative against it.

Diet to be used.

They advised him to drink moderately of strong Liquors, and to eat such things as were easy of Digestion, as *Small Birds*, *Partridges*, *Pullets*, *Pheasants*, *young Hares*, *Conies* and *Kid*; and these not boiled, but roasted. That his Body might be kept as free from Crudities as possible, they order'd him to take two or three of the following Pills once or twice a Week, an Hour before any thing was to be eaten.

Pills.

Take of the choicest *Myrrh* two Drams; of the best *Aloes* half an Ounce; *Saffron* half a Scruple; of the Leaves of the true, and of the Roots of false *Dittany* of the Roots of *Betony* and *Tormentil*, of the true *Bole Armoniac*, of the *Sealed Earth* of *Lemnos*, of each half a Dram. With new Oil of *sweet Almonds* and Syrup of *Lemons* make

make a Mafs, to be wrapped in Leather and kept for Ufe.

They alfo commended the frequent Ufe of candied *Citron-Peel*, Conferve of *Rofes*, Conferve of *Borrag-Flowers*, Conferve of *Splecnwort*, *Scabious*, *Succory*, and *Tormentil-Root*. And alfo prefcribed the following Mixture, of which the Quantity of a Hazle-Nut was to be taken now and then, two Hours before Breakfast.

Take of the Conferve of *Rofes*, *Borrag* *Mixture.*  
and *Buglofs* Flowers, candied *Citron*, of each an Ounce; of old *Venice-Treacle* three Drams; of *Bole Armoniac*, *Sealed Earth* of *Lemnos*, of each two Drams: make a Mixture.

After the taking of a little of which, two Ounces of diftill'd Wine was to be drank.

Whether or no any *Preservative* was fufficient to keep away the Diftemper, Authors are filent; but as to the \* Cure, not fo: the whole Secret of which confifted in covering the Sick in Bed, and not fuffering the leaft Breath of Air to come near them. They would not fuffer the Sick to leave his Bed upon the moft urgent Occafion, no nor fo much as to move themfelves; nor could this be obtain'd by any Prayers or Intreaties of the Sick. When the Sick was very hot, and wanted to drink, they gave him fome of the following Decoction, which refresh'd his Spirits, and promoted the Sweating.

Take of the Flowers of white *Water-Lillies* *Decoction.*  
and *Violets*, of each half a Handful; of

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\* Vid. Fracaftorius lib. 2. cap. 5. de Morb. Contag.



*Carduus Benedictus*, *Pimpernel*, *Eorrage*, *Bugloss*, stoned *Raisins*, of each a Pugil; of *Figs* n<sup>o</sup> ten; *Lentils* husked, washed *Lack*, of each five Drams; of *Tragacanth* three Drams, *Zelony*, *Dittany*, *Tormentil-Roots*, boil in a sufficient Quantity of Water of *white Water-Lillies* and *Bugloss*, and make a Liquor to be kept for the Use above-mention'd.

They would also sometimes give the Sick, Syrup of *Citrons*, *Pomegranates*, or *Sorrel*, by way of Refreshment. They also made use of convenient Smells, and held them to the Nose of the Sick, or did as follows.

*Fume.*

Take *Rose-Water* three Ounces; *Vinegar* an Ounce; *Cloves*, *yellow Saunders*, of each half a Dram: mix and evaporate upon a slow Fire in the Chamber.

When the Sick has slept long and plentifully enough, he is to be uncovered by little and little, and at last the *Sweat* is to be carefully wiped off.

It will not be improper to take notice, that those that were yet well would earnestly intreat each other not to suffer such of them that should fall sick to leave their Beds before the due Time upon any account whatever; and yet these same Persons, while ill, would beg and pray with the most moving Arguments they could think of, to be at liberty, struggling, and crying out in the most pitiful manner: which violent Emotions the Physicians did not endeavour to pacify, imagining it hastned their Recovery. When the Sick did not sweat freely, they endeavour'd to promote it with proper Medicines.

*Schen.*

*Schenckius* \* relates an odd sort of a Story of one that would not submit to the usual Methods of Cure, and in order to avoid it run away, and hid himself in an Oven from whence the Bread was newly drawn; which giving him a pretty plentiful Sweat, he at length crept out, with the usual Signs of Recovery.

I shall now go back to that *terrible Pesti-* *Pestilence*  
*lence* which raged in the Year 1348, in the *with In-*  
 Reign of *Edward* the Third, in which Year it *flammation*  
 rained in *England* from *Midsummer* till *Christ-* *of the*  
*mas*. It was not only violent in our own *Lungs,*  
 Country, but made dreadful havock all over 1348.  
 the World, scarcely leaving the tenth part of  
 Mankind alive. Where it began, and what  
 was then imagined to be the Cause of it, we  
 have elegantly enough described by *Fracastor-*  
*rius* in his *Syphilis*.

*Bis centum fluxere Anni quum flamma Marte  
 Lumina Saturno tristi immiscente per omnes  
 Auroræ Populos, per quæ rigat Æquora Ganges  
 Insolita exarsit Febris, quæ pectore anbelo  
 Sanguineum Sputum exagitant, miserabile Visu,  
 Quarta Luce frequens fato perdebat acerbo.*

Which, for the benefit of my *English* Reader,  
 I shall thus translate:

*A Hundred Years twice told have took their flight  
 Since Saturn mix'd with Mars his hated Light,  
 Who with their baleful Influence did infest  
 The rich and potent Nations of the East:  
 Hence rag'd a dreadful Pest, before unknown,  
 Which seiz'd the Lungs, and made the Breast its  
 Throne;*

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\* *Schenckius* de Feb. Pest. Obs. 118.

*Four Days it tyranniz'd with dreadful Sway,  
When Life in purple Streams broke out, and fled  
away.*

It began in the Eastern Parts of the World, and passed on uninterruptedly to all the Countries in the West; so universal, so great was the Destruction, that it's probable no Age ever saw the like: Those indeed, spoke of by *Galen*, *Thucydides* and *Avenzoar*, are terrible enough in themselves consider'd; but, when we compare them with this, our Admiration ceases.

The *Contagion* was so certain, that all friendly Offices were forgot among Mankind, the dearest Friends and Relations deserting each other; and it was something rare, if the Dead happened to have Survivors that would bury them: and there were very few, if any, that were seiz'd, that escaped.

*The Symptoms.*

When this Distemper entered any Place, for the first two Months it was accompanied with a *Fever*, *Difficulty of Breathing*, and *Spitting of Blood*. The *Difficulty of Breathing* was so great, that the Sick were oblig'd always to be in a sitting Posture, and could scarce swallow any thing of any kind; they were exceeding restless, their Cheeks red and fiery: at first they coughed violently, but brought up no Blood, afterwards a little, and then a considerable Quantity; in three days time they died. But after the aforesaid two Months, besides the foregoing Symptoms, they had *Spots* and *Abscesses*, and died all in five days time.

In process of time, when the Fury of the Disease began to abate, the Lungs were affected no longer, but the morbidick Matter  
was

was thrown upon the *Groin, Armpits*, and behind the Ears, and was not then so mortal. It lasted five Years in some Places, in *England* nine; there were fifty thousand buried in one Year in the *Charter-House* Churchyard at *London*. This was succeeded with Murrain of Cattel, and Scarcity of all sorts of Provisions.

50,000 buried in one Year at *London*.

\* *Schenckius* tells us, the *Conjunction* of the *Planets*, spoken of before, happened on the 28th Day of *March* 1345, in the Sign *Leo*, too long before to persuade many it was owing to that.

But with more Probability are those of this kind, which happened in *Germany* in the Years 1557 and 1564, ascribed to the different Constitutions of the Air. The first of which succeeded a dry Autumn, followed by cold Northern Winds; this was attended with a violent Cough, Difficulty of Breathing, and ob- tuse Pains in the Side: on the third Day, or before, their Spittle was bloody, on the fifth, sixth, seventh, or at farthest the eighth, they died.

Symptoms.

Those who were let blood on the first or second Day, recover'd on the fourth or fifth; but if Blood-letting was neglected till the fourth or fifth Day, it did no Service †.

That which fell out in 1565, was preceded with a sharp Frost, which was more remiss in *January*, when the *Distemper* began, which was supposed to fill the Air with gross Vapours, the Cause of this Distemper. Those who exposed themselves to the Air after Sunset, were soonest seiz'd with it; and, on the contrary, the Mid-day was less dangerous, and good Fires beneficial \*\*.

\* De Feb. Pest. Obs. 127. † Dodonæi Obs. Med. c. 21.

\*\* Schenckius de Feb. Pest, Obser. 128.

\* *Sennertus* informs us, that *Meteors* of various kinds were seen in the Air all the time the Disease lasted, as well as a little before.

*Symptoms.* Those who were seized with this, had a *Fever, Cough, Hoarseness, Difficulty of Breathing,* and *obtusè Pains* in the *Side*. The *Cure*, as before, chiefly depended upon *Blood-letting*; which, if it was seasonable, to wit, the first or second Day, seldom failed. The Bodies of several that died were opened, and there was found a true *Peripneumonia*, or Inflammation of the Lungs.

I have one thing remarkable more to add from *Sennertus*, That the Women who had this Distemper in the time of *Menstruation*, had intolerable Pains in the Back, and almost all of them died.

*1510.* These *Distempers* were most frequent in some Parts of *Germany*; in which Country also, in the Year 1510, there was an *Epidemical Head-Ach*, accompanied with a kind of Distraction and Giddiness, with Swellings behind the Ears, which destroyed great Numbers †.

*1557.* The like *Distemper* prevailed again in the Year 1557, throughout all *Germany*, though not so mortal as that above-mention'd in the same Year; for none died of it but Infants.

*Symptoms.* The *Symptoms* were *Pains* in the *Head*, *Difficulty of Breathing*, and *Hoarseness* in the beginning; afterwards *Shivering*, a *Fever*, and so violent a *Cough*, that it brought on a Danger of *Suffocating*: at first the *Cough* was dry, without *Spitting*; but after the *seventh*, or *fourteenth* Day, the Spittle was much and *viscid*, tho some had it light and frothy. As the

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\* *Sennert. de Feb. Mal.*

† *Holler. Commen. in Coac. Hipp.*

*Spitting* increased, the *Cough* and *Difficulty of Breathing* lessened. In all Stages of the Disease, there was *Weakness*, *Weariness*, and Want of Appetite, together with *Inquietude*, *Faintness*, and *Watching*, by reason of the *vehement Cough*; some were troubled with a *Looseness*, others with *Sweating*, towards the end\*. It raged only at one time of the Year, and seized on all alike, without distinction.

In the Cure of this, neither *Blood-letting*, *Cure.* nor *Purging*, nor *Alexipharmicks* were found of any service; but *Bole Armoniac*, taken in any Form, proved beneficial to appease the *Cough*, if joined to things that promote *Expectoration*: *Broths*, and moist Food was better than attenuating; for the former help'd their *Spitting*.

*Wierus*† informs, us that in 1564, an *Epidemi- Epidemi- cal Disease* afflicted Mankind, which was pre- cal Disease, ceded by the *Small-Pox* and *Measles*; he says <sup>1564.</sup> it proved very fatal, depopulating Towns and Cities; of which *Constantitople*, *Alexandria*, *Leyden*, *London*, *Dantzick*, *Vienna*, *Cologne*, and the whole Tract of the *Upper Rhine*, even unto *Basil*, were sufficient Testimonies. In the Winter, in the *Lower Rhine*, People had *Glandulous Tumours* on the outside of the Neck; in the Summer following, *Quinsies*, dangerous, and of short Duration: The Contagion of its Malignity equalled the most direful *Pestilence*; some it destroyed in one Day, others in two, three, four, some few in seven; those that passed the eighth Day, escaped.

The Sick were first taken with a *Vomiting*, *Symptoms.* then a *Swelling* of the *Tongue*, afterwards Loss

\* Valler in Appen. Loc. Com. cap. 2.

† Lib. Obser. Med. rar.

of *Speech*, and great *Difficulty* of *swallowing* any thing in a *liquid*, much more in a solid Form; after which, *Suffocation* soon followed. Nothing extraordinary appeared on the outside of the Neck. Our Author says, that inwardly there was a continued Defluxion of a *virulent Humour*, which occasioned a *Phrenzy*. Sometimes the Disease, instead of the *Fauces*, would seize the *Pleura*, or Lungs; whence deadly *Pleurisies* and *Peripneumonia's* would follow.

*Cure.*

As to the Cure, *Evacuations* and *Blood-letting* were found to be dangerous; at least the latter was not so successful as in the Year ensuing, before taken notice of. Our Author says, he made use of Medicines to strengthen the lower Parts against the Defluxion, to break the Force of the Poison, and to apply to the Part affected, but does not specify them; in the room of which, I shall produce several *Preservatives*, that were made use of, and collected that Year by eminent *Physicians*.

*Preservative.*

*Bohemius's Preservative Electuary.*

Take *Myrrh*, *Aloes*, *Saffron*, *Bone of a Stag's Heart*\*, *white Dittany*, of each two Scruples and a half; *white Ginger* half an Ounce; *Camphire* a Dram and a half; *Tormentil-Root* an Ounce and two Scruples; the Roots of *Snakeweed* and *Pimpernel*, of each a Scruple; *Zedoary* two Ounces and two Scruples; *Venice-Treacle*, *Mithridate*, of each three Ounces. With a sufficient Quantity of a *Pestilential Water* make an *Electuary*, of which take the quantity of

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\* *Matthiolus commends this mightily, but whether justly or no, I know not.*

a Hazle-Nut in a Morning for a *Preservative*; but if infected, a Dram.

Casmerus's *Excellent Preservative Electuary* *Family Preservative.*  
for Families.

Take Leaves of *Rue* dry'd and powder'd, a Handful; of *Sage* the same, half a Handful; *Pimpernel-Root* dry'd and bruised, an Ounce and a half; *Gentian* a Dram; *Cardamoms* half an Ounce; *Juniper-Berries* an Ounce; *Kernels of fresh Walnuts*, an Ounce; *Laurel-Berries*, the Outside being taken off, half an Ounce; *Snakeweed* two Drams; *Tormentil-Root* two Drams and a half; prepared *Bole Armoniac* half an Ounce. These being bruised and reduced to a Powder, add an Ounce of *Venice Treacle* mix'd with half an Ounce of *Vinegar of Roses*, and let them again be mixed and beaten in a Mortar. Take the quantity of a Hazle-Nut four Hours before Dinner.

*Preservative Pills.*

*Pills.*

Take Leaves of *Water-Germander* a Dram and a half; the Tops of *lesser Centaury*, *Troches of Agarick*, *best Aloes*, of each a Dram; Tops of *Maudlin*, *Wormseed*, *Roman Coriander-Seed*, *Anise-Seed*, *Cloves*, of each a Dram and 12 Grains; calcined *Harts-Horn*, *white Amber*, Seeds of *Sorrel*, of each half a Dram. Let all be powder'd by themselves, and afterwards sprinkled with the Juice of Oranges mix'd with the sharpest *Wine Vinegar* and *Rose-Water* in equal parts; then dry them, and repeat the sprinkling seven times: at last add *Saffron* twelve Grains; *Musk*,  
D 2 *Amber,*



*Amber*, of each ten Grains ; with Syrup of Oranges make a Mass of Pills.

*Infusion.*

*A Preservative Infusion.*

Take *Bole Armoniac*, *Sealed Earth*, both prepared with Rose-Water and Vinegar, of each six Ounces ; Roots of *white Dittany*, *Pimpernel*, *Tormentil*, *Valerian*, *Zedoary*, *Gentian*, of each two Ounces ; Roots of *Angelica*, four Ounces ; *Betony*, *Scabious*, *Cardus Benedictus*, of each two Handfuls. Let the Herbs and Roots be washed in White-Wine, afterwards sliced and infused in *Vinegar* and distill'd Wine, of each six Pints. To this Infusion add of old *Venice-Treacle* a Pound. Dose for Old Men two Ounces, for the Young an Ounce and a half.

I might add several more, but it would carry me beyond my Design, without giving any Light into the Nature of the Distemper ; for we have no Account of the Success of these last mentioned Prescriptions, tho' it's certain they were much esteemed, and in some cases were probably of service : I shall therefore only add one other made use of by a *Canon of Lorain*, which he made a great deal of Money of, but was at length, says my Author, purchased by a *certain Prince* at a great Price.

Take *Galen's \* Cordial Power*, *Sealed Earth*, of each a Dram ; of *Bole Armoniac* half an

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\* *Species Letitiæ Galeni*, or *Pulvis Letificans Galeni*, under which Titles you will find it in most Dispensatories, which take as follows :

Take of Cloved Basil-Seeds, of Saffron, Zedoary, yellow Sanders, Cloves, Citron-Peels, Galangals, Mace, Nutmegs,

an Ounce; of *Venice-Treacle* three Ounces; Conserve of *Roses, Borrage, Bugloss,* of each an Ounce; Syrup of *Violets* as much as is sufficient to make an *Electuary*.

The next Pestilential Distemper I shall take notice of, is the *Hungaric Disease*, call'd in *Latin, Morbus Hungaricus* and *Lues Pannonica*. Hungaric  
Disease,  
1566. It began in the Year 1566 at *Comorra*, and increased at *Gewer* in *Hungary*, where the Christian Powers were assembled under *Maximilian II.* against the *Turks*. When the Soldiers were disbanded, they distributed the *Contagion* over almost all *Europe*, but chiefly at *Vienna*, through which they most of them pass. They so infected the Families where they lay, and died so fast themselves, that the Streets were soon filled with dead Bodies, which contributed very much to spread the *Contagion*.

Tho' this was supposed by *Jordanus* \* and others to be the first Appearance of this *Disease*, yet *Langius* †, who was present at an Expedition against the *Turks* some Years before, describes a Distemper which raged in the Emperor's Army, and which || *Sennertus* imagined to be the same we are now speaking

Nutmegs, *Styrax*, of each two Drams and a half; Ivory Raspings, Aniseeds, Thyme, Dodder of Thyme, Bone of a Stag's Heart, Pearls, of each a Dram; Ambergrease, Musk, Leaves of Gold and Silver, of each a Scruple: make a Powder.

You have this in the new Edition of the London Dispensatory, with the addition of half a Dram of Pearls and Camphire, and only half the Quantity of Gold and Silver.

\* Cap. 19. de Pest. Phænom.

† Epist. 4. Par. 1. in Cur. Cauf.

|| Senner. de Morbo Ungarico.

of. And if so, I wonder he did not observe that the same Author mentions it as having appear'd several times before: take *Langius's* own Words; ' This, says he, is the Disease ' which in the *Autumnal Season* has lately so ' often subdued the Soldiers in *Hungary*, and ' which raged so popularly amongst the Borderers upon the *Rhine* \*.'

*Symptoms.*

The Symptoms of this Disease in the Year above-mention'd were as follow †. About three or four of the clock in the Afternoon it began with Cold and Shivering, about a Quarter of an Hour after *Heat* succeeded, which lasted the following Days. Their chief Complaint was of a Pain in the Head; they would also point with their Finger to that part of their Breast directly against the Orifice of their Stomach; the Outside was hard, and would not abide to be touched: the first Days they had an unquenchable Thirst; the second Day, or at farthest the third, they grew *delirious*, which lasted a considerable time: they grew worse about Evening, and in the Night the Disease recovered strength; the *Tongue* was dry, the Lips chopt; some spit Blood, others had a *Critical Looseness*. Deafness was a Sign of Recovery; *Swellings* behind the Ears were frequent: The worst *Crisis* was Tubercles on the Top of the Foot, which being open'd, spread themselves, and afterwards being neglected, a Mortification ensued. Some recovered on the fourteenth Day, others on the twentieth, tho' but few; all

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\* ' Hic est ille Morbus qui Autumni tempore in *Pannonia* Milites præteritis annis toties debellavit, & crebro populatim in *Rheni* Accolas sævit.'

† Jordan. de Pest. Phænom.

who did not abstain from Wine perished. *All bad Spots like Flea-bitings*, some bigger, some less, chiefly on their Breast and about their Back-Bone, some all over their Bodies, some on their Shoulders.

Some think that the gross *Hungarian Air*, <sup>Cause.</sup> the Filth of the *Camp*, their eating great Quantities of *Fish* and gross Beef, their drinking unwholesome Water, and *Hungarian Wine* too immoderately, gave Rise to this Distemper.

The Havock that this Disease made, caused <sup>Cure.</sup> various Remedies to be invented: Some took the White of one Egg, or more, and having beaten it into Froth, would add half a Dram or a Dram of *Saffron* in Powder, and drink it in two Ounces of Spirit of Wine or Brandy, and then washed their Mouths with the same, rubbing their Gums and Tongue till the Blood came; this Method was sometimes repeated in the Evening, never oftener.

The following, says *Jordanus*, has an Author of greater Fame, who used it with good Success: He took twenty Leaves of the greater *Houfleeck*, and carefully press'd out the Juice, to which he added a Scruple of *Sal Armoniac*, or a little *Camphire*, with a Pint and a half of *Spring-Water*; which he gave to the Sick to drink cold at pleasure, adding sometimes a little Powder of the *Florentine Orris*.

The *Hungarians* take *Louage* newly digged up, and wash and beat it with Hog's-Grease freed from Films and washed cold; then shave their Heads, and anoint them with this *Mixture*: afterwards they take a large Linen Cloth dipped in Wine or Brandy, and cover the Sick all over, who being laid down in his Bed, is caused to sweat plentifully, not without

out Pain. Besides, they take *Garlick* steeped in *Vinegar*, and rub the Balls of their Hands and Soals of their Feet very hard, thinking to divert the Disease, using nothing besides.

The *Regular Physicians* first used gentle Evacuations; for which Intention they chiefly commend *Agarick* in Variety of Forms; of which take the following, as grateful as any:

Take of Pulp of *Tamarinds* two Drams; *Manna* and *Cassia*, each three Drams; *Troches* of *Agarick*, *Rhubarb*, of each a Scruple; with Syrup of *Roses* and *Sugar*, *Sennertus* says a Bolus must be made: but it must be confess'd it will be the largest I have met with. The following is more agreeable to that Form:

Take of *Troches* of *Agarick* four Scruples; *Oxymel* simple, *Conserve* of *Roses*, of each a little; *Sugar* as much as sufficient: make a *Bolc*.

The *Troches* of *Agarick* you'll find in any Edition of the *London Dispensatory*, and therefore needs not to be repeated here.

*Blood-letting* was also prescribed the first or second Day, but after that was thought dangerous: For Diet they used *tart* things, such as *four Grapes* and *Pomegranates*. Some rely'd much upon the following Prescription:

Take *Venice-Treacle*, *Mithridate*, of each three Ounces; *Zedoary*, an Ounce; *white Ginger*, half an Ounce; of the Roots of *Tormentil*, *Snakeweed*, *Pimpernel*, each three Drams; *Camphire* two Drams; *Myrrh*, *Saffron*, *Bone of a Stag's Heart*, *Dittany*, of each two Scruples and a half.

They

They used to take a small Quantity dissolved in equal Parts of *Water* and *Vinegar*: which way of taking presupposes the Ingredients to be powder'd and mix'd with the *Treacle* and *Miibridate*, tho' not mention'd by our Author.

There were some that only used to give *Zedoary* in some Cordial Water with Success. Others gave the distill'd Water or Decoction of *Vervain* Morning and Evening till the Disease was conquered.

For Drink they had Mixtures of a Decoction of *Barley* or *Harts-horn*, and Juice of *Pomegranates* or *Citrons*, or *Spirit* of *Vitriol*, at pleasure.

*Schroterus*, Professor of Medicine in the *University* of *Jena* in *Germany*, when this Disease was rife, prescribed the following *Preservatives*. Preservatives.

*A Preservative Powder.*

Powder.

Take of *Zedoary* Roots, of *white Dittany*, *Gentian*, Leaves of *Water-Germander*, *Carduus Benedictus*, *Sorrel*, of each alike; make a Powder. Dose a Dram in a Morning fasting in *Carduus Benedictus* Water, or in the Winter in *White-Wine*.

*A Preservative Electuary for poor Women with Child.* Electuary.

Take of *Tormentil-Roots* and *Elecampane-Root*, each six Drams; *Anise* and *Caraway-Seeds* of each an Ounce and a half: with clarified *Honey* make an Electuary.

*A Preservative Elixir.*

Elixir.

Take *Cinnamon* an Ounce; *Rosemary*, *Wood-Sorrel*, *Water-Germander*, of each half a Handful; *Angelica-Root*, *Red Roses*, *Lignum*

*num Aloes*, of each a Dram; *yellow Sanders*, half a Dram; *Mace*, of both sorts of *Cardamoms*, *Cloves*, Seeds of *Sorrel*, *Carduus Benedictus*, *Citrons*, of each a Scruple; *Musk*, eight Grains; rectified Spirit of Wine xxii Ounces: let them be almost continually shaken for fifteen Days in a Glass Vessel close stopp'd; then strain, and add Syrup of *Citron-Peels*, *Marmalade of Quinces*, of each two Ounces and a half.

*Electuary.*

*A Preservative Nut-Electuary.*

Take twenty *Walnuts*; twenty-five *Figs*; of long and round *Birchwort*, an Ounce and a half; white *Dittany*; Roots of *Tormen-til* and *Pimpernel*, of each two Drams and a half; Leaves of *Wormwood*, *Rue*, *Scabious*, *Asarabacca*, of each a Handful; *Bay-berries*, *Citron-Peels*, *Galangals*, *Mace*, of each a Dram; *Borage-Flowers*, two Drams; *Bone of a Stag's Heart*, *Myrrh*, of each a Dram; clarified *Honey*, a sufficient Quantity to make an Electuary, of which the quantity of a *Chestnut* is to be taken every Morning.

I shall conclude what I have to say upon this Distemper, with observing, that \* *Cornax* thinks they are guilty of very great Errors who do not attempt the Cure of it with proper *Evacuations* and *Blood-letting*, rather than *Sweating*; for, says he, if we observe *Nature*, we shall find that she often gets rid of her Enemy by a *Hemorrhage* of the *Nose*, by *Stool*, by *Urine*, and *Abscesses*, and but seldom by *Sweat*.

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\* *Conf. Med. Enchirid. lib. 2. cap. 9.*

In the Years 1596 and 1597, a Distemper <sup>1596, &</sup> was very rife in the Diocess of *Cologn*, *West-* <sup>1597, Fe-</sup> *phalia*, the Counties *Walleck*, and *Wittenstein*, <sup>ver Con-</sup> and *Hesse*, which \* *Sennertus* calls *Febris ma-* <sup>ulsive.</sup> *ligna cum Spasmo*, that is, a *malignant Fever* with *Convulsions*; tho he himself says, it was sometimes with and sometimes without a *Fever*.

It begun with *Twitching* and *Numbness* in <sup>Symptoms.</sup> the Hands and Feet, sometimes on one side, sometimes on both; afterwards it convulsed their Fingers and Toes, and crept by degrees up their Arms and Legs, till at length it seized their whole Bodies; and the Sick was either rolled up like a Hedgehog, or lay stretched out at full length without Motion. These *Convulsions* were attended with violent Pains, which forced Cries and Shrieks from the Sick. It would take some unawares at the Table, and, as it were, strike *Knives* and *Spoons* out of their Hands. It would attack others at *Plough*, or about any common Business, without any previous Notice. Some also would be seized with *Vomiting* at first. The Sick would remain several Days in the Condition above described; yea, sometimes whole Weeks without having their Heads molested; and, moreover, not at all, if *fit Remedies* were seasonably given: But if these were neglected, it advanced to the Head; the *Falling-Sickness* succeeded; after a Fit of which, the Sick would lie as if they were dead for six or eight Hours. It rendered some *stupid* or *foolish*, some *lethargick*, others *delirious*; some would remain so four Days, others longer; and when they recovered, it was with *Deafness*, or Weakness of the Eyes, if

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\* De Febre Malig. cum Spasim.



not the *Palsy*. When the Fit was over, they were all insatiably hungry, greedily devouring Victuals of all sorts; to which a *Looseness* would succeed; and the more sparingly they ate, the greater it was. Some had their Feet and Hands swell'd, others had *Tubercles* full of a *serous Humour*. They never sweated.

Experience plainly shewed that this Disease was contagious; for those that were conversant with the Sick, seldom or never escaped free, tho the Contagion did not presently appear: for some were ill of it, tho not even till twelve Months after.

This Disease was hard to cure; for those that were *Epileptick*, had now and then a Touch of it ever after: Those that were stupid, remain'd so till Death, without ever recovering their former Vigour of Mind. And tho some lived fifteen Years after their Recovery, yet every Year, in *December* and *January*, they perceiv'd something of the Disease.

*Cause.* The Reader may observe, that I say little or nothing of what Physicians call the proximate Causes of these Distempers; and therefore when I talk of Causes, I must be understood to mean what is called the *Procatartick Cause*: In this Sense the *Dearth* that was in these Parts, which obliged Men to eat unwholesome Food, may be said to be the Cause of this Disease.

*Cure.* The Manner of Cure you shall have from the Method of the Physicians of the University of *Marpurg* in *Germany*: First they gave an Ounce of the following *purging Electuary*, and four Hours after, *Broth*, wherein *Rosemary*, *wild Thyme*, *Sage*, and *Savory* were boiled; this they repeated thrice.

Take

Take of *Diaphanicon*, four Ounces; *Electuary* of the *Juice of Roses*, two Ounces; Powder of *Hermoadactils*, *white Turbith*, *Spurge*, cleaned and corrected, of each a Dram; *Diagrydium*, *Castor*, of each two Scruples; *Costmary*, *Ginger*, *Cloves*, of each a Scruple; Seeds of *Rue* and *Cummin*, *Saffron*, of each half a Scruple; with *Syrup of Roses solutive* make an *Electuary*.

The *Electuary* of the *Juice of Roses* you will find in the new *London Dispensatory*; the *Diaphanicon* in the old.

After the *Purgation* was ended, for six Days after the Sick took of the following Powder against *Convulsions*.

Take of Roots of *Swallow-wort*, *Elecampane*, *Devil's Bit*, *Clove July-Flowers*, *Peony*, of each an Ounce and a half; *Bay-Berries*, an Ounce; Tops of *Sage*, *wild Thyme*, *Rosemary Flowers*, of each two Drams; *Species Diamoschu dulcis*, *Species Pliris Archonticon*, and *Dianthus*, of each a Dram and a half. Make a Powder.

The *Species Pl r. Arch.* if you please, you may see in the *Augustan Dispensatory*; the *Dianthus* is in the new Edition of the *London* one; but the *Diamoschu* is only in the old.

The Day after either of the Quarters of the Moon, they again took a Dose of the *Purging Electuary*, and then the Powder again for six Days more, and then again the purging *Electuary*, observing the *Phases* of the *Moon* for a Month. Afterwards every Month, the Day before the new Moon, but especially in *December* and *January*, they took a Dram of the  
Powder

Powder against Convulsions. Their Drink was medicated with Roots of *Ecampane*, *Peony*, *Sage*, *Rue*, *Juniper-Berries*.

They ordered Flowers of *Lavender* and *Primroses*, *Sage*, *Rue*, *Betony*, *Castor*, to be steeped in Spirit of Wine; with which their Limbs were suppled after they had been rubbed with a hot Linnen Cloth. If the *Convulsions* of the Feet were vehement, they were to be wash'd in Lotions made of *Betony*, *wild Thyme*, *Camomile Flowers* and *Primroses*.

In the Time of the Fit they made use of the Infusion and Linnen Cloth before mentioned; but if that did not do, the Limb was bound hard till the Convulsion ceased. They also at the same time exhibited to the Sick a Dram of the *Powder*, or half an Ounce of the following *Antidote* against *Convulsions*.

Take of *Peony-Roots*, of *Mistletoe*, each two Ounces; *Castor*, *Sage*, of each an Ounce; *Bay-Berries*, *Man's Skull* prepared, of each two Drams; *Venice-Treacle*, *Mithridate*, of each a Pound; clarified *Honey*, two Pound: make an *Electuary*.

The Day following they took half an Ounce of the *Purging Electuary*, and continued the Cure as before.

*Spotted Fever.*

I cannot persuade myself to pass by that Distemper called in *England* the *Spotted Fever*, because \* *Fracastorius* mentions it as a new Disease, which as he imagined made its first appearance in *Italy* in the Year 1505, and return'd 1528, and thought it came nearer to the Nature of *Malignant* than *Pestilential* Fe-

\* Lib. 2. cap. 6, 7. de Contag. Morb.

*vers*: But \* *Langius* censures him for it, and not only denies that this is a new Distemper, but also affirms that all others which are said to be so, are no more than old ones revived, which had lain *dormant* for some time.

This *Disease* is *contagious*, but not quickly *Contagious.* so, nor at a distance; but only by touching of the Sick. It was so mild when any body was first taken, that the Sick would scarcely admit a Physician, and the Physicians themselves were not seldom deceived with it.

But after a while the Signs of a malignant *Symptoms.* Fever began to discover themselves: The *Heat*, indeed, was not sensibly great, but the *Perturbation* which the Sick felt throughout his whole Body was very evident, which was attended with a great Weariness like that of a Person tired. The Sick lay supine in their Bed, their Heads were heavy, their Senses dull, and after the fourth or seventh Day they began to talk wildly and much, their Eyes being red and fiery. At first their *Urine* was *whitish*, afterwards *red* and *troubled*: The *Pulse* was slow, the *Excrements* corrupt and fetid. On the fourth or seventh Day little red Spots like *Flea-bitings* began to appear on their *Backs*, *Arms*, and *Breasts*. They had little or no *Thirst*, their *Tongues* were foul; some were wakeful, others sleepy. Others again both by turns. This State lasted in some to the seventh Day, in others to the fourteenth or longer.

It was fatal to a few Women, to a very few Old Men, but not one that was a *few* perished. *Young Men* and *Boys* had the greatest share of its ill Effects, and amongst those the wealthier sort.

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\* Lib. 2. Epist. 15.

If the Sick felt his *Strength* to fail on a sudden, if after a *Crisis* no Alleviation of the Symptoms follow'd, if there was a Stoppage of Urine, if the Spots lay hid, or came out slowly, or were livid, if any or all of these Signs happen'd, the Sick were judged irrecoverable: but the contrary, if the contrary Signs appeared.

As Authors are divided about the proximate Cause of this Distemper, so they are about its Cure. *Riverius* \* thinks if you know how to manage this, you will know how to deal with the *Plague* and all other *Pestilential Distempers*, and for that reason only insists upon this. Some are for *Evacuations*, some for *Alexipharmicks*, and others for both; of this last sort is *Sennertus*, whose Method of Cure I will present you with. Only observe by the way, that *Langius* † says he himself cured three Persons of this Distemper only with gentle *Catharticks* and a proper Diet.

The above-mention'd Author advises first to loosen the Belly with *Syrup of Roses solutive*, Infusion of *Rhubarb*, Cream of *Tartar*, *Extract of Rhubarb*, to any of which a little Camphire may be added, or with the following *Potion*.

Take Roots of *Viper-Grass*, half an Ounce; Leaves of *Sorrel*, half a Handful; *Carduus Benedictus*, *Water Germander*, of each a Pugil; Leaves of *Senna*, half an Ounce; half a Dram of *Rhubarb*; *Zedoary*, *Citron-Seeds*, of each half a Scruple; *Cinnamon*, a Scruple; of the *Cordial Flowers*, each a Pugil. Infuse in a sufficient Quantity of Water, strain and dissolve in it half an

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\* De Feb. Pest. † Lib. 2. Epist. 15.

Ounce of *Manna*; to which add half an Ounce of *Syrup of Roses sol.* and two Drops of Spirit of *Vitriol.*

He leaves Blood-letting to the Judgment of the Physician, but would not have it meddled with after the fourth Day: he would have the Sick be kept in a pretty warm Room, and make use of the following *Sudorificks.*

Take of the Seeds of *Navew*, or *long Turneps*, a Dram; of *Citron* and *Carduus Benedictus* Seeds, each half a Dram; *Carduus Benedictus* Water, three or four Ounces: make an *Emulsion*; to which add *Syrup of the Juice of Water Germander* half an Ounce.  
Or,

Take Seeds of *long Turneps*, a Dram; *Citron* and *Carduus Benedictus* Seeds, calcined *Harts-Horn*, of each half a Dram; Bone of a *Stag's Heart*, *Zedoary*, of each a Scruple: make a Powder, of which give a Dram in any convenient Vehicle. Or,

Take of *Bole Armoniac*, *sealed Earth*, *Tormentil-Root*, Roots of *Butter-burr*, *Pimpernel*, *Water-Germander*, calcined *Harts-Horn* prepared, of each a Dram: make a Powder.

In short, he concludes, that whatever is of use in promoting the *Small-Pox*, in the Cure of the *Plague* and *Pestilential Distempers*, will be of service here.

*Riverius* \* proposes to encounter the *Fever* with *cooling* and *moistening Medicines*, the sup-

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\* De Feb. Pest.

posed putrid State of the Humours with *Evacuating* and *Alterative*, and the malignant Quality with *Alexipharmicks*, or Expellers of Poison.

1623.

Tho, notwithstanding his first Intention he allowed the Use of Wine to those whose Tongue was moist, and who were not thirsty, with good Success: and moreover he says he did this in the Year 1623 at *Montpellier*, where after the Siege a Disease raged of so great Malignity, that it wanted nothing but *Buboes* in the Groin to make it a true *Plague*; for there were not only Wheals and Spots, red, livid and black, but *Swellings* behind the Ears and *Carbuncles*: it destroy'd at least a third part of those that were seiz'd with it. Those who had an *intenser Fever*, whose Tongues were *dry, rough or black*, or who were *thirsty*, he forbid the Use of Wine to.

He afterwards relates an Experiment which he made upon the following Occasion. He observed that all those that had *Parotides*, or *Swellings* behind the Ears, which would appear on the ninth or eleventh Day, died in two days: these upon trial would neither yield to *Sudorificks* nor *Topicks*; which caused him to think of some other Method. After reasoning with himself, he resolv'd upon *Blood-letting*; but being fearful of the Event, he only ventured upon two Ounces at first, and finding the Success answerable, he order'd six more to be taken away, which appeared to be corrupt; the next day he prescribed a loosening Medicine, which compleated the Cure, and deliver'd the Sick from the Confines of Death.

The Summer of the Year 1583 \* being hot <sup>1583.</sup> and dry, it was succeeded with a *Disentery* or *Bloody Flux* of a malignant nature, which <sup>*Disentery*  
*Malignant.*</sup> spread in *Germany* far and near, and lasted to the End of the Autumn. It was observed chiefly to infest *Boys*, of whom many died; it also laid hold of a great many more advanced in Years, but these with proper Remedies mostly recovered. The most gentle *Purgatives* and *Clysters* were found profitable: Great numbers also made use of calcined Harts-Horn and Bole Armoniac. Wine was hurtful by reason of the *Fever*. When the Evacuations were too great, *Extract* of *Opium* was found of service. When the Stools were extremely bilious, and in great plenty, together with want of Appetite and Vomiting, there was little Hope left.

Dr. *Willis* † observes, that Malignant Fevers <sup>*Malignant*  
*Fever,*</sup> of late Years have been greater Strangers in *England* than the *Plague* itself; and he says, <sup>1643.</sup> the only one that he observed begun in the *Army* in the Year 1643, when *Reading* was besieged by the Earl of *Essex*. It took off a great many of the Earl of *Essex's* Army; nor did it spare the *King's*, while it was quartered in and about *Oxford*: at last it grew rife among the Citizens, and infested the Villages ten miles round. After the *Summer Solstice* it raged most, and the *Symptoms* grew worse, in somuch that the Number of those that were well, were scarce enow to wait on the Sick: it was most fatal to the Old and Unhealthy, tho it took off of *Boys*, *Young Men* and *Middle-aged Persons*, not a few.

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\* Schenckius Observ. de Feb. 131.

† De Febribus.



*Symptoms.* At first it appeared like a putrid *Synochus*; and when a *Sweat* or *Looseness* had seemed to carry it off, it would presently gather strength again. Often when the Deflagration of the Blood had continued for six or seven Days, it would remit, and instead of a *Crisis*, the adust Matter was translated to the Brain, which held the Sick a long time, sometimes with *Madness*, but oftener with *Stupidity*, great Weakness and convulsive Motions, so that at last they hardly escaped. About the middle of the Summer the Signs of a Pestilential Distemper began to appear plainly; for tho it was contagious and mortal before, yet now *Spots* and *Pustules* began to appear. Some had a *weak, unequal, irregular Pulse*, without any great Fever, attended with a sudden Dejection of *Strength*. Others, who were taken after the same manner, had Spots appeared upon them, sometimes little and red, sometimes broad and livid; and many had *Buboes* as in the *Plague*, some of whom without any apparent Fever and without struggling died suddenly and at unawares, while others would rage and struggle as if under *frightful Agonies*. Those that escaped, not having any laudable *Crisis*, were affected with *Dullness* of the *Senses*, *Tremblings*, Weakness of the Limbs and Convulsive Motions for a long time.

*Cure.*

While the Dog-Days lasted, this Disease was so fatal, that it was not treated as a *Fever*, but as a milder *Plague*, only with *Alexipharmicks*. *Blood-letting* was believed to be fatal; *Vomits* and *Purgatives* were sometimes used, tho not often. But the Cure chiefly depended on *Alexiterials*, and promoting a seasonable *Sweat*. 'Twas now the Countess of  
*Kent's*

*Kent's* \* Powder began to be in great Esteem in this Country ; and also another of an Ash-colour, which a certain Person who was at *Oxford* accidentally, gave with good Success, and sold at a great Price. After the Sick had drank half a Dram of this Powder in any Liquor, they were wont to fall into a great Sweat, and so were delivered from the *Virulence* of the Distemper. This Powder, as *Dr. Willis* was afterwards inform'd by a Kinsman of the Man's, was the Powder of a *Toad* cleansed with Salt, and washed in good Wine, and a little calcined in an Earthen Pot. Before the *Autumnal Quarter* was ended, the Disease abated much of its Fury ; as fewer were sick of it, so also more of those few that were sick recovered : till at length the Winter came on, and the Fever almost wholly vanished, and the former State of Health return'd, both in the City and the Country round about it.

*Sennertus* † takes notice of Fevers of this <sup>1551 and</sup> kind, which appeared in 1551 and 1580, <sup>1580.</sup> which did not only over-run all *Europe*, but

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\* *The Powder is made as follows :*

Take the black Tips of Crabs Claws gathered in June, Contrayerva-Root, of each two Ounces ; Pearls, red and white Coral, Crabs-Eyes, all ground with the Juice of Lemons, of each an Ounce ; white Amber and Chrystal ground very fine in Rose-Water and dry'd, of each an Ounce ; Harts-Horn calcined to the greatest Whiteness, and ground with the Juice of Citrons well sharpened with the Spirit of Vitriol and dry'd, an Ounce ; Occidental Bezoar, Earth of Lemnos, of each an Ounce and a half ; Cerus of Antimony, two Ounces ; Ambergrease a Dram and a half ; Musk, half a Scruple : let all be well mixed together with Jelly of Vipers Skins and Harts-Horn, and made with Carduus-Water, and a little tinged with Saffron : divide it into little Balls, dry carefully and keep for Use.

† *Senn. de Febrib.*

almost

almost all the World ; and again in 1616, which was preceded by an *extraordinary Heat* : he says it was *Epidemical* to all *Germany*, and at *Wittenberg* there was not a House that did not feel the Effects of it, even in some Houses they would be all ill at a time ; and yet tho' this was both *Contagious* and *Epidemical*, there was scarce the six hundredth died.

Our Author, as well as *Willis*, lays the greatest stress upon *Sudorificks* in the Cure ; and if he advises other things, it is upon particular Occasions, and for the Success of them appeals to Experience. *Horstius* \* commends *Opiates* in *Malignant Fevers* of all sorts, and would have no *Alexipharmicks* compounded without them.

1572.

*Platerus* † mentions a malignant Fever which raged at *Basil* in 1572, which was chiefly fatal to Men that were of robust Constitutions, rarely meddling with Women, the Younger Sort, or Infants. It seized Men with a sudden Weakness, after it had imitated a *continual putrid Fever*, and was fatal to most ; who, before their Deaths, had Spots appeared on their Bodies. There were no *Buboes* or *Carbuncles* found in any. The Intemperate were soonest infected. Those that it was fatal to, died on the tenth, eleventh, or twelfth Day, scarce any reached the fourteenth ; those that evaded, were six Weeks before they entirely recovered ; and the Fever disappeared in about half that time.

*Hectick Pesticence*, 1525. *Montanus*, || in his *Halosis Februm*, gives us an account of a Disease, which he calls a *Hec-*

\* *Jud. de Chir. Infus.* p. 83.† *Observ. lib. 2.*|| *Lib. 7. cap. 1.*

*tick Pestilence*, in the Year 1525, which raged at *Leyden* and *Vienna*; the *Fever* was but little, and the Sick imagined they had none at all. The *Pulse* was moderate, and the *Colour* and *Consistence* of the *Urine* not bad; nevertheless they all died.

At \* *Venice*, in the Year 1576, there was <sup>1576.</sup> a *Pestilential Distemper*, in which some of the Sick voided *Worms*, as well upwards as downwards, and were more difficultly cured than others; *Carbuncles* appeared on some, but were neither red nor black, but the Part was much pained, and the Skin was livid, under which the *Carbuncle* was something deep. Very few of those escaped. Some that seemed to be recovered for several Months, relapsed again; yet even some of these were cured. It was likewise found, that black Spots were worse than either *Carbuncle* or *Bubo*. Blood-letting was found to be hurtful; but the Application of *Leeches* to the *Hæmorrhoidal Veins* was beneficial. It is also worth observing, that many who were about the Sick for twenty Days, or a Month, and lived with them, and felt no Damage, would be afterwards seized with the Disease, and die suddenly. *Blood-letting* was often beneficial, by way of Prevention, but *Lenitives*, and *Sudorificks*, and *Alexipharmicks* never failed.

Having now gone over the most remarkable *Pestilential Distempers* that Authors have taken notice of, it will not be amiss to subjoin some Observations concerning the Nature of

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\* Schenckius Obs. de Feb. 136.

*Contagion*, which may serve the better to explain the Nature of the *Pestilence itself*.

*Benedictus* \* a Physician of *Verona*, informs us, that in the City of *Venice*, in the time of the *Plague*, a *Quilt* was thrown into a by-place, and being fought again seven Years after, the Servants that found it were immediately infected with the *Plague*.

In the Year 1511, when *Verona* was held by the *Germans*, there arose a *Pestilence*, which destroy'd ten thousand Persons; and no less than twenty-five *Germans* were infected with one *Leather Garment*. † Our Author says, He himself remembers, that when a certain Woman brought some Clothes out of *Zeland* to *Alcmeria*, a Town in *Germany*, and having expos'd them without the Walls to the Sun, some Children that play'd upon them were infected, and all died.

At ‖ *Justinopolis* in *Italy*, after the *Pestilence* had ceased, some *Cords* that were made use of about burying the Dead were thrown behind a Box in some part of the Church, which being cleans'd, about twenty or thirty Years after, upon some particular Occasion, the *Cords* were again brought to light, which a Servant took up, as thinking them fit for *Bell-Ropes*, and by that means fell into a *Pestilential Fever*, which infected others, which was succeeded by the Death of ten thousand Persons.

*Forestus* \*\* tells us of a Man that was infected by touching a *Spider's Web*, which occasioned a *Pustule*, and thence the *Pestilence*;

\* Lib. de Peste, cap. 3.

† Forest. Schol. ad Observ. 22. lib. 6. de Feb.

‖ Trincavel. lib. 3. Consil. 17.

\*\* Obser. lib. 6. Obs. 22.

and this, tho there was no Person died in the House six Months before, and the House had been cleansed in all Places but that.

In the Year \* 1542, at *Breslau*, 5900 died of the *Plague* in twenty-two Weeks time, which lay hid in some Linnen 14 Years, which being opened at another Place, again spread the Infection.

Some Authors have seem'd to restrain the Return of the *Plague* to some Places to a certain Number of Years; but this is a mere Fancy, and contrary to Reason and Experience. The Account that *Platerus* † gives of the Return of the *Plague* to *Basil* seven times in seventy Years, seems most to favour this Opinion of any thing that I have met with: But *Platerus*, with good reason, ascribes this to the Confluence of Strangers to that City, amongst whom infected Persons might probably come.

It happen'd in *England* in 1603, and return'd again in 1625; in which Year there died of it 41,313 Persons, being the same Number that were destroyed in the aforementioned Year; and, what is as remarkable, they were both said to begin in the same House, and on the same Day of the Month. Forty Years after, to wit, in the Year 1665, began that extraordinary and memorable *Plague*, which in a little above a Year killed 100,000 Persons; since which time, which is nigh 60 Years, we have been so happy as to be free from it: which makes it plain, that there is no stated Period of its Return, as || *Sydenham* seem'd to intimate.

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\* Sen. de Feb. † Plater. Obser. lib. 2.

|| Hunc orbem nostrum *Britannicum* Pestis vix frequentius, quam post annorum circiter quadraginta intervalla summo Pernicie Vigore, ac tota furiarum Acie adoriatur.

Of this last mentioned Plague I need not say any thing, because there are Accounts of it lately published; and it is not my Design to interfere with any body.



PART



## PART II.

### *Of the Methods to prevent, or cure the Plague.*



I CANNOT tell how to call it the Unhappiness of the *Physicians* of the present Age, that they treat of a Distemper which they themselves never had the Opportunity of observing: But this I must say, that if they did not wholly depend on the Faithfulness and Abilities of others, they might, with something more of Certainty, establish a Method of Cure. There would indeed be no great reason to fear the Accounts which others give of the Progress of the Disease, and the Success of Remedies, if they had not been Favourers of some *Hypothesis* or other, whose Foundation, to say no more, is very uncertain.

All that I shall do therefore in this Part, is to examine the Writings of different Authors, and faithfully relate what they have agreed to be beneficial; and which they declare to be so, not from uncertain Guesses, but from *often-repeated Experiments.*



One great Property of the *Plague*, is, that it is *contagious*; which leaves us no room to doubt of the Existence of something which has the Effects of Poison; what this is, or the Nature of it, has not been sufficiently explain'd by Authors. Some have thought it to be the *Eggs of Insects*; others a Poison, of the Nature of *Arsenick*; others again, something arising from the *Putrefaction* of a *Human Body*. However, this is certain, that it is something very fine and subtle, and that it will lie lodged in Clothes, or such like things, for several Years together.

We may farther observe, that Authors generally talk of a *Putrefaction*, or *Stagnation* of the Air, and a Disposition of the Air to *Contagion*; or else, say they, it cannot be conceived how the *Plague* would ever end, without the total Destruction of the whole Nation where it raged. But it seems pretty easy to me to conceive, how Particles of different Natures might abound in the Air successively, without either the Corruption, or Stagnation of the Air itself: and moreover it may be questioned, how the *Corruption* of the Air is ended, as well as how the *Plague* would end, if it was not corrupted. All that *Experience* helps us in this Case, is, that in the *Heat of Summer* this Disease commonly rages more than in the *Cold of Winter*.

But let this be as it will, it is certain, that the Bodies of Persons must be in a certain manner predisposed to be capable of receiving Infection: This is evident from *Pestilential Distempers* afflicting particular sorts of Persons more than others; and some have been in the greatest seeming Danger, and yet have escaped:

escaped : Thus \* *Schenckius* tells us of a Child that sucked two Nurfes, which died of the Plague, and yet never was infected with it. And besides, we find, that when the most dreadful Plagues have raged, there has still some one or another been found hardy enough to wait on the Sick, without any ill Consequence. *Fallopius* † says, that some Fellows that attended upon the Sick, in the time of the Plague, used no other *Preservative* than chewing a little *Ginger* in the Morning, then drinking some *Wine*, and afterwards chewing *Zedoary* the rest of the Day. *Droetus* †, a *French Physician*, also tells us, that there were some Villains condemn'd to Death by the Magistrates of *Lions* for propagating the *Plague*, who confessed when they came to die, that they used no other Method to preserve themselves, than the eating of a *roasted Walnut*.

If such a *necessary Predisposition* of the Body to receive Infection be allowed, as there is all the Reason in the World to believe there should, it would be a Matter of the greatest Moment to know what the *contrary Disposition* to that is, and the certain Means how to preserve it : But seeing this is at present but guess'd at, I shall advance what seems to come most near it, and is most likely, and what is allowed on all hands to be serviceable ; and that is, *To keep the Mind as chearful, and the Body as healthful as possibly we can.*

This I take to be the most certain *Preservative* next to that of flying from the Place where the *Plague* rages.

\* Observ. de Feb. 149.

† De Bubon. Pestilent. cap. 13.

‡ Consil. de Pest. cap. 10.

The way to keep the *Mind* chearful, is not to be over-anxious about worldly Matters or the Consequences of Things, and to banish from the Mind, as much as may be, *Fear, Anger, Hatred, Revenge,* and all *violent Passions* of what kind soever.

As to keeping the *Body* healthful, every one should study what is agreeable to his own Constitution; but a *Temperate Diet, Moderate Exercise, Reading aloud,* or *Singing* and chearful Company, may be serviceable to all.

To which may be added, drinking Wine or other strong Liquors moderately; but I except against *Brandy,* and most distilled Waters, for their Effects are soon over, and the Dejection of Spirits is greater after than before they are drank.

The Care of Clothing should at this time be more than ever, for fear of hindring *Insensible Perspiration,* or in other words, for fear of *taking Cold;* and for the same Reason, *Violent Motions* and *Exercises* ought to be avoided, as well as *Excesses* of all kinds.

As to the *Medicinal Part,* different Authors have recommended different things; but I shall recommend those that have had most *Experience* on their side.

I do not know whether one Reason that the Winter abates the Plague, may not be from the Quantity of *nitrous Particles* that abound in the Air then; for if we may believe Authors, *Nitre* has been found beneficial more ways than one.

Hence there is little Reason to doubt, but *Nitre* or *Salt-Petre* dissolved in *Vinegar,* and evaporated in an Earthen Pan over a Charcoal Fire in the middle of a Room, would be of service to purify the Air. And for the same

pur-

purpose, *Rue* steeped in *Vinegar*, and suffered to fume away till the Moisture was chiefly gone, in the same manner as before, would doubtless be proper. In either of which, if a little *Camphire* were added, some think it would be so much the better; for \**Camphire* has the Praises of most, upon such Occasions.

The following Composition is also recommended by an Eminent Author.

Take *Nitre*, a Pound; *Sulphur*, four Ounces; *Benzoin* and *Styrax*, as much as you please: melt together, and form it into small *Sticks*, to throw upon burning Coals when used.

As to *Amulets*; *Quicksilver*, *Arsnick* and *Toads* are most remarkable. The afore-mentioned *Droetus* gives us an Instance wherein *Quicksilver* has been found to be successful hung about the Neck in a *Walnut-Shell*.

Some *Italian* Physicians thought nothing of greater Service than *Arsnick* carried about a Person; and assure us, that not one that did so died, as † *Pistorius* informs us.

Those that use *Toads* either bore a hole through their Heads, and so hang them about

\* Particularly *Matthiolus* in his *Italian Commentary upon Dioscorides*, speaks thus of it, after he had enumerated several of its Virtues. ‘ Preserva dalle Putrifattioni, & imperò utilmente si mette negli antidoti, che si fanno contra i veleni, contra la *Peste*, & contra i morsi de velenosi Animali. Ha in somma assai altre Virtù le quali per brevità lascio da parte.’ That is, It hinders Putrefaction, and if mixed with Antidotes, is excellent against Poisons, the *Pestilence*, and the Bitings of Venomous Beasts. In a word, it has so many other Virtues, that for brevity sake I am forced to omit them. *Discorsi del Matth. nel Lib. Dioscor. p. 80.*

† *Lib. de Pest. pag. 34.*

their *Necks*, or make *Troches* of them, as *Helmont*; or encompass them with *Iſing-glaſs*, and ſo hang them as before.

As to my own Opinion of the Matter, I can only ſay, that if theſe, as we are told, have been ſerviceable, 'tis probable they may be ſo again, and I ſee no manner of harm in the Trial: I am apt to think, the *Toad* will be the leaſt fancy'd of any of the three.

Before I come to *Internal Preſervatives*, I muſt take notice of one Caution by the way, That Perſons with *empty Stomachs* have been more apt to receive Infection than others; which ſhould be carefully avoided by all that go near the Sick.

*Etmuller* \* tells us, that *Juniper-Berries*, *Myrrh*, *Zedoary*, are worth a thouſand other *Compoſitions*, if ſteeped in good *Vinegar*, and taken by way of Prevention. A little *Venice-Treacle* diſſolved in *Vinegar*, and † filtred, is alſo excellent. You may alſo diſſolve a little *Camphire* in *Wine*, and add to ſome *Vinegar* at pleaſure; for *Camphire* will hardly diſſolve in *Vinegar*. *Sylvius* †† ſays, that when he uſed to viſit ſick Perſons, he only uſed to ſoak ſome ſoft Bread in a Spoonful of *Wine-Vinegar*, and ate it in a Morning before he went to ſee them. Some commend *Rheniſh Wine* or a Draught of ſtale Beer in a Morning.

Acid or tart Fruits are alſo ſaid to be very good for this Uſe, to be eaten ſparingly now and then; ſuch as *Citrons*, *Oranges*, *Pomegranates*, *Currants*, *Apples*, &c.

\* *Etmuller. Opera, ubi de Peſte.*

† Filtred, that is, ſuffered to run as much as will through brown Paper.

†† Pag. 275.

I should have observed before amongst the Externals, that a Sponge dipt in Vinegar, and held to the Nostrils, is of service; to which a little *Camphire* or *Myrrh* may be added at pleasure: as also that a little *Ginger* or *Zedoary* steeped in *Vinegar*, and held in the Mouth or chewed, is very beneficial.

*Camphire*, as I said before, stands recommended very much in these Cases; and where hot things are found serviceable, the following Composition may not be improper.

Take Flowers of *Sulphur* three Drams;  
*Myrrh* two Drams; *Aloes* a Dram; *Saffron*, *Camphire*, of each half a Dram:  
 mix and make a Powder, or with the Pulp of *Citrons* make an *Electuary*.

But, according to my Judgment, what I recommended before is most proper.

All violent *Purges* are to be forborn; for they, instead of refreshing, weaken the Body, and dissipate the Spirits: But if it should appear that there is evident Occasion for such sort of *Physick*, the following Form from *Barbette* will be proper.

Take choice *Rhubarb*, a Dram and a half;  
 Leaves of *Senna* pick'd, two Drams; *Cream of Tartar*, a Dram; Roots of *Viper-grass*, half an Ounce; *Anise-Seeds*, half a Dram;  
 boil in *Carduus Benedictus* Water: strain, and to three Ounces of the *Colature* add Syrup of *Succory* with *Rhubarb*, six Drams;  
*Spirit of Salt* a little; *Confectio Alkermes* a Scruple: mix and make a Draught.

Or this;

Take of Leaves of *Senna* an Ounce and a  
 H half;

half; *Mecboacan*, half an Ounce; *Zedoary*, *Citron-Peels*, *Galangals*, of each a Dram; of the *Cordial Flowers* a Pugil: pour on a sufficient Quantity of *Rhenish Wine*; let them stand a day, then strain, of which take four Ounces.

Some number *Issues* amongst the best sort of *Preservatives*, amongst which are *Hildanus*, *Riverius*, *Horstius*. *Lindanus* says, that his Uncle was at *Morocco* at a time when 85000 died of the Plague in five Weeks, and he persuaded a *Jew*, who was a *Physician*, to make *Issues*, and they all of them escaped but one, who refused to have one made: and moreover, *Lindanus* himself confirms their Serviceableness, and adds, that those that have *Issues* feel a pricking Pain in them when they go near the Infected, which *Hodges* \* also confirms.

I have not ventured to say any thing by way of Recommendation of the hotter sort of *Antidotes*, because, as *Sydenham* † observes, if they were not follow'd by a Sweat, they were generally noxious in the last Plague at *London*: therefore with this Caution I shall give you one of that sort.

Take *Zedoary* two Drams; *Wormwood*, *Dittany of Crete*, of each half a Handful; *Water-Germander*, *Cardus Benedictus*, of each a Handful; *Citron-Peel*, half an Ounce; *Pimpernel-Root*, half an Ounce; *Elecampane-Root*, two Drams: let them be cut into Bits, and tyed up in a Linnen Cloth, and hung in *Wine* or *Ale*, of which a Draught is to be drank after Breakfast or at Dinner.

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\* Pag. 241. de Peste.

† Pag. 132.

Some have recommended the Use of *Absorbents*, such as *Bole Armoniac*, *Terra Sigillata*, *Pearls*, *Coral*, *Crabs-Eyes*, *Crabs-Claws*, and the like. Those who rely much upon Amulets, may wear the following, as good as any.

Take white *Arsnick*, half an Ounce; *Orpiment*, a Dram and a half; Powder of *dry'd Toads*, two Ounces; *red Sanders*, a Dram: with Mucilage of *Gum Tragacanth* make an Amulet in the usual Form.

Before I take my leave of *Preservatives*, I'll give you as odd a one as I have read of. *Lemnius* \* says, his Countrymen, that is, the Rusticks and meaner sort, take Pieces of *Skins*, and *Horns*, and *Bones* something fresh, and cast them into the Fire, and fume their *Cottages* and *Huts* with them, and so preserve themselves from the *Plague*. Perhaps this may help us to account for what *Palmarinus* † affirms to be true concerning the *Leather-Dressers* at *Paris*: For he says, that tho' the *Plague* was great, and they lived in the midst of the City, yet few of them were infected; and thinks the Smell that is about their Houses kept out the *Plague*: but says, others imagine they are so used to ill Smells, that the Contagion could not affect them; and adds, that the *Cleanfers* of the *Streets* and *Vaults* and Hospital *Servants* laugh at and despise it.

*Lemnius*, whom I mention'd just before, says a *Garison* that lay in the Castle of *Tournay* freed the Town from a *Pestilential Distemper*, by firing the great Guns Morning and Night. So much for *Preservatives*.

\* De Occult. Nat. Mirac. lib. 2. cap. 10.

† De Feb. Pest. cap. 15.



But before I come to the Cure of those that are infected, it is proper to say something of the usual Signs whereby we may know the Event of the Disease; tho' you must take notice by the way, that the most certain Rule in this Case may sometimes prove fallacious.

*Prognostics.* If the *Buboes* or *Tumors* break out quickly, and the Symptoms then remit, you may hope for a good Event. A *Plague* with *Buboes* is the mildest and least dangerous of all; that with *Carbuncles* is next; but that with *Spots* is worst of all. The more *Buboes* there are, the better; the more *Carbuncles*, the worse: Large free *Sweating* is a good Sign; a *cold Sweat* is a bad, as likewise if the Extremities of the Body are cold, particularly the *Nose*. The *Dropping* of the *Nose* is mortal. *Tumors* lying hid, portend Danger. It is a deadly Sign for *Hiccupping* to succeed *Buboes*. *Raving* with *fiery Eyes* and a *dry Tongue* is a bad Sign. If a *Carbuncle* succeed a *Buboe*, it is mortal. *Carbuncles* appearing on the *Fingers* are dangerous, by reason of the *Tendons*. It is better for *Tumors* to appear before than after the *Fever*. For *Tumors* to be a little inflamed, is not very dangerous; but if a livid Circle surrounds them, it is dangerous. If when a *Blistering Plaster* is apply'd, no *Blister* is raised, you may safely say the Sick will not recover. A *Carbuncle* with a *Streak* of *yellow* or *red*, is dangerous; but if the *Streak* grows white without the *Decrease* of the *Fever*, there is little *Hope* left. If *Buboes* in the *Neck*, or behind the *Ears*, bring on *Pains* of the *Throat*, and *Swallowing* is hinder'd, without any notable internal *Inflammation*; the Sick will scarce live fifteen or sixteen *Hours* longer. A *Remarkable Fever* without *Anxiety*  
of

of the *Heart*, is less dangerous than *Anxiety* of the *Heart* without a *Remarkable Fever*. Sometimes it happens that there are *Carbuncles* on the *Eyes*, *Hands* or *Stomach*, without any Hopes of *Recovery*. Likewise if *Carbuncles* should happen on the *Urinary Bladder*, the Sick will die in very great Pain.

The chief Aim which Authors have had in <sup>Cure.</sup> the *Cure*, has been to throw the Matter of *Contagion* out of the Body; which Method *Nature* seems to have suggested, in endeavouring to expel the Poison, as is evident from the *Buboes* and *Carbuncles*: And for this purpose they have agreed that *Sweating* is most proper. And *Etmuller* would have no *Sudorifick* Composition be given without *Camphire*. Of which take the following Forms.

Take of *Treacle-Water* six Drams, or an Ounce; *Saffron*, about as much as a *Pea*; *Camphire*, half a Dram: mix.

To an adult Person give all of it, to a younger half.

*Another.*

Take *Venice-Treacle*, two Scruples; *Flower of Sulphur*, a Scruple; *Camphire*, fifteen Grains: mix. Give it all to an infected Person, expecting a Sweat.

Next to *Camphire*, *Spirit of Harts-horn* given to a Dram, is accounted excellent; of which \* *Hodges* gives an Instance. *Ivy-berries* given to a Dram in Wine, has been observed to be profitable. In the Management of the Sick, observe the following Rules.

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\* Pag. 164. de Peste.

I. *The Sweating Medicine is to be repeated every eight Hours, that the Sick may sweat three times a day.* While there is a Remission of the Sweating, the Sick should be supply'd with comfortable acid Liquors: if *Buboes, Carbuncles, or Spots* appear with some Ease, Sweating is to be continued. Regard is always to be had to the Strength and Constitution of the Sick, as to the Degree of Sweating.

II. *The Sick should not be suffered to sleep while he sweats.* If you find the Sick inclinable to sleep, dip a Sponge in a little *Wine Vinegar*, and hold to his Nose; if a little *Camphire* has been dissolved in it, it will be better.

III. While the Sick is sweating, take a *Penny Loaf* hot out of the Oven, and cut off the bottom Crust; make a little hole in the middle, and put in two Drams of *Venice Treacle*, and apply it to his *Navel*. The Loaf is said to draw out the Poison.

IV. If the Sick is inclinable to be very wakeful, and thence *delirious*, a little *Laudanum* should be added to the *Sudorifick Medicine*, especially in the beginning, that the Symptoms may abate, and after the Sweat is wiped off, a refreshing Sleep may follow: But note, in wiping the Sick you must take the greatest Precautions against the cold Air; and the Linnen that is used should be hot, and fumed with *Sulphur, Amber, Frankincense, or Myrrh*.

V. The Plague is sometimes attended with a *Burning Fever*; and then *Venice-Treacle*, or *Mithridate*, unless corrected with Acids, is not proper.

VI. *Acids are never to be omitted*: For they are to be given with the Sweating Medicine in the Declination of the Sweat, and after the Sweat is over, to refresh the Sick. But

on the other hand, you should take care always to correct the Acids with something that is *Sudorifick*.

VII. *Blistering Plasters* are used in the Plague with good Success: they may be laid to the *Neck, Shoulders, or Calves* of the *Legs*, and even to the *Buboes* too with profit. The following Composition was used in the great Plague at *London*.

Take of *Tar* five Ounces; *Galbanum* an Ounce; *Bees-Wax* an Ounce and a half; melt them together, and remove them from the Fire, and then add Powder of *Spanish Flies* an Ounce: *old Yeast*, Seeds of *Bishop's-Weed*, of each three Drams; *Euphorbium* a Dram; add a sufficient Quantity of *Vinegar* of *Squills*; let them be well mixed and incorporated till they are brought into a Mass for Plasters.

The Part to which it is apply'd, should be first rubbed till it is red; and after the Plaster is taken off, the Sore should be kept running for some time: To that end you may apply *Melilot Plaster* sprinkled with Powder of *Spanish Flies*. If an Inflammation should follow, you may apply *Colewort Leaves*. But you are not to use these Plasters to all indifferently, as where there is *Heat* or *Incontinence* of *Urine*, an *Inflammation* or *Ulceration* of the *Sphincter* of the *Bladder*, or where there is *bloody Urine*, or *Women* are with *Child* or near *Menstruation*, or to very weak Patients, they are not to be used.

VIII. In the very beginning of the Disease, a *Vomit* is sometimes successful, the Poison being yet *in primis Viis*: But if the Sick is so troubled

troubled with *Vomiting*, that it will not suffer him to retain any *Medicines*, then only cover him with Clothes, and try to make him sweat that way; which will stop his *Vomiting*, and put him in a Condition to retain any thing.

IX. *Blood-letting* most say is hurtful, tho' \* *Sydenham* would fain persuade us to the contrary, and gives us a Catalogue of the Authors that have voted for it. But *Paræus* † tells us, that in the Year 1565, when the Plague raged throughout all *France*, *Charles IX.* being upon a Journey to *Bayonne*, he diligently enquired of the *Physicians* and *Surgeons* how *Purg- ing* and *Blood-letting* succeeded, who all answered with one Voice, that they had observed carefully, and all who had *Blood* taken away freely, or were purged briskly, thenceforward grew worse, and afterwards died; and the rest, who used only *Alexiterials*, almost all escaped. I could give other Instances of this kind, and some to the contrary; so that all we can conclude from it, is, that tho' *Blood-letting* is generally bad, yet, in some particular kinds of this Distemper, it may be useful.

Before I have done with this Part, I will give you an easy camphorated Composition, said to be of great Efficacy. Take of *Sugar-candy* three Drams; *white Ginger* two Drams; *Camphire* a Dram; make a Powder: The Dose a Dram; to be taken in any convenient Vehicle. As to the comfortable acid Liquors before mentioned, they are variously compounded of the simple distilled Waters of *Sorrel*, *Scabious*, *Roses*, and the Juices of *acid Fruits*, such as *Citrons*, *Currants*, *Raspberries*, *Mulber-*

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\* *Observ. Med.* p. 139.

† *De Peste*, cap. 24.

*ries* and *Pomgranates*, Syrups of the same, and Wine, and a few Drops of the Spirit of *Vitriol*, which the Compounder must so manage, as to make them grateful and ageeable. To make it cordial, some add *Extract of Saffron*; but it must be only a few Grains; for to be *over-hot*, is contrary to the Intention: for which reason the Compound Waters are omitted, which are prescribed in ordinary Juleps.

I now come to give some Rules concerning the relieving the Symptoms.

In curing *Buboes*, the Intentions are to draw out the Poison, to ripen them, and to cleanse and heal them.

To draw out the Poison, some make use of *Onions roasted*, and mixed with white *Mustard-seed* bruised, and apply it after the manner of a *Pultice*; others, instead of *Mustard-seed* take *Venice-Treacle*, especially if the *Buboes* are painful, which also helps to ripen them. *Dryed Toads* soak'd in Wine are said to be very serviceable for this End, if apply'd to the *Buboes* when they are softened. *Hog's-Grease*, mixed with *roasted Onions*, has been used with Success. Some take the following *Pultice* to be very good.

Take *white Lilly Roots* and *Roots of Marsh-Mallows*, of each two Ounces; *Figs* n<sup>o</sup> two or three; boil in a sufficient Quantity of *Oil of white Lillies* to the Consistence of a *Pultice*, add fine *Soot* an Ounce; *Venice-Soap* six Drams; *Oil of Frogs* two Drams; mix and make a *Pultice*.

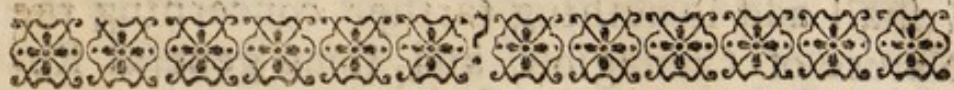
When, by such means as these, the *Buboe* is ready to be opened, for it is dangerous to stay for a perfect Suppuration, you must either make use of a *Lancet*, or a *Potential Caustery*; or, in the place of both, you may use the following Plaster from *Hodges*.

Take *Emplastrum Oxycroceum* three Ounces; strained *Galbanum*, *Gum Caranna*, of each an Ounce; *Tar* two Ounces; melt them together, and with Oil of *Camomile*, or *Lillies*, make a Mass for *Plasters*.

After the *Buboe* is opened any way, *Balsam* of *Sulphur* with *Turpentine* must be used mixed with *Unguentum Pasilicon* and *Venice-Treacle*; over which put a Plaster of *Diapompholygos*, till the Ulcer be cleansed and healed.

A *Carbuncle* being a *Mortification* begun, the first Step towards the Cure, is to stop the spreading of it; for which purpose I need not mention any thing besides *Butter of Antimony*: for if a Circle be made round the *Carbuncle* with this, it will not only hinder its Progress, but cause the mortified Part to fall out; after which the *Ulcer* may be cleansed and healed as that of the *Buboe*. Some use strong *Blistering Plasters* both to *Buboes* and *Carbuncles*, and afterwards heal them as before.

As to any other Symptoms that may arise, they are seldom so much attended to, as to require a particular Cure; nor indeed ought any thing to be given which interferes with the main Intention of Cure: for if that goes on successfully, the rest will all vanish of course; but if that be interrupted, relieving a present Complaint will be but a poor Satisfaction.



## POSTSCRIPT.



HO' I have, in the preceding Discourse, faithfully related what Authors have recommended to be of use in *Pestilential Distempers*; yet I would not be thought to have said every thing that is necessary to be known in order to manage Persons afflicted with Diseases of this kind; nor indeed can any body say so much, as to render the Care and Advice of a Physician unnecessary in such Cases: for according to the different Seasons of the Year, and the different Constitutions of Persons, Variety of Methods should be taken, which is always left to the Understanding and Prudence of Practitioners in prescribing; and it would be happy for People in such Circumstances, if they could have honest and able Physicians to attend upon them. But the Knowledge of the State of Things at such Times, in other Countries, and the Account that we have transmitted to us concerning them in our own, leaves us a great deal to fear, and but a little to hope in relation to that. Nor can it well be otherwise, considering that Physicians are obnoxious to *Infection* themselves, and that there are vast Numbers seiz'd with the Distemper at a time. Upon these Considerations every one ought in some measure, for fear of the worst, to be acquainted with the usual Methods how to preserve or cure himself, or



others, in Case of necessity: for this Reason, I shall add something farther concerning the Nature of Contagion, and some general Remarks concerning the *Prevention* and *Cure*.

The Matter of *Contagion*, without doubt, consists of fine and subtile Particles, of whose *specifick Nature* we are wholly ignorant. Hence it comes to pass, that we can never be certain *à priori*, whether any two *infectious Distempers* are precisely of the same Nature; but where the *Symptoms* are alike, and the *Effects* not very different, we venture to conclude that their Natures are the same, and their Causes not much unlike; and consequently that their Cure ought to be the same too.

These *subtile Particles* floating in the Air, may either in *breathing* pass down into the *Lungs*, or by the Pressure of the *Circumambient Atmosphere* rush into the Stomach, and so seize upon the Mouth of it, where there is a considerable *Plexus* of Nerves, or deprave the Stomach, or what ever is contained in it.

By either of these Ways, it is easy to conceive how the Matter of Contagion will reach the Blood; where being enter'd, it may bring on new *Cohesions*, either by pricking and breaking the *small Globules* of the Blood merely by the *Shape* and *Figure* of its Parts, or by the Force of Attraction wherewith it may be endow'd; whence a sort of a *Fermentation* will naturally arise, attended with a Separation of the more fluid and viscid Parts, which we may call a *Coagulation* of the Blood. This State must inseparably be attended with a quick, weak, and unequal Pulse, as well from a want of Secretion of the *animal Spirits*, as from the *different Fluidity* of the Blood as it passes

passes through the Heart. The Blood being thus differently fluid, the grosser Parts, must of necessity stagnate in some of the Capillary Vessels, which abounding more or less with the Matter of Contagion, which we cannot help supposing to be of a sharp corrosive Nature, a violent Inflammation of those Parts will naturally follow; whence again, a Gangrene and Mortification will ensue. If it fall on the *Glands* behind the Ears, in the Groin, or under the *Armpits*, then they will swell and be inflamed, and are called *Buboes*; and if it falls on any other Part of the Body in particular, then a *Carbuncle* arises: but if it be thrown upon the whole Surface of the Body in general, then livid *Spots* or *Wheals* are produced, which are accounted so deadly.

Besides the Way that I have mention'd, Persons may be infected, by touching or wearing Clothes, or other things full of infectious Particles, which may pass thro' the Pores of the Skin, and so into the Blood, and produce the same Disorders as before.

A *Fermentation* being thus induced into the Blood, as was observed above, and new *Cohesions* consequent upon it, we may well suppose the contagious Matter to be augmented in the same manner as Yeast is in the Working, or *Fermentation* of Malt Liquors; which, in the last Stage of the Disease, flying off from the infected Body, the Distemper gains new Strength, and consequently encreases.

The contagious Particles thus increasing *ad infinitum*, let us consider how the Distemper ever can have an End: Now this may be either by having these Particles join'd to others, which may hinder their Activity, [as  
per-

perhaps the *nitrous Particles* in Winter] or by having them disperfed wide and broad in the Air; or Mens Bodies may by degrees be fo used to them; as not to be capable of being difturbed by them, for fuch the Cafe feems to be when *universal Plagues* happen.

Conftant Experience testifies, that the Winter will abate the Fury of a *peftilential Diftemper*; and that the active Particles of the Contagion are fome way or other clogg'd, I think, is beyond difpute; and why it may not be from a Quantity of Particles, which are thought to be of the Nature of *Sal-Nitre*, I cannot fee; efppecially fince Compositions with *Gunpowder* have been found to be fuccefful in *France*, in which Powder, Nitre is a chief Ingredient. And why may not this be the Reason that *Tournay* was freed from a peftilential Diftemper, by the firing of Guns from the Caftle? It has been related by one whose Veracity I fee no reason to call in queftion, let his Skill have been what it will, that *Sal-Nitre* was an infallible Prefervative in the Time of the great *Plague* of *London*.

Whether my Reasonings upon this Subject are true or falfe, cannot be abfolutely determin'd; but this I dare venture to fay, that they have the Face of Probability, and no way difagreeable to the Philofophy in vogue; which, of all, is the moft confentaneous to Reason.

I cannot but mention it again, as a Thing well worth our Obfervation, and deferving a ftrict Enquiry, why the Force and Violence of the Diftemper bears a fort of Proportion to the Seasons of the Year, as you may fee in the following Account from *Meffaria*, \* from the time it began at *Vicentia* in *Italy*, to the Time he wrote his Treatife upon the *Plague*.

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\* *Meffar. de Peste* Tract. Prim.

1576, Decem. died	1	In the Lazaretto and	
1577, January	- 2	Campo Martio.	
February	- 5	Feb. - - -	0
March	- 5	March - - -	1
April	- - 8	April - - -	10
May	- - 9	May - - -	10
June	- 10	June - - -	3
July	- 22	July - - -	10
August	- 156	Aug. - - -	121
September	340	Sept. - - -	303
October	- 295	Octob. - - -	278
Novemb.	- 75	Novem. - - -	182
December	- 9	Decem. - - -	60

The Time that it raged most, as you may perceive, was in the *Autumnal Season*, particularly in the Month of *September*, and the Time that it very remarkably encreased, was the Month of *August*: in which part of the Year, the Constitution of the Air is more hot and moist than any other, which may not only add to the *Malignity*, and increase the Activity of the *contagious Particles*, as was observed before; but by influencing our Bodies in a particular manner, may dispose the *Blood* and *Humours* to run into *preternatural Cohesions*: For by relaxing the *Fibres*, the Spring of the Solids will be less than is necessary to carry on a regular Circulation of the Blood, in which Life and Health consist: whence appears the Truth of what I advanc'd before, *That to keep the Body in a due Temperament, is one great, if not the only Preservative against the Plague.*

From this short *Rationale* of this Distemper arise very *natural Indications* of *Prevention* and *Cure*, agreeable both to *Reason* and *Experience*.  
The

The first *Indication of Prevention*, is to chase the contagious *Particles* out of the Air, and to keep it in a right State.

The best State of the Air appears to be that which is cold and dry; whence *Salt-Petre* evaporated in a Room with Vinegar, does not seem the worst Composition: and the more such sort of *Particles* abound in the Air, the better it would probably be to hinder their Activity, which is equivalent to chasing them out of the Air.

The next *Indication of Prevention* is, to keep up the *Action of the Solids upon the Fluids*, and to hinder the Putrefaction of the Blood and Humours: Hence appears the Excellency of *Vinegar*, corrected with *Stomachicks*, such as *Gentian*, *Lemon-peel*, *Zedoary*, *Juniper-berries*, &c. which by a moderately astringent Quality brace up the Solids, and help to prevent irregular Cohesions of the Fluids.

Another *Indication* is, to hinder contagious *Particles* from getting into the *Lungs* and *Stomach*; which shews the Usefulness of chewing *Myrrh*, *Zedoary*, smoking *Tobacco*, smelling at *Rue*, *Vinegar*, &c.

Again, another *Indication* is, to hinder the *Accumulation of sordid Humours* in the Body, which sooner disposes it to infectious Diseases: whence is evident the Excellency and Use of *Issues*, which, because they have the Experience of great Numbers on their side, and because they have been so earnestly recommended in a *Latin Discourse* before the *College of Physicians*; I shall shew the making of them, lest a *Surgeon* should not be at hand, to those that may need them.

To make them, indeed, requires some Knowledge in *Anatomy*; so should not be attempted,

ed, but in case of absolute Necessity, unless by skillful Persons. The Place is between two Muscles, in several Parts of the Body; but commonly in the Arm, where, towards the outside above the Elbow, by moving the Arm up and down, a Dent may easily be perceived, which is the Place it is to be made in; mark it with Ink, take the Skin up in your Fingers, and divide it so far that it may be big enough to hold a Pea, which you are to put in, and dress as usual; or, it may be made, with a *potential Caustery*, which is to be laid to the Place. After there has been a Plaster laid on, with a Hole in it of the Bigness the Issue is to be; over this, lay a Bolster and another Plaster; and in about three Hours Time, more or less, take them off, and dress the *Eschar* with *Diapalma* twice a day, that it may the sooner separate. *Note*, You may divide the Skin as above, either with a *Lancet* or sharp Pair of *Scissors*.

It is not seldom that Evils are productive of good Effects; which is also very often experienc'd, by those that have *running Sores* in such calamitous Times, for these prevent Infection, by supplying the Place of *Issues*.

The only *curative Indication*, is to *destroy the contagious Particles in*, or *drive them out of the Body*; which may be partly done by a *Vomit*, while the Sick is yet strong, and the Invasion of the Distemper but very lately made, which may be known by *shivering and trembling*, perhaps attended with *Cold*: But afterwards, when the Disease is confirmed, and the Blood in a *Ferment*, they may be very dangerous, but can be of no Service. For a *Vomit*, an Author whom I but lately hinted

at, prefers two half Drams of *white Vitriol*, dissolved in as many Draughts of warm Water; or rather a Dram dissolved in the first Draught, and half a Dram in the second; because it is *easily got*, is *mild*, and leaves an *astringive Quality* behind it, as well as strengthens the *Stomach*. He would not have the Patient in vomiting, to drink above three Pints of Water or Posset-drink, at most.

When the Disease is confirm'd, then *Sweating* takes place; which, when other means are wanting, may be manag'd by covering the Sick well, and supplying with *Sage-Posset* Drink pretty hot. But, above all things must be avoided such Medicines which increase the inflammatory State of the Blood, as your hotter sort of things do. When the Spirits are low, in the Time of Sweating, some Drops of the Spirit of *Harts-Horn* may be used, with or without what was recommendéd before; or, for want of all, *Canary* or *Wine* of any sort.

For *Buboes* or *Carbuncles*, or any Part that is very much pained, the famous Plaster of *Angelus Sala* is very much recommended by Authors, for its Excellency in assuaging the Pain, and drawing out the Poison; which take as follows.

Take *Gum, Sagapenum, Ammoniacum, Galbanum*, of each three Ounces; *boiled Turpentine, white Wax*, of each four Ounces and a half; of the *Arsenical Magnet* finely powdered, eighteen Drams; Powder of the Root of *Arum*, an Ounce; make a Plaster according to Art.

The *Gums* should be dissolved in strong *White-Wine Vinegar*, and then strained thro

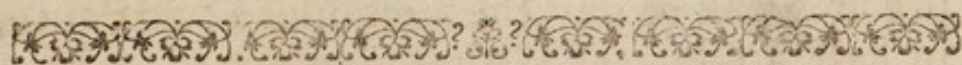
a linen Cloth ; and afterwards boiled up to their former Consistence, melt the Wax and Turpentine together by themselves ; take them off the Fire, and stir them till they come to the Consistence of an Ointment, and then add the Gums and *Arsenical Magnet*.

The *Arsenical Magnet* is thus made ;

Take of *white Arsnick*, *Brimstone*, and *crude Antimony* in Powder, each alike ; put them in a Vial, cover it with Sand, and apply Fire till they are melted, and appear of a dark red Colour ; let it cool, and keep for use.

This loses its poisonous Nature, as may be easily try'd, by giving some of it to a Dog.

I could, with very little Labour to myself, have swelled these Sheets with great Numbers of *Compositions* and *Formula's*, if it would have answer'd any valuable Purpose ; but I have contented myself with such as have been often experienc'd, and not very hard to be compos'd ; and have given you a Method not very much differing from those of the most successful Practitioners : But yet I am still willing to hope, that the Vigilance and Care of the Government, will make any such Directions as these unnecessary, by the preventing the spreading of this *direful Distemper* to this populous City, or any Part of this Island.



N. B. Since this went to the Press, I have met with a *French Book*, entitled, *Les Secrets du Seigneur Alexis Piemontois*, translated from the  
the



the *Italian*, which has the following remarkable Passage in it; which take upon its own Authority.

Un Merveilleux Secret pour preserver la Personne de la *Peste*, & a este esprovee en Angleterre de tous les Mediciens en icelle *grand Peste* de l'an 1348, qui envahit quasi tout le Monde, et ne s'est trouve Personne qui n'aye este preservee de la *Peste*, en usant dudit Secret.

Prens *Aloe* epatic ou cicotrin, *Conelle* fine, & Myrrhe de chacum trois drachmes, *Clouz* de Girofle, *Macis*, *Lignum Aloe*, *Mastic*, *Bole Armenic* de chacun demie Drachme. Toutes ces choses foyent bien estampees en un Mortier net, puis meslees ensemble & apres gardees en un Vaisseau bien ferre, & en mens toutes les matinees la Pesanteur de deux Deniers en un demy Verre du Vin blanc, ou il y ait quelque peu d'eau, & le bois du matin a l'aube du jour.

In *English* thus:

An excellent Preservative against the *Plague*, which has been experienc'd by all the Physicians in *England*, in that *great Plague* in the Year 1348. which, in a manner, invaded the whole World; and there was not one infected that used this Secret.

Take *Aloes* epatic or succotrine, *Cinnamon*, *Myrrh*, of each three Drams; *Cloves*, *Mace*, *Lignum Aloes*, *Mastic*, *Bole Armoniac*, of each half a Dram: Beat these well in a clean Mortar, mix them together, and keep them in a Vessel close stop't for use. Take every Morning at break of day, the Weight of a two Pence, in half a Glass of White-wine mixed with a little Water.

F I N I S.

*angelica & rose of sharon put in to sack wine  
Drinks of this in evening*